Food Nutrition & Dietary Insights Dashboard

Power BI Report for Meal & Nutrient Insights

PRAFULLWAHATULE

Total Food Items
597

Health Score
71.00

Total Calories
86.158K

Total Protein (g)
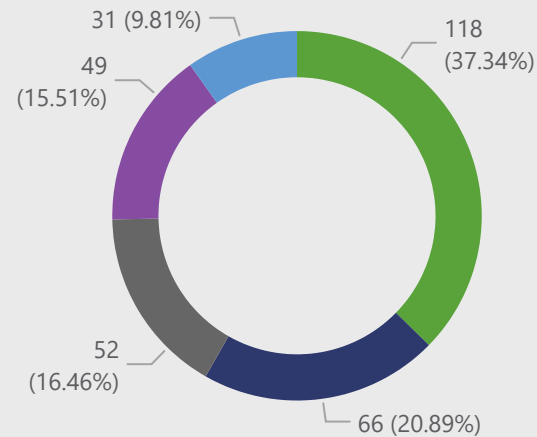3.71K

Total Carbs (g)
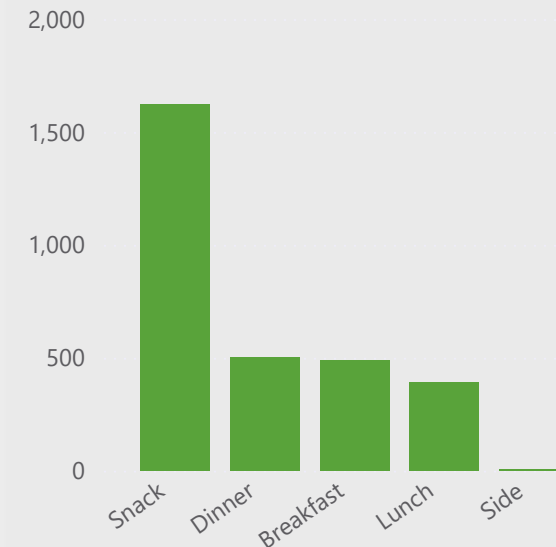8.91K

Total Fat (g)
3.86K

Total Fiber (g)
992.00

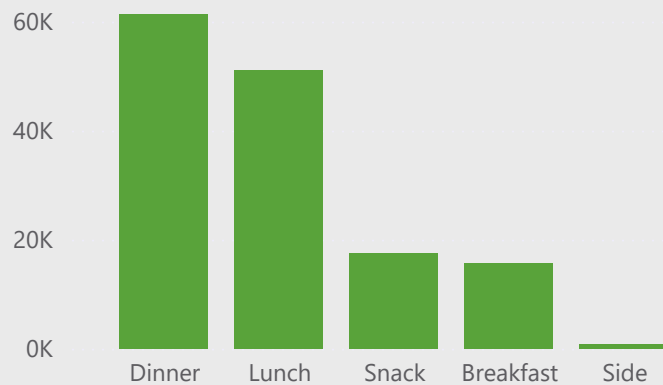## Total Sugar (g)
3.01K

Total Water (ml)
39.837K

Food Category Distribution

- 118 (37.34%)
- 66 (20.89%)
- 52 (16.46%)
- 49 (15.51%)
- 31 (9.81%)

Total Sugar by Meal Type

Meal Type	Value
Snack	~1,650
Dinner	~520
Breakfast	~500
Lunch	~400
Side	~0

Total Sodium by Meal Type

Meal Type	Value
Dinner	~60K
Lunch	~52K
Snack	~17K
Breakfast	~16K
Side	~0

Total Calories by Meal Type

Meal Type	Value
Dinner	~33K
Lunch	~21K
Snack	~20K
Breakfast	~11K
Side	~0
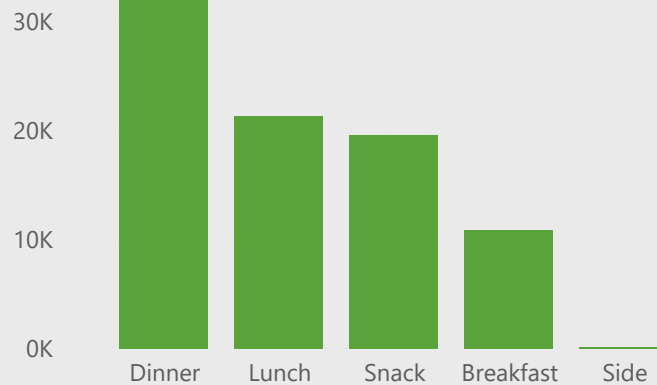
Macronutrient Distribution by Meal

(Dinner, Lunch, Snack, Breakfast, Side)

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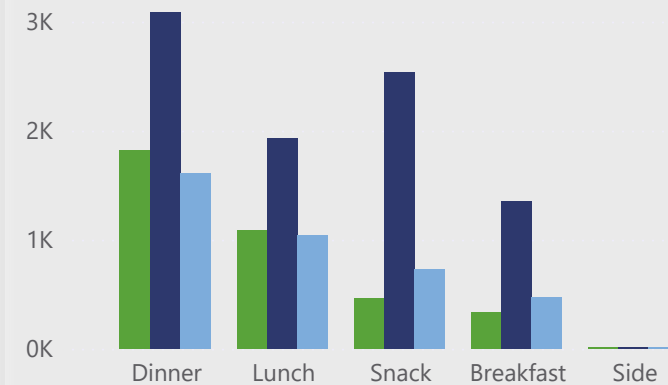
High Calorie Foods
41

High Sugar Foods
83

High Sodium...
175

High Cholesterol...
6

Avg Sugar (g)
5.04

Avg Calories (kcal)
144.32

Top 5 High-Calorie Foods

- Chicken A...
- Beef Burri...
- Carbonara...
- Chicken P...
- Reuben S...

0   500
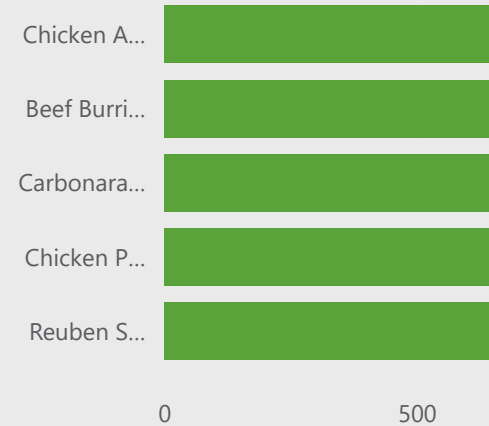
Sodium vs Cholesterol by Category

- Meal
- Condiment
- Protein
- Grain
- Vegetable
- Dairy
- Snack
- Dessert
- Beverage

0K   50K   100K
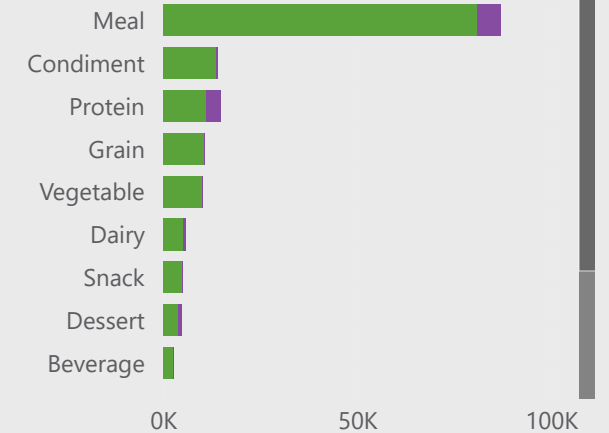
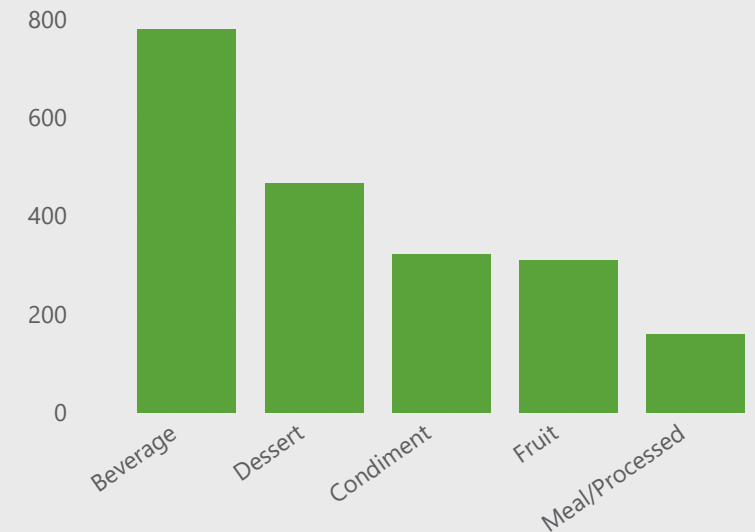| Meal_Type ✕	Food_Item ✕	Category ✕
Dinner	Chicken Alfredo (1.5 c...	

Total Calories (kcal)
86158

Dinner
34328

Lunch
21356

Snack
19602

Chicken Alfredo (1.5 ...
680

Beef Burrito (large)
650

Carbonara (1.5 cups)
650

Meal/Pasta
680

Top 5 High-Sugar Foods

800
600
400
200
0

- Beverage
- Dessert
- Condiment
- Fruit
- Meal/Processed

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Macro Composition by Category

● Protein (g) ● Fat (g) ● Carbohydrates (g)

Meal Protein Grain Dairy Vegetable Dessert Beverage Snack Condiment Legume Supplement Nut Fruit

Weight Loss Foods	Muscle Gain Foods	High Fiber Foods
393	56	40
High Sodium...	Healthy Food %	Max Calories
175	65.83	680
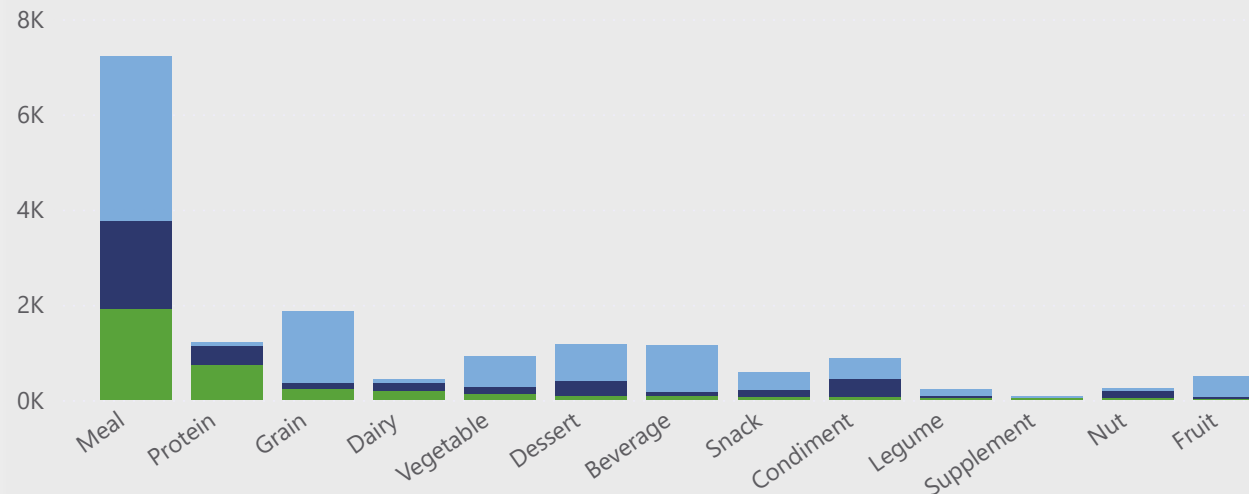
Nutritional Balance (Sugar vs Fiber)

400

200

0

0   500   1,000
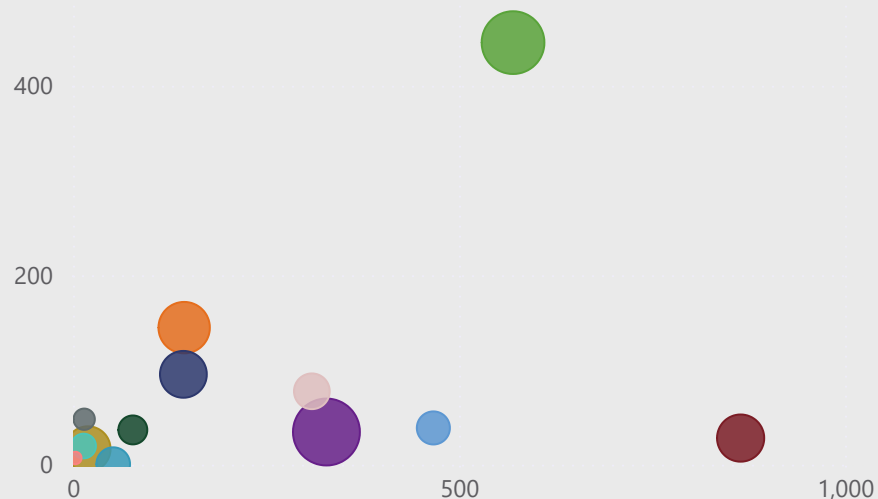
Total Calories (kcal) by Food Type

Processed
16K (18.71%)

86.16K
Total Calories

Non-Process...
70K (81....)
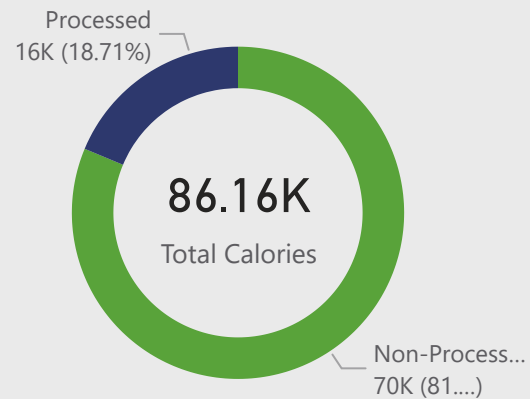
Total Calories (kcal) by MealType

Snack
20K (22.75%)

Breakfast
11K (12.59%)

Side
0K (0...)

86.16K
Total Calories

Lunch
21K (24....)

Dinner
34K (39.84%)

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