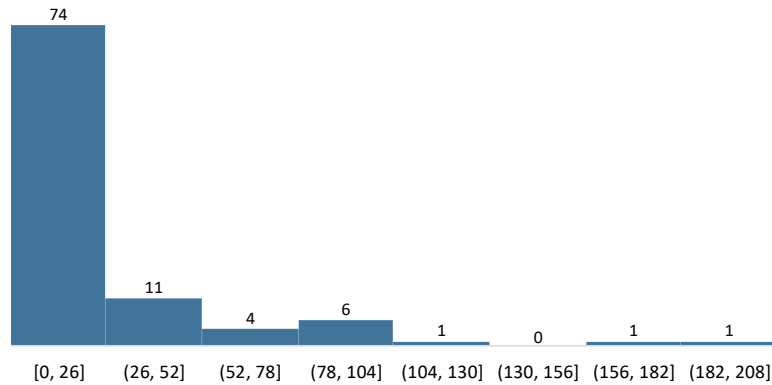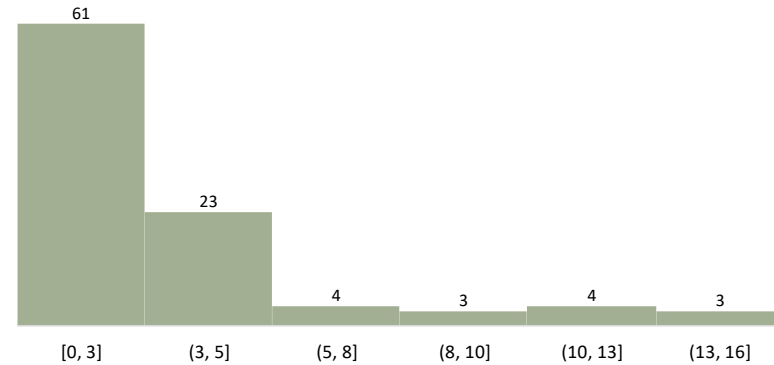# ANALYSIS - TOP 98 HEALTHY FOOD

By: Nizam Jaafar

Distribution by Food: Vitamin C

This is distribution plot for Vitamin C for each food listed. Most of the food ranging 0 - 26 mg of Vitamin C with total count of 74.

Red Bell Peppers represent the high reading of Vitamin C with value of 190 mg.
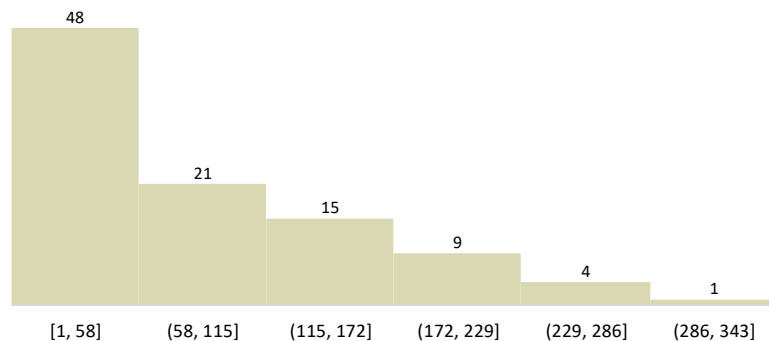
Distribution by Food: Fiber

This is distribution plot for Fiber for each food listed. Most of the food ranging around 0 - 3 g of Fiber with total count of 61.

Lentils, Black Beans and Avocado represent the high reading of Fiber with value ranging 13 - 16 g.
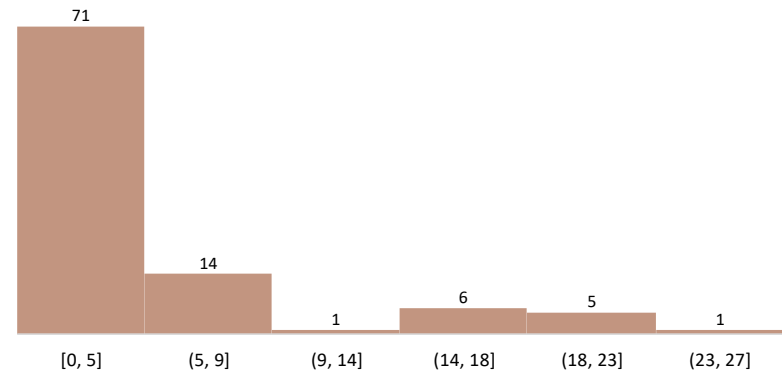
Distribution by Food: Calories

This is distribution plot for Calories for each food listed. Most of the food ranging 1 - 58 Calories with total count of 48.

Avocado represent the high reading of Calories with value of 320.

Distribution by Food: Protein

This is distribution plot for Protein for each food listed. Most of the food ranging 0 - 5 g of Protein with total count of 71.

Sardines represent the high reading of Protein with value ranging 23 - 27 g.