Food category, major nutrients and obesity

This idea aims to analyze the nutrients contents like fat, saturated fat and cholesterol in diary products so as to determine if their consumption leads to obesity. By doing this analysis we can make better food choice next time picking diary products. This analysis will help cut down on the consummation of diary products and and contribute towards a healthier lifestyle.

Goals:

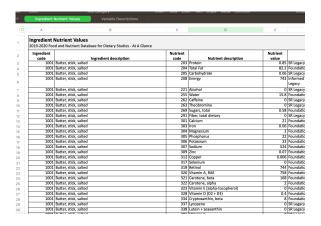
Which diary is least healthy and most related to obesity in all age?

First we plan to get the nutrients value of the dairy products, than we are going to check the annual consumption of those nutrients in an age demographic. Lastly, we are going to see the obesity rate corresponding to age.

For this project, three datasets were used:

1.(NIH)<u>https://www.niddk.nih.gov/health-information/health-statistics/overweight-obesity</u>(2017-2018)

2.https://www.ars.usda.gov/northeast-area/beltsville-md-bhnrc/beltsville-human-nut rition-research-center/food-surveys-research-group/docs/fndds-download-databa ses/



3.https://www.ers.usda.gov/data-products/food-consumption-and-nutrient-intakes.aspx

