URL of the original Web pages:

Common Food Calories:

<https://www.calories.info/food/vegetables>

<https://www.calories.info/food/fruits>

<https://www.calories.info/food/pasta-noodles>

<https://www.calories.info/food/milk-dairy-products>

<https://www.calories.info/food/legumes>

<https://www.calories.info/food/meat>

Healthy Food Suggestions:

<https://www.healthline.com/nutrition/50-super-healthy-foods>

Obesity Figures 2019:

<http://worldpopulationreview.com/countries/most-obese-countries/>