Beyond the Plate:

Comparing the Nutritional Composition of Five Common Diets

How do protein, carbohydrates, fiber, and fats differ among foods compatible with vegan, keto, carnivore, omnivore, and pescatarian diets?

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Dataset



Nutritional Value Score (NVS) dataset

This data set compares the **nutritional values** of various foods that are locally available in a selection of countries.

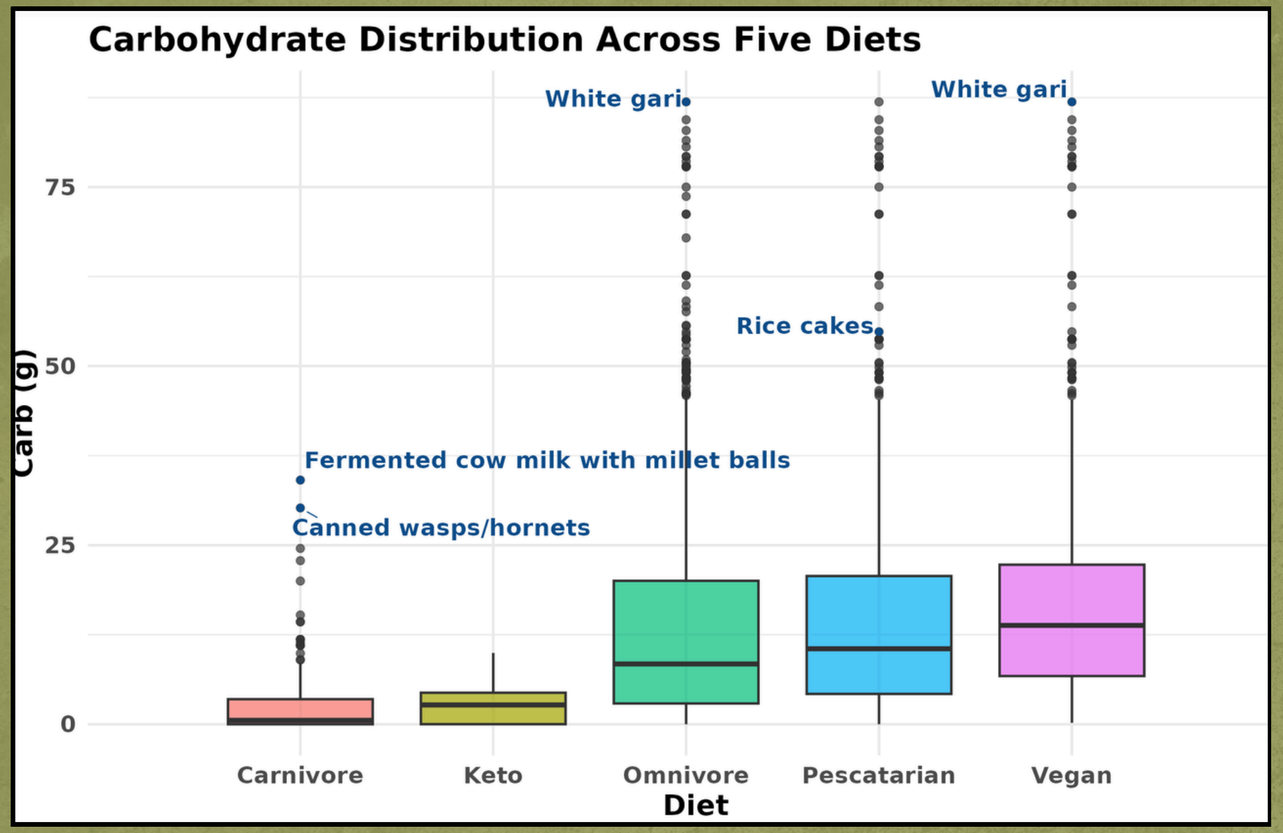
289 foods evaluated using the **NVS**

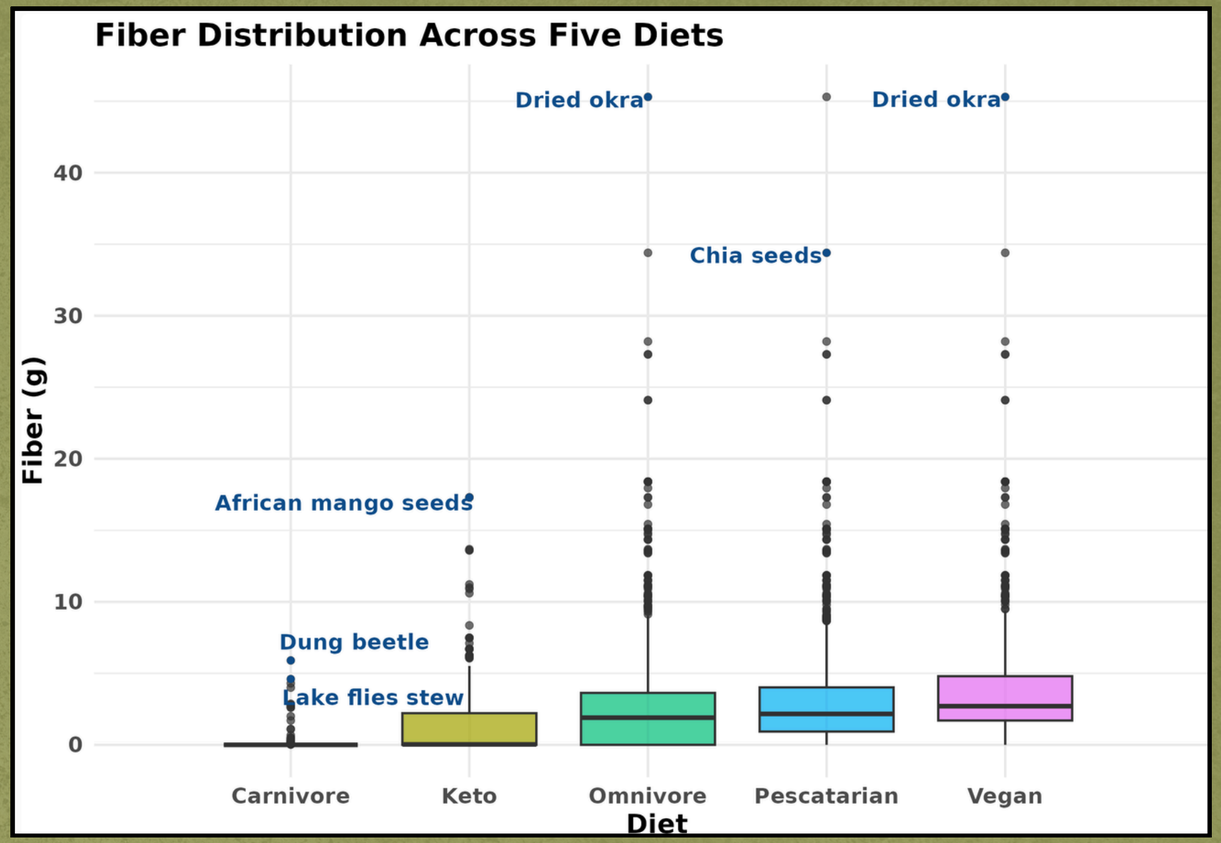
Combines seven components:
nutrient ratios, vitamins, minerals, protein, n–3 fatty acids, fiber, and Calories.

1,752 rows that indicate each unique food

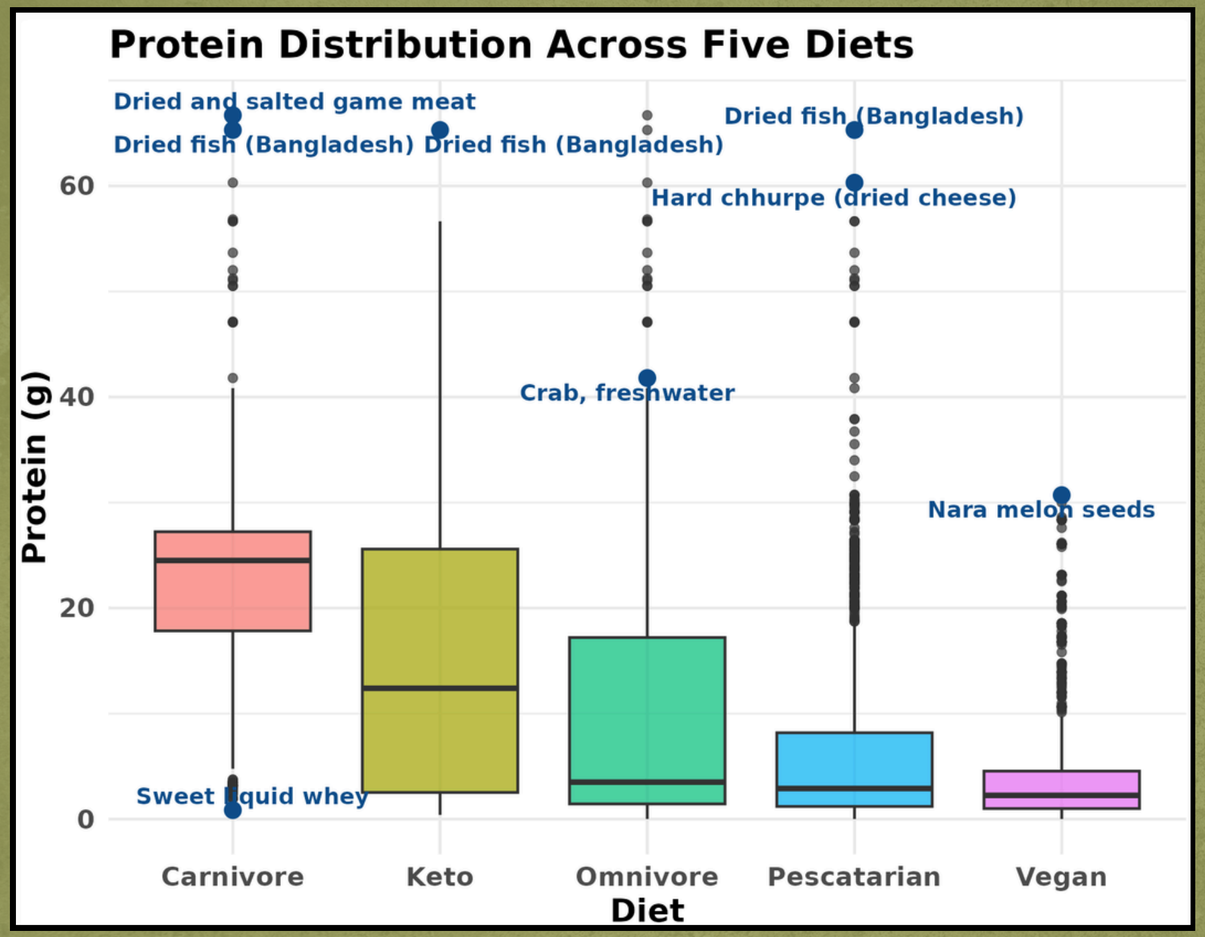
81 columns that indicate various nutritional values such as **fiber, calories, and protein.**

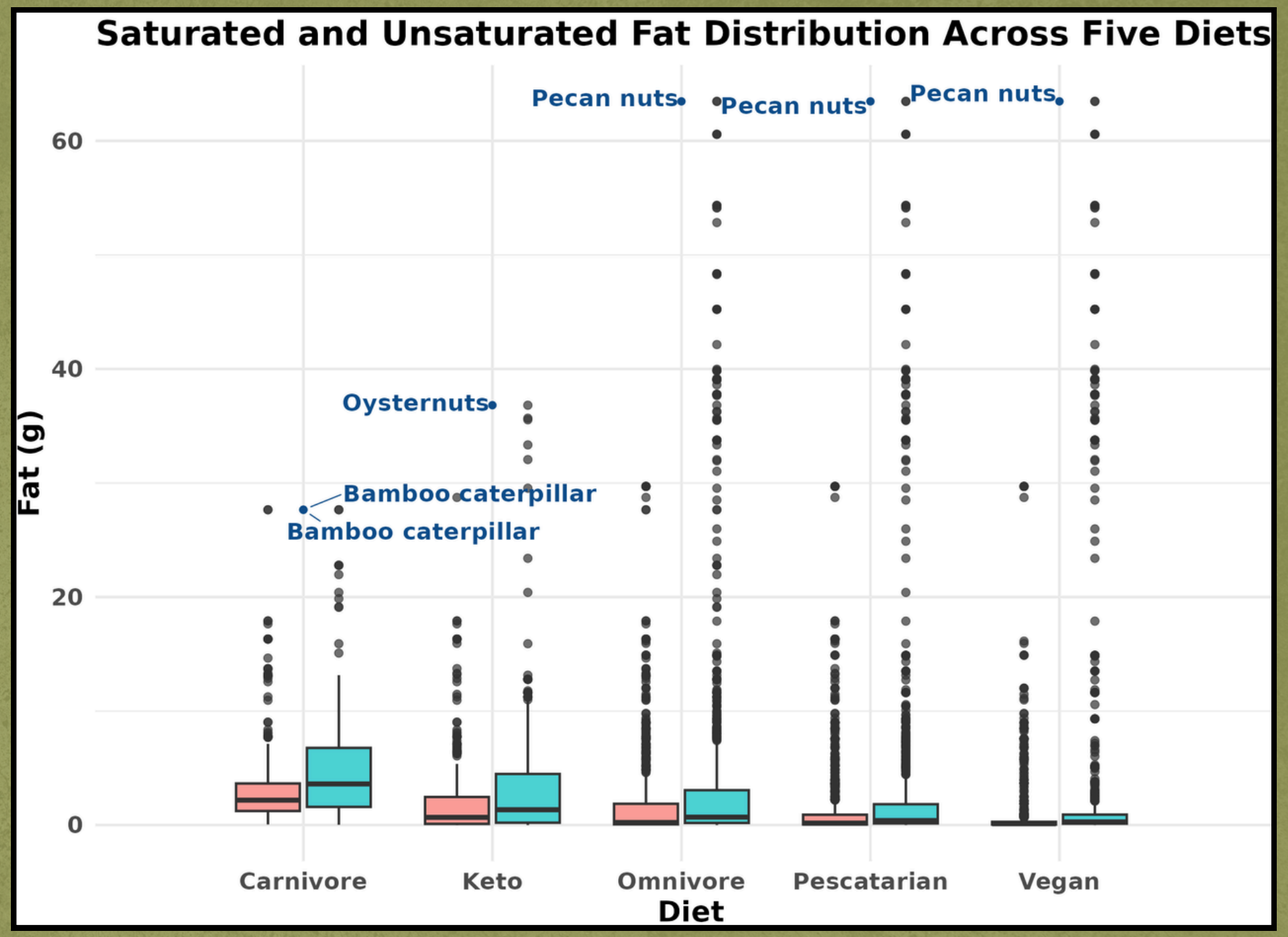
Carbohydrates and Fiber



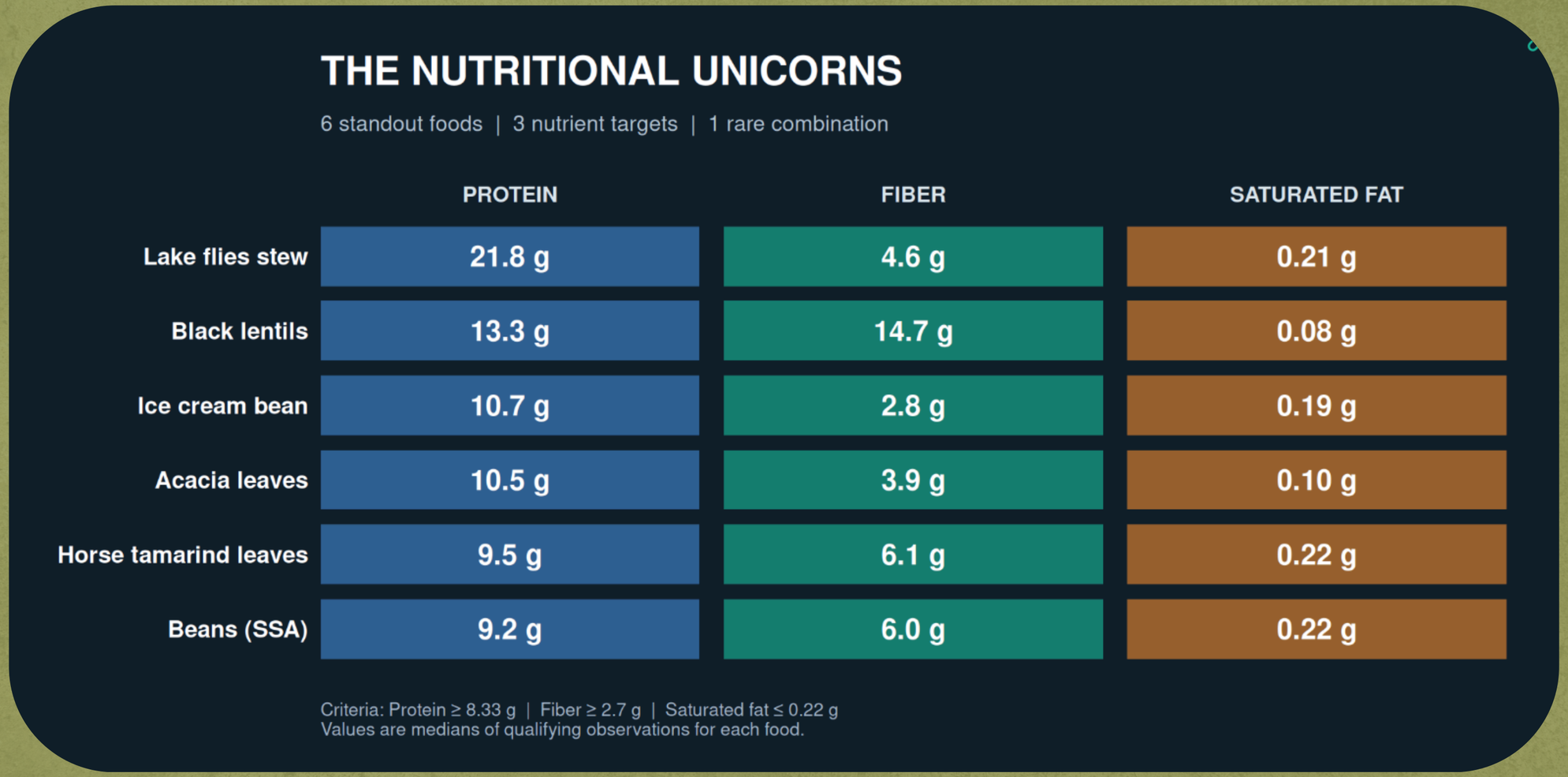


Protein and Fats





Does the Perfect Food Exist?















Limitations

01

Food Data ≠ Real Diets: Our analysis examines individual foods, not complete meals, portion sizes, or actual eating habits.

02

Overlapping Diet Categories: Many foods fit multiple dietary patterns, meaning our five diet groups are not mutually exclusive.

03

Classification Bias: Our food classifications were based on general dietary guidelines, meaning the criteria we selected may influence the observed differences.

04

Looking Ahead: Future research could examine real dietary intake, complete meals, and portion sizes to better understand nutritional differences.

Discussion + Conclusion

01 | Different Diets, Different Nutrients

Carnivore foods had the highest median protein, while vegan foods led in carbohydrates and fiber.

02 | Nutritional Trade-Offs

No dietary category led across every nutrient. Each offered a different balance of protein, carbohydrates, fiber, and fats.

03 | The Foods Behind the Numbers

Our Nutritional Unicorn analysis revealed that some individual foods can combine relatively high protein and fiber with low saturated fat.

04 | What This Means

Nutritional differences depend on the types of foods included in each diet, not simply the dietary label itself.

Thank you!

