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Breakfast cereal database from Kaggle.com https://www.kaggle.com/datasets/sahirmaharajj/breakfast-cereals

* I used both SQL and Excel to clean the data.
* Most of the excel tables are made using SQL codes.
* Duplicates were checked using DISTINCT function in SQL and conditional formatting in Excel
* There were 4 Missing/ NULL values found, did not removed from the data, rather replaced with corrected values
* In carb table- quaker oatmeal, NULL changed to 27 gm of carbohydrate (checked from internet) (But actually did not use that table for analysis)
* The other 3 is changed to 0

For the raw data from Kaggle.com

Manufacturer of cereal where A = American Home Food Products; G = General Mills; K = Kelloggs; N = Nabisco; P= POST; Q= Ouaker; R=Ralston

American Home Food Products was a manufacturer of hot cereals, but the company no longer exists under that name. now it is Hometown Food Company in 2025

DATA ANALYSIS:

1. Finding which type of Breakfast cereal (Hot or Cold) dominate the market

From the data it is clear that the “Cold” type of cereal dominates the market (96%) and people prefer a cold breakfast to begin their day.

2. Average Rating of cereals by Manufacturer

The Data shows that Kellog’s and General Mills have maximum number of products/cereals in the market (about 60% market coverage combined), whereas Hometown Food company manufactures only one cereal (Maypo).

**Highest Rated:** " Nabisco and Hometown brands cereals have the highest average rating, followed by Kellogg’s, making up **about 50% of all top-rated cereals** in the dataset "

**Lowest Rated:** "General Mills cereals have lower ratings compared to competitors, suggesting room for improvement."

**Middle Range:** "Post, Quaker and Ralston brands fall in the middle, with a mix of high- and low-rated cereals."

3. Compare Nutrients between different brands(manufacturers)and which brand has the lowest sugar on average or the highest sodium

Healthy criteria followed–

* **Sugar <10g** , minimal or no sugar is ideal
* **Sodium <200mg /100 g,** minimal or no sodium
* **Fiber** - **3g or more per serving** is generally considered a “good source of fiber,”
* **Protein >10 g** or higher

From the data we can infer that for **Sugar** levels, all the brands fall under the healthy criteria (<10 grams), with Nabisco and Hometown Food Company being on the minimum side. Post and General Mills have sweeter products than the other brands.

For **Sodium** content – General Mills products have the highest sodium content, making it unhealthy for those with higher blood Pressure values.

For **Fiber** content – Nabisco had added the maximum fiber in their products (4gm), making their consumer feel much fuller than others. This can help in controlling the portion size of their meal.

For **Protein** content, none of the brands can provide the required amount of Protein(>10g). So there is a need to add protein rich ingredients to these cereals like Greek yogurt, cottage cheese, protein powder, or a splash of milk, nuts and seeds like [chia seeds](https://www.google.com/search?sca_esv=9349b9a2334e1130&rlz=1C1JZAP_enUS933US933&sxsrf=AE3TifNc9148FqvZzIhqspvr8yf4Owr97w%3A1758708199790&q=chia+seeds&sa=X&ved=2ahUKEwj4hozMkvGPAxXiE1kFHQl2DzEQxccNegQINBAB&mstk=AUtExfBu16KYaWMZ2I8IG4a4qQK7N0Rgpg22nvLJZN9K1gdOvAdt2A7DRB7HCS_B9NMTtKtdnfIbNYkPOOgJvDEM7sJwzUuIrrZn1V0MmyfuGC1z17xOp94HNQ9M3F3iGPXcuEJueX-9mksG5L9vkR_nkLlpaDuDjrqF6iQNUTjpXif8JM3LCc-rKlun7gZwTYfA8zc5wIecB3fh4vLFx_Suxf_QjYRZJUb62M1M8RclIW5k9RYLxIfdexjAen8uQRGxRYlWJZQq0-TrzyjhD1nScZdo&csui=3) or [flaxseeds](https://www.google.com/search?sca_esv=9349b9a2334e1130&rlz=1C1JZAP_enUS933US933&sxsrf=AE3TifNc9148FqvZzIhqspvr8yf4Owr97w%3A1758708199790&q=flaxseeds&sa=X&ved=2ahUKEwj4hozMkvGPAxXiE1kFHQl2DzEQxccNegQINBAC&mstk=AUtExfBu16KYaWMZ2I8IG4a4qQK7N0Rgpg22nvLJZN9K1gdOvAdt2A7DRB7HCS_B9NMTtKtdnfIbNYkPOOgJvDEM7sJwzUuIrrZn1V0MmyfuGC1z17xOp94HNQ9M3F3iGPXcuEJueX-9mksG5L9vkR_nkLlpaDuDjrqF6iQNUTjpXif8JM3LCc-rKlun7gZwTYfA8zc5wIecB3fh4vLFx_Suxf_QjYRZJUb62M1M8RclIW5k9RYLxIfdexjAen8uQRGxRYlWJZQq0-TrzyjhD1nScZdo&csui=3), or a spoonful of nut butter. For a savory twist, try crumbled [paneer](https://www.google.com/search?sca_esv=9349b9a2334e1130&rlz=1C1JZAP_enUS933US933&sxsrf=AE3TifNc9148FqvZzIhqspvr8yf4Owr97w%3A1758708199790&q=paneer&sa=X&ved=2ahUKEwj4hozMkvGPAxXiE1kFHQl2DzEQxccNegQINxAB&mstk=AUtExfBu16KYaWMZ2I8IG4a4qQK7N0Rgpg22nvLJZN9K1gdOvAdt2A7DRB7HCS_B9NMTtKtdnfIbNYkPOOgJvDEM7sJwzUuIrrZn1V0MmyfuGC1z17xOp94HNQ9M3F3iGPXcuEJueX-9mksG5L9vkR_nkLlpaDuDjrqF6iQNUTjpXif8JM3LCc-rKlun7gZwTYfA8zc5wIecB3fh4vLFx_Suxf_QjYRZJUb62M1M8RclIW5k9RYLxIfdexjAen8uQRGxRYlWJZQq0-TrzyjhD1nScZdo&csui=3) (Indian cottage cheese) or sprouted [moong](https://www.google.com/search?sca_esv=9349b9a2334e1130&rlz=1C1JZAP_enUS933US933&sxsrf=AE3TifNc9148FqvZzIhqspvr8yf4Owr97w%3A1758708199790&q=moong&sa=X&ved=2ahUKEwj4hozMkvGPAxXiE1kFHQl2DzEQxccNegQINxAC&mstk=AUtExfBu16KYaWMZ2I8IG4a4qQK7N0Rgpg22nvLJZN9K1gdOvAdt2A7DRB7HCS_B9NMTtKtdnfIbNYkPOOgJvDEM7sJwzUuIrrZn1V0MmyfuGC1z17xOp94HNQ9M3F3iGPXcuEJueX-9mksG5L9vkR_nkLlpaDuDjrqF6iQNUTjpXif8JM3LCc-rKlun7gZwTYfA8zc5wIecB3fh4vLFx_Suxf_QjYRZJUb62M1M8RclIW5k9RYLxIfdexjAen8uQRGxRYlWJZQq0-TrzyjhD1nScZdo&csui=3).

4. Top 10 Heart healthy Cereals

The data shows that 3 products of Quaker oats (Quaker Oatmeal Puffed rice and Puffed Wheat) and 3 products of Nabisco brand are considered excellent for heart health-conscious consumers.

Hometown FC ‘s only product Maypo is another competitor.

--6. Measuring Healthiness of a cereal using a formula (fiber + protein) - (sugars/2.0 + fat) AS Healthy Score) ranking from the healthiest to least healthy option

The data shows that according to the given formula, 3 varieties/ products of Nabisco are top Healthy options with zero sugars and zero sodium.

Also, Nabisco has products that are very low on the healthy scores chart, catering to the needs of different consumers.

Similarly, Quaker oats are another such brand.

7. Ranking by healthy score and identify which cereals are both healthy and popular

My Hypothesis- healthy score cereals are more popular

Analyzing the dataset reveals distinct patterns: cereals with **high Healthy Scores and high ratings** represent the ideal combination of nutrition and taste, making them highly recommended for regular consumption.

Cereals with **high Healthy Scores but lower ratings** are nutritious but may not appeal to all consumers due to taste preferences.

Conversely, cereals with **low Healthy Scores but high ratings** are popular for taste but less healthy, suggesting occasional consumption.

Finally, cereals with both **low Healthy Scores and low ratings** are neither nutritious nor favored by consumers and are generally the least desirable choice.

Visualizing cereals on a scatter plot of Healthy Score versus Rating, reveals that there is no specific pattern and the cereals are all scattered on the plot. They are not on a line.

Some cereals are clustered on top of the graph (healthy and popular) whereas some are down below.

This means my hypothesis was proven wrong that healthy score cereals are more popular. There are consumers that like unhealthy options as well. So the there is no correlation between popularity and Healthy options.

This analysis can guide consumers in choosing cereals that balance **healthiness and enjoyment**, and assist manufacturers in product development and marketing strategies.

My data analysis also showed that :-

General mill brand should be avoided by consumers who want to limit Sodium intake as well as sugar conscious consumers. Their preferred brand should be Quaker and Nabisco products.

In order to make this cereal the healthiest, consumers should add fiber externally in the form of Chia seeds, Ground flaxseed, Psyllium husk, Shredded coconut (unsweetened), Berries (raspberries, blackberries), Sliced banana, Almonds, walnuts