**Introduction:**

Efforts to improve snacking and drinking habits are encouraged to promote a healthy body mass index (BMI) in adolescents. Although commercial fitness and nutrition mobile phone apps are widely used, little is known regarding their potential to improve health behaviors, especially in adolescents. In addition, evidence on the mechanisms through which such fitness and nutrition apps influence behavior is lacking.

One study found that around 28% of the adolescents used fitness, nutrition apps or both. Frequency of using nutrition apps was positively associated with a higher healthy beverage ratio and a higher body mass index z score. A significant interaction was found between the frequency of using nutrition and for the zBMI and the healthy snack ratio. Attitude to eat healthy for appearance mediated both the fitness app use frequency and the nutrition app use frequency associations. No mediation was observed for the associations between the frequency of use of fitness or nutrition apps and the healthy snack or beverage ratio.

It has been found that cheese, when consumed in moderation, can be a good snacking option too. Cutting cheese entirely from diet prevents us from getting essential nutrients such as protein, calcium and several other nutrients.

**Data selection:**

I chose this nutrition dataset from data world because as a food and fitness enthusiast, it picked my interest. I believe most people eat healthy meals but they do lack enough knowledge on how to snack smartly to keep them on the right track.

**Key attributes:**

The key attributes of this dataset are names of various common food items and the nutrition content including percentages and amount of certain vitamins and minerals.

**Key stats:**

A filter was applied on the “short desc” column that contains the name of foods to retain only the cheese and cheese related snacking options. Two calculated fields were created namely “protein energy ratio” which gives a better picture of how nutritious a snack is and “sodium content?” that tells us whether an item is high sodium or low sodium based on the 350 mg cutoff. Nutritionists recommend using calories as a currency hence a greater protein energy ratio means more value for the expenses of calories.

**Problem Statement?**

Which cheese is less harmful and healthier as a snack option?

References:

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