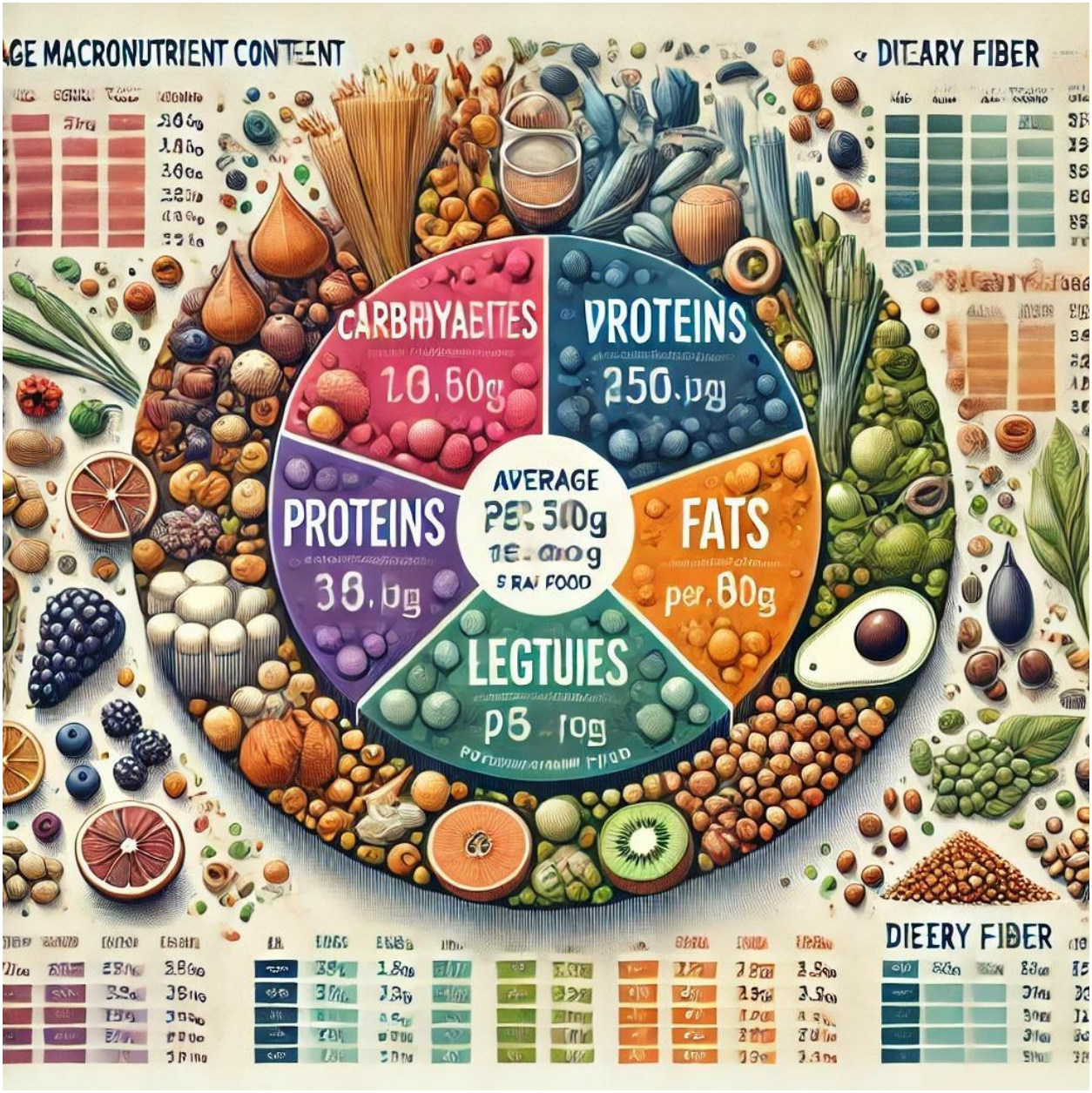
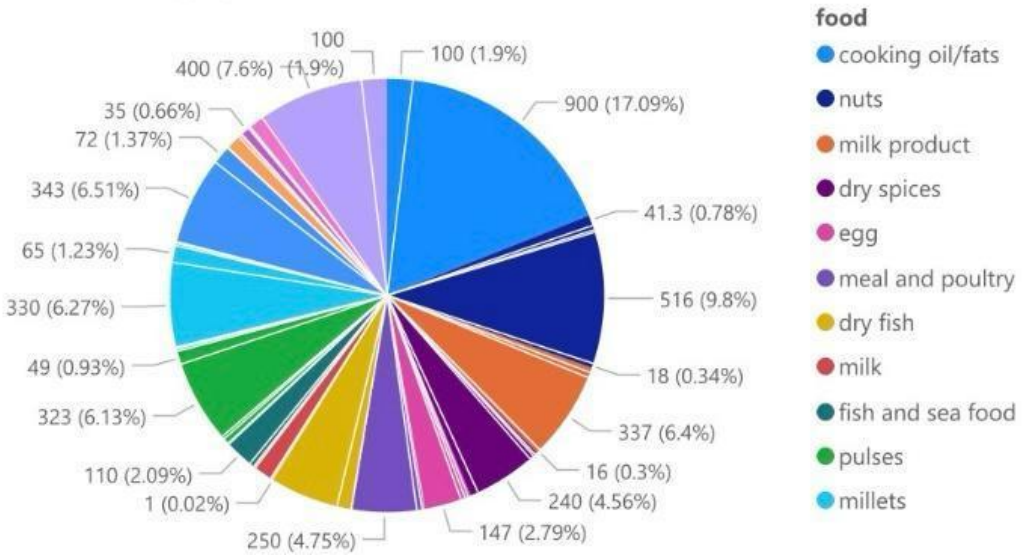
Introduction

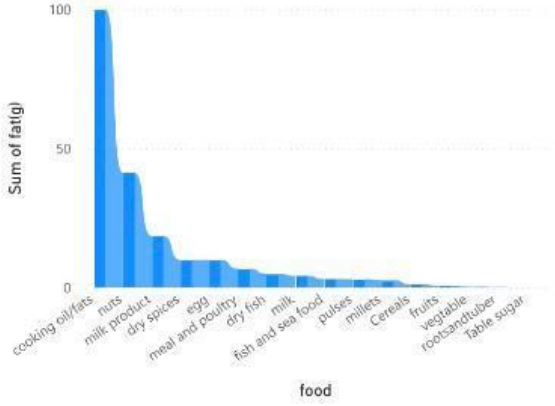


In today's health-conscious world, understanding the nutritional value of food is essential for making informed dietary decisions. This project focuses on the visualization of key nutritional information—macronutrients and dietary fiber—across different food groups, based on reliable data from the 'Dietary Guidelines for Indians.' By analyzing this data through Power BI, this project aims to provide a clear representation of how different food categories contribute to daily nutritional intake. This can assist individuals, nutritionists, and healthcare professionals in promoting healthier eating habits based on scientific data.

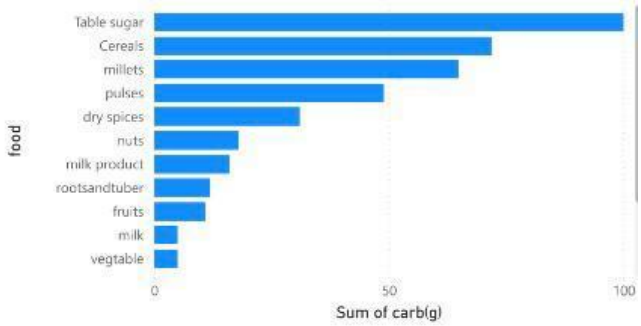
Sum of fat(g), Sum of protein(g), Sum of Total dietary fibre(g), Sum of Energy(kcal) and Sum of carb(g) by food



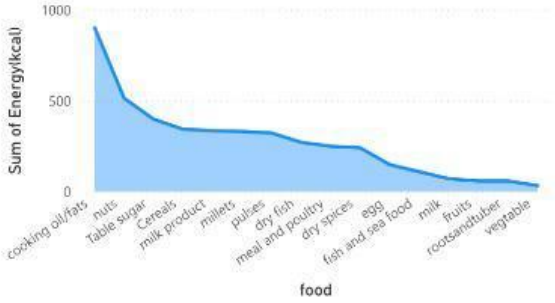
Sum of fat(g) by food



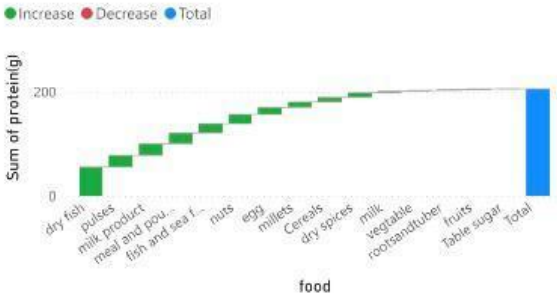
Sum of carb(g) by food



Sum of Energy(kcal) by food



Sum of protein(g) by food



Summary:

This project visualizes the average macronutrient and dietary fiber content across various food groups, derived from the 'Dietary Guidelines for Indians.' Using Power BI, the data is analyzed and presented to offer insights into the nutritional value of raw foods per 100g, helping individuals make healthier food choices.

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