//date from JSON file

$.getJSON('data.json', function(jqdata) {

$('caption').html(jqdata.title);

$('#showheading th:first-child').html(jqdata.heading);

$('#showheading th:nth-child(2)').html(jqdata.head1);

$('#showheading th:nth-child(3)').html(jqdata.head2);

$('#showheading th:nth-child(4)').html(jqdata.head3);

$('#showheading th:last-child').html(jqdata.head4);

$('#showcalories td:first-child').html(jqdata.subheadcal);

$('#showcalories td:nth-child(2)').html(jqdata.cal1);

$('#showcalories td:nth-child(3)').html(jqdata.cal2);

$('#showcalories td:nth-child(4)').html(jqdata.cal3);

$('#showcalories td:last-child').html(jqdata.cal4);

$('#showfat td:first-child').html(jqdata.subheadfat);

$('#showfat td:nth-child(2)').html(jqdata.fat1);

$('#showfat td:nth-child(3)').html(jqdata.fat2);

$('#showfat td:nth-child(4)').html(jqdata.fat3);

$('#showfat td:last-child').html(jqdata.fat4);

$('#showven td:first-child').html(jqdata.subheadven);

$('#showven td:nth-child(2)').html(jqdata.ven1);

$('#showven td:nth-child(3)').html(jqdata.ven2);

$('#showven td:nth-child(4)').html(jqdata.ven3);

$('#showven td:last-child').html(jqdata.ven4);