# Problem – Solution Fit Template

Date  
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Team ID  
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Project Name  
Comprehensive Analysis and Dietary Strategies with Tableau: A College Food Choices Case Study

Maximum Marks  
2 Marks

## Problem – Solution Fit Template

### Problem

College students often face challenges in making healthy food choices due to a lack of awareness, poor access to nutritional data, limited budget considerations, and unmonitored dietary patterns in campus cafeterias. The absence of clear insights into eating behaviors contributes to poor nutritional balance and uninformed meal selections.

### Customer / Target Group

- College students (ages 18–25)  
- Hostel residents and daily cafeteria users  
- Campus administration and health committee  
- Cafeteria managers

### Current Behavior

- Students choose meals based on taste, cost, or convenience rather than nutrition.  
- Cafeteria staff prepare meals without real-time feedback on preferences or consumption patterns.  
- Administration lacks data-driven insights for wellness initiatives.

### Customer's Pains

- No visibility into nutrition or spending patterns  
- Poor meal planning leads to unhealthy habits  
- Difficulty accommodating dietary preferences (e.g., vegan, high-protein)  
- Lack of transparency in cafeteria offerings

### Customer's Gains (Desired Outcomes)

- Easy-to-understand insights into their dietary intake  
- Personalized food choices or suggestions based on habits  
- Cost-effective and nutritious recommendations  
- Transparency and data-driven decisions for health promotion

### Your Solution

A comprehensive interactive Tableau dashboard that visualizes:  
- Student food preferences and trends over time  
- Nutritional breakdowns by food category and demographics  
- Spending behavior and popular time slots  
- Predictive insights and recommendations for better dietary strategies  
- Filters by gender, age group, department, or hostel  
- Exportable reports for administration and cafeteria planning

### Why It Solves the Problem

- Empowers students with awareness of their food choices  
- Supports cafeteria staff with consumption data to reduce waste  
- Assists administration with wellness planning and targeted campaigns  
- Enhances engagement through visually rich, real-time dashboards