

Food_Item	Category	Calories (kcal)	Protein (g)	Carbohydrate (g)	Fat (g)	Fiber (g)	Sugars (g)	Sodium (mg)	Cholesterol (mg)
Eggs	Meat	173	42.4	83.7	1.5	1.5	12.7	752	125
Apple	Fruits	66	39.2	13.8	3.2	2.6	12.2	680	97
Chicken Breast	Meat	226	27.1	79.1	25.8	3.2	44.7	295	157
Banana	Fruits	116	43.4	47.1	16.1	6.5	44.1	307	13
Oats	Fruits	500	33.9	75.8	47	7.8	19.4	358	148
Carrot	Grains	387	31.2	6.8	39.5	5.1	0.7	300	244
Cookies	Vegetables	138	28.2	12.4	20.2	2.8	37.8	933	15
Quinoa	Snacks	69	36.8	17.8	15	9.6	36.4	185	228
Tomato	Fruits	568	6.7	7	23.4	6.4	46.9	336	129
Orange Juice	Grains	204	19.3	62.7	31.8	6.8	40.3	887	135
Beef Steak	Grains	108	40.6	13.9	12.2	9.3	44.7	530	194
Pork Chop	Vegetables	117	34.4	21	10.1	9.1	18.5	66	180
Grapes	Beverages	147	20.1	32.7	8.9	7	42.4	500	250
Milkshake	Snacks	468	23.7	89.2	3.1	6.3	31.3	342	225
Pasta	Meat	157	27.5	32.4	9.4	0.5	24.6	180	68
Orange	Meat	385	15.8	36.5	33.1	2.1	27.6	134	88
Nuts	Grains	297	36.3	76.4	24.9	2.9	37.6	269	66
Cheese	Fruits	274	42.4	54.5	45.2	8.2	20.3	507	76
Strawberry	Beverages	353	24	96.2	6.8	0.9	17.5	305	17
Butter	Meat	569	4.3	23.2	31.9	9.5	28.2	373	17
Rice	Grains	217	28.1	8.3	38.9	3.7	43.2	653	176
Yogurt	Grains	492	32.8	45.9	27.5	7.5	5.1	435	70
Broccoli	Fruits	222	21.1	85	45.1	1.7	46.8	422	260
Water	Grains	335	38	64.7	39.1	9.5	2.1	322	139
Paneer	Snacks	552	25.9	27.4	39.2	1.5	47.3	338	292
Salmon	Dairy	252	18	24.9	31	8.2	43.6	744	110
Milk	Fruits	141	19	93.3	11.8	5.7	20	970	263
Coffee	Grains	336	43.1	56.8	21.9	9.4	18.1	452	262
Spinach	Dairy	315	37.8	25.5	15.6	1.2	1	555	119
Potato	Beverages	553	44.1	25.7	21.9	4.5	36.7	888	171
Green Tea	Grains	496	18.1	24.9	16.5	0.2	13	346	57
Bread	Grains	142	14.6	21.9	41.4	2.7	46.5	947	48
Chocolate	Grains	71	4	62.8	42.7	1.7	31.2	87	109
Chips	Fruits	595	32.5	23.8	35.1	9.3	32	389	278
Popcorn	Fruits	165	7.7	35	44.2	5.3	8.7	21	154

