# Burger King - WikipediaBurger King Menu Nutrition Data

This dataset is a comprehensive collection of nutritional information for all major menu items offered by Burger King. The dataset includes information on the number of calories, total fat, saturated fat, trans fat, cholesterol, sodium, total carbohydrates, and protein found in each menu item.

This information allows individuals to make informed decisions about their dietary intake and helps them to better manage their health and wellness. The dataset can be used by individuals, healthcare providers, and researchers to better understand the nutritional content of the Burger King menu and to develop strategies for improving the healthfulness of the food offered by the restaurant chain.

Tabular data includes:

* Item
* Category
* Calories
* Fat Calories
* Fat (g)
* Saturated Fat (g)
* Trans Fat (g)
* Cholesterol (mg)
* Sodium (mg)
* Total Carb (g)
* Dietary Fibre (g)
* Sugars (g)
* Protein (g)
* Weight Watchers

### Lets look at the nutrients that should be consumed per meal:

* Calories: 700/meal
* Sodium: 700mg/meal
* Protein: 15-30g
* Sugar: 13-15g
* Carbohydrates: 75-105g
* Dietary Fibre: 6-8g
* Cholesterol: 300mg
* Fat: 26-28g
* Trans Fat: The intake of trans fat should be as close to zero as possible.
* Saturated Fat: 4-5g

Saturated Fat and Trans Fat can raise blood cholesterol level that can contribute to the development of heart disease. They are unhealthy fats and individuals should consume it in limited quantities.

When people want healthy food, they are typically looking for food that provides the nutrients their body needs to function properly without adding excess calories, unhealthy fats, or added sugars. Some of the things people look for when they want healthy food include:

* Nutrient density: Healthy food is typically rich in nutrients such as vitamins, minerals, fibre, and antioxidants that support overall health.
* Low calorie content: People who are looking to maintain or lose weight often look for healthy food that is low in calories.
* Low saturated fat content: Foods high in saturated fat can raise cholesterol levels and increase the risk of heart disease. Healthy food is often low in saturated fat.
* Low sugar content: Foods high in added sugars can lead to weight gain, high blood sugar levels, and other health problems. Healthy food is often low in added sugars.
* Whole foods: Whole foods, such as fruits, vegetables, whole grains, and lean proteins, are often considered healthy because they are minimally processed and contain natural nutrients.

So, keeping in mind the above healthy food criteria, some SQL queries are performed to analyse the Burger King Menu.

1. Its important to know how many Categories are present in the Menu, so to find out that, the first query was performed in which the total of categories are shown and it is clear that maximum food items belong to the Breakfast Category.
2. Next, we want to find out the food item that has the highest calorie out of all and after running the query the result showed us that “Triple Whopper® Sandwich with Cheese” has the highest calorie i.e. 1220 which is definitely unhealthy as the individual should consume 600-700 calories per meal. All the other nutrients are also present in excess quantity, so individuals who are health conscious should avoid this meal.
3. The previous query shows us the item that has the highest calorie in the menu, it wasn’t filtered out on any condition but now we want to know the item from each category that has maximum calorie. That’s why we used the ‘Where’ clause so as to filter the data on the basis of category.
4. As a general guideline, a balanced meal should typically contain around 500-700 calories. So, the next query was performed to find out the food items which have Calories less than or equal to 700 as those food items can be considered as Healthy.
5. After researching and finding out the appropriate amount that should be consumed for each nutrient and providing the same information above, we filtered out some food items which have Calories and Sodium less than or equal to 700, sugar less than or equal to 15g and Saturated Fats less than or equal to 5g. All the food items that were displayed after running the query are Healthy as they’ve proper amount of nutrients.
6. A balanced meal contains a variety of nutrients in the right proportions to meet a person's dietary needs, so the last query was executed keeping this in mind. The query was to filter out all the food items which have Fats less than or equal to 28g, Protein less than or equal to 30g, Carbohydrates less than or equal to 105g and Dietary Fibre is not equal to 0. Dietary fibre is a crucial component of a healthy diet. It is a type of carbohydrate that cannot be digested by the human body, but it plays an essential role in maintaining good health. So, one should include this in their diet as consuming adequate amounts of dietary fibre can help regulate bowel movements, lower cholesterol levels, control blood sugar, and promote a feeling of fullness, which can aid in weight management.

All the queries are performed on the basis of the measurements provided above.

It is important for individuals to consult with their doctors before making any significant changes to their diets. This is because everyone's nutritional needs are different, and a doctor can provide personalized recommendations based on an individual's medical history, age, gender, and other factors. Additionally, it is essential to consume the proper amounts of nutrients to maintain good health. Consuming too much or too little of certain nutrients can lead to health problems. Therefore, individuals should be mindful of their nutrients intake and make adjustments as needed based on their doctor's recommendations.