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- Meat/Poultry , Fish and Eggs Are The Food Types That You Maximum Protien Per Minimum Portion Size
- Food Type With Maximum Amount Of Calories Is Fast Food Almost As Equal to Mixed Dishes (Mac&Cheese,Lasagna, etc)
- Fats And Oil Food Type (Beacon,Meyonese) Give You 90% Calories, 7-8% Fat And Neglegeble Amount Of other Nutriens
- Count Of Food Items Is Highest For Vagiterians Beacause They Can Also Consume Dairy That Vegans Can't
- Grains/ cereals Is The Food Type That Will Provide Us So Much Carbohydrates And Very Little Fat content. Also Provide Us Highest Amount Of Fiber Among All The Food Types

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| Sheet1 | Dashboard 1 | Dashboard 2 | Insights, Data Storytelling | Q1. Bar Graph 1 | Q2. Pie Chart 1 | Q3. AI |
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