

Week 9

Aim: To create a breakfast menu using XML

Code:

```
<?xml version="1.0"?>
<nutrition>
  <daily-values>
    <total-fat units="g">65</total-fat>
    <saturated-fat units="g">20</saturated-fat>
    <cholesterol units="mg">300</cholesterol>
    <sodium units="mg">2400</sodium>
    <carb units="g">300</carb>
    <fiber units="g">25</fiber>
    <protein units="g">50</protein>
  </daily-values>
  <food>
    <name>Avocado Dip</name>
    <mfr>Sunnydale</mfr>
    <serving units="g">29</serving>
    <calories total="110" fat="100"/>
    <total-fat>11</total-fat>
    <saturated-fat>3</saturated-fat>
    <cholesterol>5</cholesterol>
    <sodium>210</sodium>
    <carb>2</carb>
    <fiber>0</fiber>
    <protein>1</protein>
  </food>
  <food>
    <name>Bagels, New York Style </name>
    <mfr>Thompson</mfr>
    <serving units="g">104</serving>
    <calories total="300" fat="35"/>
    <total-fat>4</total-fat>
    <saturated-fat>1</saturated-fat>
    <cholesterol>0</cholesterol>
    <sodium>510</sodium>
    <carb>54</carb>
    <fiber>3</fiber>
    <protein>11</protein>
  </food>
  <food>
    <name>Beef Frankfurter, Quarter Pound </name>
    <mfr>Armitage</mfr>
    <serving units="g">115</serving>
    <calories total="370" fat="290"/>
```

<total-fat>32</total-fat>
<saturated-fat>15</saturated-fat>
<cholesterol>65</cholesterol>
<sodium>1100</sodium>
<carb>8</carb>
<fiber>0</fiber>
<protein>13</protein>

</food>

<food>

<name>Chicken Pot Pie</name>
<mfr>Lakeson</mfr>
<serving units="g">198</serving>
<calories total="410" fat="200"/>
<total-fat>22</total-fat>
<saturated-fat>9</saturated-fat>
<cholesterol>25</cholesterol>
<sodium>810</sodium>
<carb>42</carb>
<fiber>2</fiber>
<protein>10</protein>

</food>

<food>

<name>Cole Slaw</name>
<mfr>Fresh Quick</mfr>
<serving units=" cup">1.5</serving>
<calories total="20" fat="0"/>
<total-fat>0</total-fat>
<saturated-fat>0</saturated-fat>
<cholesterol>0</cholesterol>
<sodium>15</sodium>
<carb>5</carb>
<fiber>2</fiber>
<protein>1</protein>

</food>

<food>

<name>Eggs</name>
<mfr>Goodpath</mfr>
<serving units="g">50</serving>
<calories total="70" fat="40"/>
<total-fat>4.5</total-fat>
<saturated-fat>1.5</saturated-fat>
<cholesterol>215</cholesterol>
<sodium>65</sodium>
<carb>1</carb>
<fiber>0</fiber>

```
<protein>6</protein>
</food>
<food>
  <name>Hazelnut Spread</name>
  <mfr>Ferreira</mfr>
  <serving units="tbsp">2</serving>
  <calories total="200" fat="90"/>
  <total-fat>10</total-fat>
  <saturated-fat>2</saturated-fat>
  <cholesterol>0</cholesterol>
  <sodium>20</sodium>
  <carb>23</carb>
  <fiber>2</fiber>
  <protein>3</protein>
</food>
<food>
  <name>Potato Chips</name>
  <mfr>Lees</mfr>
  <serving units="g">28</serving>
  <calories total="150" fat="90"/>
  <total-fat>10</total-fat>
  <saturated-fat>3</saturated-fat>
  <cholesterol>0</cholesterol>
  <sodium>180</sodium>
  <carb>15</carb>
  <fiber>1</fiber>
  <protein>2</protein>
</food>
<food>
  <name>Soy Patties, Grilled</name>
  <mfr>Gardenproducts</mfr>
  <serving units="g">96</serving>
  <calories total="160" fat="45"/>
  <total-fat>5</total-fat>
  <saturated-fat>0</saturated-fat>
  <cholesterol>0</cholesterol>
  <sodium>420</sodium>
  <carb>10</carb>
  <fiber>4</fiber>
  <protein>9</protein>

</food>
<food>
  <name>Truffles, Dark Chocolate</name>
  <mfr>Lyndon's</mfr>
  <serving units="g">39</serving>
  <calories total="220" fat="170"/>
```

```
<total-fat>19</total-fat>
<saturated-fat>14</saturated-fat>
<cholesterol>25</cholesterol>
<sodium>10</sodium>
<carb>16</carb>
<fiber>1</fiber>
<protein>1</protein>
</food>
</nutrition>
```

Output:

```
<?xml version="1.0"?>
<nutrition>
  <daily-values>
    <total-fat units="g">65</total-fat>
    <saturated-fat units="g">20</saturated-fat>
    <cholesterol units="mg">300</cholesterol>
    <sodium units="mg">2400</sodium>
    <carb units="g">300</carb>
    <fiber units="g">25</fiber>
    <protein units="g">50</protein>
  </daily-values>
  <food>
    <name>Avocado Dip</name>
    <mfr>Sunnydale</mfr>
    <serving units="g">29</serving>
    <calories fat="100" total="110"/>
    <total-fat>11</total-fat>
    <saturated-fat>3</saturated-fat>
    <cholesterol>5</cholesterol>
    <sodium>210</sodium>
    <carb>2</carb>
    <fiber>0</fiber>
    <protein>1</protein>
  </food>
  <food>
    <name>Bagels, New York Style </name>
    <mfr>Thompson</mfr>
    <serving units="g">104</serving>
    <calories fat="35" total="300"/>
    <total-fat>4</total-fat>
    <saturated-fat>1</saturated-fat>
    <cholesterol>0</cholesterol>
    <sodium>510</sodium>
    <carb>54</carb>
    <fiber>3</fiber>
  </food>
</nutrition>
```

```
<fiber>2</fiber>
<protein>10</protein>
</food>
<food>
  <name>Cole Slaw</name>
  <mfr>Fresh Quick</mfr>
  <serving units="cup">1.5</serving>
  <calories fat="0" total="20"/>
  <total-fat>0</total-fat>
  <saturated-fat>0</saturated-fat>
  <cholesterol>0</cholesterol>
  <sodium>15</sodium>
  <carb>5</carb>
  <fiber>2</fiber>
  <protein>1</protein>
</food>
<food>
  <name>Eggs</name>
  <mfr>Goodpath</mfr>
  <serving units="g">50</serving>
  <calories fat="40" total="70"/>
  <total-fat>4.5</total-fat>
  <saturated-fat>1.5</saturated-fat>
  <cholesterol>215</cholesterol>
  <sodium>65</sodium>
  <carb>1</carb>
  <fiber>0</fiber>
  <protein>6</protein>
</food>
<food>
  <name>Hazelnut Spread</name>
  <mfr>Ferreira</mfr>
  <serving units="tbsp">2</serving>
  <calories fat="90" total="200"/>
  <total-fat>10</total-fat>
  <saturated-fat>2</saturated-fat>
  <cholesterol>0</cholesterol>
  <sodium>20</sodium>
</food>
</nutrition>
```

