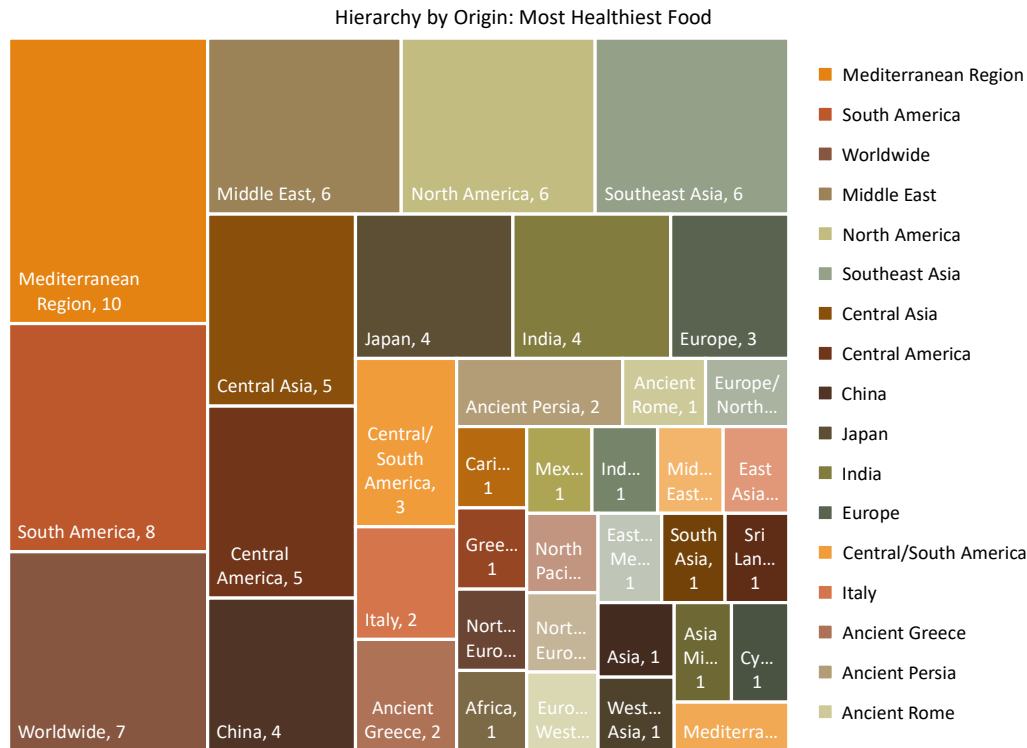


# ANALYSIS - TOP 98 HEALTHY FOOD

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Out of 37 origins, it can be seen that Mediterranean region emerge as the leader for the most number of healthiest food out of top 98 list, with total of 10 count of foods or 10.20%.

2nd in place is South America with 8 food counts, and third with 7 is the food origin is worldwide as per list.

Other regions, distribute evenly from 1 - 6 counts of food.

An extensive research can be done to find the reason behind why this two regions (Mediterranean and South America) contribute most out of top 98 healthiest food in the world.

We have to exclude region "Worldwide" from the category as it not specified the origin of the food deeply.

Is it an environmental factor or maybe geological?

Is there any additional food out of 98 foods that belong to these three regions? What are the numbers?

From the pie chart on the right-hand side, after analyzing the nutritional content correlates with the number of healthy foods per origin. Specifically, 10.40% of the 125 nutritional contents found in the 98 healthiest food are present in Mediterranean food, followed by South America at 7.20%.

Additionally, food of worldwide origin accounts for approximately 6.40% of the nutritional contents.

