

q4gdoroyt

April 2, 2024

```
[1]: pip install tabula.py
```

```
Collecting tabula.py
  Downloading tabula_py-2.9.0-py3-none-any.whl (12.0 MB)
                                12.0/12.0 MB
24.9 MB/s eta 0:00:00
Requirement already satisfied: pandas>=0.25.3 in
/usr/local/lib/python3.10/dist-packages (from tabula.py) (1.5.3)
Requirement already satisfied: numpy in /usr/local/lib/python3.10/dist-packages
(from tabula.py) (1.25.2)
Requirement already satisfied: distro in /usr/lib/python3/dist-packages (from
tabula.py) (1.7.0)
Requirement already satisfied: python-dateutil>=2.8.1 in
/usr/local/lib/python3.10/dist-packages (from pandas>=0.25.3->tabula.py) (2.8.2)
Requirement already satisfied: pytz>=2020.1 in /usr/local/lib/python3.10/dist-
packages (from pandas>=0.25.3->tabula.py) (2023.4)
Requirement already satisfied: six>=1.5 in /usr/local/lib/python3.10/dist-
packages (from python-dateutil>=2.8.1->pandas>=0.25.3->tabula.py) (1.16.0)
Installing collected packages: tabula.py
Successfully installed tabula.py-2.9.0
```

```
[2]: pip install tabulate
```

```
Requirement already satisfied: tabulate in /usr/local/lib/python3.10/dist-
packages (0.9.0)
```

```
[4]: from tabula import read_pdf
     from tabulate import tabulate
```

```
[20]: import warnings

      warnings.filterwarnings("ignore")
```

```
[21]: pdf_file = 'FoodList.pdf'

      page_number = 1

      tables_df = read_pdf(pdf_file, pages=page_number)
```

```
print(tables_df)
```

	BREADS & CEREALS	Portion size *	...	Unnamed: 0
0	Bagel (1 average)	140 cals (45g)	...	NaN
Medium				
1	Biscuit digestives	86 cals (per biscuit)	...	NaN
High				
2	Jaffa cake	48 cals (per biscuit)	...	NaN
Med-High				
3	Bread white (thick slice)	96 cals (1 slice 40g)	...	NaN
Medium				
4	Bread wholemeal (thick)	88 cals (1 slice 40g)	...	NaN
Low-med				
5	Chapatis	250 cals	...	NaN
Medium				
6	Cornflakes	130 cals (35g)	...	NaN
Med-High				
7	Crackerbread	17 cals per slice	...	NaN
Low Calorie				
8	Cream crackers	35 cals (per cracker)	...	NaN
Low / portion				
9	Crumpets	93 cals (per crumpet)	...	NaN
Low-Med				
10	Flapjacks basic fruit mix	320 cals	...	NaN
High				
11	Macaroni (boiled)	238 cals (250g)	...	NaN
Low calorie				
12	Muesli	195 cals (50g)	...	NaN
Med-high				
13	Naan bread (normal)	300 cals (small plate size)	...	NaN
Medium				
14	Noodles (boiled)	175 cals (250g)	...	NaN
Low calorie				
15	Pasta (normal boiled)	330 cals (300g)	...	NaN
Low calorie				
16	Pasta (wholemeal boiled)	315 cals (300g)	...	NaN
Low calorie				
17	Porridge oats (with water)	193 cals (350g)	...	NaN
Low calorie				
18	Potatoes** (boiled)	210 cals (300g)	...	NaN
Low calorie				
19	Potatoes** (roast)	420 cals (300g)	...	NaN
Medium				

```
[20 rows x 5 columns]
```

```
[22]: cleaned_tables = [table.dropna(axis='columns') for table in tables_df]

for idx, table in enumerate(cleaned_tables):
    print(f"Table {idx+1} after dropping NaN values:")

    print(table)
```

Table 1 after dropping NaN values:

BREADS & CEREALS		Portion size * per 100 grams (3.5	
oz)	energy content		
0	Bagel (1 average)	140 calcs (45g)	310
calcs	Medium		
1	Biscuit digestives	86 calcs (per biscuit)	480
calcs	High		
2	Jaffa cake	48 calcs (per biscuit)	370
calcs	Med-High		
3	Bread white (thick slice)	96 calcs (1 slice 40g)	240
calcs	Medium		
4	Bread wholemeal (thick)	88 calcs (1 slice 40g)	220
calcs	Low-med		
5	Chapatis	250 calcs	300
calcs	Medium		
6	Cornflakes	130 calcs (35g)	370
calcs	Med-High		
7	Crackerbread	17 calcs per slice	325
calcs	Low Calorie		
8	Cream crackers	35 calcs (per cracker)	440
calcs	Low / portion		
9	Crumpets	93 calcs (per crumpet)	198
calcs	Low-Med		
10	Flapjacks basic fruit mix	320 calcs	500
calcs	High		
11	Macaroni (boiled)	238 calcs (250g)	95
calcs	Low calorie		
12	Muesli	195 calcs (50g)	390
calcs	Med-high		
13	Naan bread (normal)	300 calcs (small plate size)	320
calcs	Medium		
14	Noodles (boiled)	175 calcs (250g)	70
calcs	Low calorie		
15	Pasta (normal boiled)	330 calcs (300g)	110
calcs	Low calorie		
16	Pasta (wholemeal boiled)	315 calcs (300g)	105
calcs	Low calorie		
17	Porridge oats (with water)	193 calcs (350g)	55
calcs	Low calorie		

18	Potatoes** (boiled)	210 cals (300g)	70
cals	Low calorie		
19	Potatoes** (roast)	420 cals (300g)	140
cals	Medium		

```
[23]: page_number = 3

tables_df = read_pdf(pdf_file, pages=page_number)

print(tables_df)
```

[Fish cake	90 cals per cake	200 cals	Medium
0	Fish fingers	50 cals per piece	220 cals	Medium
1	Gammon	320 cals	280 cals	Med-High
2	Haddock fresh	200 cals	110 cals	Low calorie
3	Halibut fresh	220 cals	125 cals	Low calorie
4	NaN	NaN	NaN	NaN
5	Ham	6 cals	240 cals	Medium
6	Herring fresh grilled	300 cals	200 cals	Medium
7	Kidney	200 cals	160 cals	Medium
8	Kipper	200 cals	120 cals	Low calorie
9	NaN	NaN	NaN	NaN
10	Liver	200 cals	150 cals	Medium
11	Liver pate	150 cals	300 cals	Medium
12	Lamb (roast)	300 cals	300 cals	Med-High
13	Lobster boiled	200 cals	100 cals	Low calorie
14	NaN	NaN	NaN	NaN
15	Luncheon meat	300 cals	400 cals	High
16	Mackeral	320 cals	300 cals	Medium
17	Mussels	90 cals	90 cals	Low-Med
18	Pheasant roast	200 cals	200 cals	Medium
19	Pilchards (tinned)	140 cals	140 cals	Medium
20	Prawns	180 cals	100 cals	Low- Med
21	Pork	320 cals	290 cals	Med-High
22	Pork pie	320 cals	450 cals	High
23	Rabbit	200 cals	180 cals	Medium
24	Salmon fresh	220 cals	180 cals	Medium
25	Sardines tinned in oil	220 cals	220 cals	Medium
26	Sardines in tomato sauce	180 cals	180 cals	Medium
27	Sausage pork fried	250 cals	320 cals	High
28	Sausage pork grilled	220 cals	280 cals	Med-High
29	Sausage roll	290 cals	480 cals	High
30	Scampi fried in oil	400 cals	340 cals	High
31	Steak & kidney pie	400 cals	350 cals	High]

```
[24]: tables_json = [table.to_json() for table in tables_df]
```

```
for idx, table_json in enumerate(tables_json):
    print(f"Table {idx + 1};")
    print(table_json)
    print()
```

Table 1;

```
{
  "Fish cake": {
    "0": "Fish fingers",
    "1": "Gammon",
    "2": "Haddock fresh",
    "3": "Halibut fresh",
    "4": null,
    "5": "Ham",
    "6": "Herring fresh grilled",
    "7": "Kidney",
    "8": "Kipper",
    "9": null,
    "10": "Liver",
    "11": "Liver pate",
    "12": "Lamb (roast)",
    "13": "Lobster boiled",
    "14": null,
    "15": "Luncheon meat",
    "16": "Mackerel",
    "17": "Mussels",
    "18": "Pheasant roast",
    "19": "Pilchards (tinned)",
    "20": "Prawns",
    "21": "Pork",
    "22": "Pork pie",
    "23": "Rabbit",
    "24": "Salmon fresh",
    "25": "Sardines tinned in oil",
    "26": "Sardines in tomato sauce",
    "27": "Sausage pork fried",
    "28": "Sausage pork grilled",
    "29": "Sausage roll",
    "30": "Scampi fried in oil",
    "31": "Steak & kidney pie"
  },
  "90 cals per cake": {
    "0": "50 cals per piece",
    "1": "320 cals",
    "2": "200 cals",
    "3": "220 cals",
    "4": null,
    "5": "6 cals",
    "6": "300 cals",
    "7": "200 cals",
    "8": "200 cals",
    "9": null,
    "10": "200 cals",
    "11": "150 cals",
    "12": "300 cals",
    "13": "200 cals",
    "14": null,
    "15": "300 cals",
    "16": "320 cals",
    "17": "90 cals",
    "18": "200 cals",
    "19": "140 cals",
    "20": "180 cals",
    "21": "320 cals",
    "22": "320 cals",
    "23": "200 cals",
    "24": "220 cals",
    "25": "220 cals",
    "26": "180 cals",
    "27": "250 cals",
    "28": "220 cals",
    "29": "290 cals",
    "30": "400 cals",
    "31": "400 cals"
  },
  "200 cals": {
    "0": "220 cals",
    "1": "280 cals",
    "2": "110 cals",
    "3": "125 cals",
    "4": null,
    "5": "240 cals",
    "6": "200 cals",
    "7": "160 cals",
    "8": "120 cals",
    "9": null,
    "10": "150 cals",
    "11": "300 cals",
    "12": "300 cals",
    "13": "100 cals",
    "14": null,
    "15": "400 cals",
    "16": "300 cals",
    "17": "90 cals",
    "18": "200 cals",
    "19": "140 cals",
    "20": "100 cals",
    "21": "290 cals",
    "22": "450 cals",
    "23": "180 cals",
    "24": "180 cals",
    "25": "220 cals",
    "26": "180 cals",
    "27": "320 cals",
    "28": "280 cals",
    "29": "480 cals",
    "30": "340 cals",
    "31": "350 cals"
  },
  "Medium": {
    "0": "Medium",
    "1": "Med-High",
    "2": "Low calorie",
    "3": "Low calorie",
    "4": null,
    "5": "Medium",
    "6": "Medium",
    "7": "Medium",
    "8": "Low calorie",
    "9": null,
    "10": "Medium",
    "11": "Medium",
    "12": "Med-High",
    "13": "Low calorie",
    "14": null,
    "15": "High",
    "16": "Medium",
    "17": "Low-Med",
    "18": "Medium",
    "19": "Medium",
    "20": "Low-Med",
    "21": "Med-High",
    "22": "High",
    "23": "Medium",
    "24": "Medium",
    "25": "Medium",
    "26": "Medium",
    "27": "High",
    "28": "Med-High",
    "29": "High",
    "30": "High",
    "31": "High"
  }
}
```

```
[25]: tables = read_pdf(pdf_file, pages='all', multiple_tables='True')
```

```
print(tables)
```

```
[
  BREADS & CEREALS
  Portion size * ... Unnamed: 0
energy content
0      Bagel ( 1 average )      140 cals (45g) ...      NaN
Medium
1      Biscuit digestives      86 cals (per biscuit) ...      NaN
High
```

2	Jaffa cake	48 cals (per biscuit)	...	NaN
Med-High				
3	Bread white (thick slice)	96 cals (1 slice 40g)	...	NaN
Medium				
4	Bread wholemeal (thick)	88 cals (1 slice 40g)	...	NaN
Low-med				
5	Chapatis	250 cals	...	NaN
Medium				
6	Cornflakes	130 cals (35g)	...	NaN
Med-High				
7	Crackerbread	17 cals per slice	...	NaN
Low Calorie				
8	Cream crackers	35 cals (per cracker)	...	NaN
Low / portion				
9	Crumpets	93 cals (per crumpet)	...	NaN
Low-Med				
10	Flapjacks basic fruit mix	320 cals	...	NaN
High				
11	Macaroni (boiled)	238 cals (250g)	...	NaN
Low calorie				
12	Muesli	195 cals (50g)	...	NaN
Med-high				
13	Naan bread (normal)	300 cals (small plate size)	...	NaN
Medium				
14	Noodles (boiled)	175 cals (250g)	...	NaN
Low calorie				
15	Pasta (normal boiled)	330 cals (300g)	...	NaN
Low calorie				
16	Pasta (wholemeal boiled)	315 cals (300g)	...	NaN
Low calorie				
17	Porridge oats (with water)	193 cals (350g)	...	NaN
Low calorie				
18	Potatoes** (boiled)	210 cals (300g)	...	NaN
Low calorie				
19	Potatoes** (roast)	420 cals (300g)	...	NaN
Medium				
[20 rows x 5 columns],				
Unnamed: 0	Rice (white boiled)	420 cals (300g)	140 cals	
0	Low calorie			
NaN	NaN	NaN	NaN	NaN
1	Rice (egg-fried)	500 cals	200 cals	NaN High in
portion				
2	Rice (Brown)	405 cals (300g)	135 cals	NaN Low
calorie				
3	Rice cakes	28 Cals = 1 slice	373 Cals	NaN
Medium				
4	Ryvita Multi grain	37 Cals per slice	331 Cals	NaN

Medium

5 Ryvita + seed & Oats 180 Cals 4 slices 362 Cals NaN

Medium

6 Spaghetti (boiled) 303 cals (300g) 101 cals NaN Low
calorie, Unnamed: 0 Unnamed: 1 Unnamed: 2 ...

Unnamed: 5 Unnamed: 6 Unnamed: 7

0 NaN Meats & Fish NaN ... NaN

energy content NaN

1 NaN NaN (3.5 oz) ... NaN

NaN NaN

2 NaN NaN NaN ... NaN

NaN NaN

3 Anchovies tinned 300 cals 300 cals ... NaN

NaN NaN

4 Bacon average fried 250 cals (2 rashers) 500 cals ... NaN

NaN NaN

5 Bacon average grilled 150 cals 380 cals ... NaN

NaN NaN

6 Beef (roast) 300 cals 280 cals ... NaN

NaN NaN

7 Beef burgers frozen 320 cals 280 cals ... NaN

NaN NaN

8 Chicken 220 cals 200 cals ... NaN

NaN NaN

9 Cockles 50 cals 50 cals ... NaN

NaN NaN

10 Cod fresh 150 cals 100 cals ... NaN

NaN NaN

11 Cod chip shop food 400 cals 200 cals ... NaN

NaN NaN

12 Crab fresh 200 cals 110 cals ... NaN

NaN NaN

13 Duck roast 400 cals 430 cals ... NaN

NaN NaN

[14 rows x 9 columns],

Fish cake 90 cals per cake 200 cals

Medium

0 Fish fingers 50 cals per piece 220 cals Medium

1 Gammon 320 cals 280 cals Med-High

2 Haddock fresh 200 cals 110 cals Low calorie

3 Halibut fresh 220 cals 125 cals Low calorie

4 NaN NaN NaN NaN

5 Ham 6 cals 240 cals Medium

6 Herring fresh grilled 300 cals 200 cals Medium

7 Kidney 200 cals 160 cals Medium

8 Kipper 200 cals 120 cals Low calorie

9 NaN NaN NaN NaN

10 Liver 200 cals 150 cals Medium

11	Liver pate	150 cal	300 cal	Medium		
12	Lamb (roast)	300 cal	300 cal	Med-High		
13	Lobster boiled	200 cal	100 cal	Low calorie		
14	NaN	NaN	NaN	NaN		
15	Luncheon meat	300 cal	400 cal	High		
16	Mackeral	320 cal	300 cal	Medium		
17	Mussels	90 cal	90 cal	Low-Med		
18	Pheasant roast	200 cal	200 cal	Medium		
19	Pilchards (tinned)	140 cal	140 cal	Medium		
20	Prawns	180 cal	100 cal	Low- Med		
21	Pork	320 cal	290 cal	Med-High		
22	Pork pie	320 cal	450 cal	High		
23	Rabbit	200 cal	180 cal	Medium		
24	Salmon fresh	220 cal	180 cal	Medium		
25	Sardines tinned in oil	220 cal	220 cal	Medium		
26	Sardines in tomato sauce	180 cal	180 cal	Medium		
27	Sausage pork fried	250 cal	320 cal	High		
28	Sausage pork grilled	220 cal	280 cal	Med-High		
29	Sausage roll	290 cal	480 cal	High		
30	Scampi fried in oil	400 cal	340 cal	High		
31	Steak & kidney pie	400 cal	350 cal	High,		
Taramasalata		130 cal	490 cal	High		
0	Trout fresh	200 cal	120 cal	Low calorie		
1	NaN	NaN	NaN	NaN		
2	Tuna tinned water	100 cal	100 cal	Low calorie		
3	NaN	NaN	NaN	NaN		
4	Tuna tinned oil	180 cal	180 cal	Medium		
5	Turkey	200 cal	160 cal	Medium		
6	Veal	300 cal	240 cal	Medium,		
Unnamed: 1		Unnamed: 2	... Unnamed: 5	Unnamed: 6	Unnamed: 7	Unnamed: 0
0	NaN	Fruits & Vegetables	NaN	...	NaN	
energy content		NaN				
1	NaN	NaN	oz)	...	NaN	
NaN	NaN					
2	NaN	NaN	NaN	...	NaN	
NaN	NaN					
3	Apple	44 calories	44 calories	...	NaN	
NaN	NaN					
4	Banana	107 cal	65 calories	...	NaN	
NaN	NaN					
5	Beans baked beans	170 cal	80 calories	...	NaN	
NaN	NaN					
6	Beans dried (boiled)	180 cal	130 calories	...	NaN	
NaN	NaN					
7	Blackberries	25 cal	25 calories	...	NaN	
NaN	NaN					
8	Blackcurrant	30 cal	30 calories	...	NaN	
NaN	NaN					

9	Broccoli	27 cals	32 cals	...	NaN
NaN	NaN				
10	Cabbage (boiled)	15 calories	20 calories	...	NaN
NaN	NaN				
11	Carrot (boiled)	16 calories	25 calories	...	NaN
NaN	NaN				
12	Cauliflower (boiled)	20 calories	30 calories	...	NaN
NaN	NaN				
13	Celery (boiled)	5 calories	10 calories	...	NaN
NaN	NaN				
14	Cherry	35 calories	50 calories	...	NaN
NaN	NaN				
15	Courgette	8 cals	20 cals	...	NaN
NaN	NaN				
16	Cucumber	3 calories	10 calories	...	NaN
NaN	NaN				
17	Dates	100 calories	235 calories	...	NaN
NaN	NaN				
18	Grapes	55 calories	62 calories	...	NaN
NaN	NaN				
19	Grapefruit	32 calories	32 calories	...	NaN
NaN	NaN				
20	Kiwi	40 calories	50 calories	...	NaN
NaN	NaN				
21	Leek (boiled)	10 calories	20 calories	...	NaN
NaN	NaN				

[22 rows x 9 columns],		Lentils (boiled)	150 calories	100
calories	Medium			
0	Lettuce	4 calories	15 calories	Very Low
1	Melon	14 calories	28 calories	Medium
2	Mushrooms raw one\average	3 cals	15 cals	Very low cal
3	Mushrooms (boiled)	12 calories	12 calories	Low calorie
4	Mushrooms (fried)	100 calories	145 calories	High
5	Olives	50 calories	80 calories	Low calorie
6	Onion (boiled)	14 calories	18 calories	Low calorie
7	One red Onion	49 cals	33 cals	Low calorie
8	Onions spring	3 cals	25 cals	Very low cal
9	Onion (fried)	86 calories	155 calories	High
10	Orange	40 calories	30 calories	Low calorie
11	Peas	210 calories	148 calories	Medium
12	Peas dried & boiled	200 calories	120 calories	Low calorie
13	Peach	35 calories	30 calories	Low calorie
14	Pear	45 calories	38 calories	Low calorie
15	Pepper yellow	6 cals	16 cals	Very low
16	Pineapple	40 calories	40 calories	Low calorie
17	Plum	30 calories	39 calories	Low calorie
18	Spinach	8 calories	8 calories	Low calorie

19	Strawberries (1 average)	10 calories	30 calories	Low calorie
20	Sweetcorn	95 calories	130 calories	Medium
21	Sweetcorn on the cob	70 calories	70 calories	Low calorie
22	Tomato	30 calories	20 calories	Low calorie
23	Tomato cherry	6 cals (3 toms)	17 Cals	Very low cal
24	Tomato puree	70 calories	70 calories	Low-Medium
25	Watercress	5 calories	20 calories	Low calorie,
Milk & Dairy produce		Portion size *	... Unnamed: 0	energy content
0	Cheese average	110 cals (25g)	...	NaN
High				
1	Cheddar types average reduced		NaN	NaN
NaN				
2	fat		130	NaN
Medium				
3	Cheese spreads average		90 cals	NaN
Medium				
4	Cottage cheese low fat		40 calories	NaN
low - med				
5	Cottage cheese		49 cals	NaN
Low calorie				
6	Cream cheese		200 cals	NaN
High				
7	Cream fresh half		128 cals	NaN
Med-High				
8	Cream fresh single		160 cals	NaN
Med-High				
9	Cream fresh double		340 cals	NaN
High				
10	Cream fresh clotted		480 cals	NaN
High				
11	Custard		210 cals	NaN
Medium				
12	Eggs (1 average size)		90 cals	NaN
Medium				
13	Eggs fried		120 cals	NaN
Med-High				
14	Fromage frais		125 cals	NaN
Low calorie				
15	Ice cream		200 cals	NaN
Medium				
16	Milk whole	175 cals (250ml/half pint)	...	NaN
Med-High				
17	Milk semi-skimmed	125 cals (250ml/half pint)	...	NaN
Medium				
18	Milk skimmed	95 cals (250ml/half pint)	...	NaN
Low calorie				
19	Milk Soya		90 cals	NaN
Low calorie				

20	Mousse flavored	120 cals	...	NaN
Medium				
21	Omelette with cheese	300 cals	...	NaN
Medium				
22	Trifle with cream	290 cals	...	NaN
Medium				
23	Yogurt natural	90 cals	...	NaN
Low calorie				
24	Yogurt reduced fat	70 cals	...	NaN
Low calorie				

[25 rows x 5 columns],		Fats & Sugars		Portion size *
... Unnamed: 0	energy content			
0	PURE FAT	9 cals (1 gram)	...	NaN
High				
1	Bombay mix	250 cals	...	NaN
High				
2	Butter	112 cals	...	NaN
High				
3	Chewing gum	8 cals per piece	...	NaN
calorie				Low
4	Chocolate	200 cals	...	NaN
High				
5	Cod liver oil	135 cals (1 tablespoon)	...	NaN
High				
6	Corn snack	125 cals	...	NaN
High				
7	Crisps (chips US) average	100 cals	...	NaN
High				
8	Honey	42 cals	...	NaN
Medium				
9	Jam	38 cals	...	NaN
Medium				
10	Lard	225 cals	...	NaN
High				
11	Low fat spread	50 cals	...	NaN
High				
12	Margarine	50 cals	...	NaN
High				
13	Mars bar	240 cals	...	NaN
Med-High				
14	Mint sweets	10 cals per piece	...	NaN
High				
15	Oils -corn, sunflower, olive	135 cals (1 Tbsp)	...	NaN
High				
16	Popcorn average	150 cals	...	NaN
High				
17	Sugar white table sugar	20 cals (1 tsp)	...	NaN

Medium				
18	Sweets (boiled)	100 cals	...	NaN
Med-High				
19	Syrup	15 cals	...	NaN
Medium				
20	Toffee	100 cals	...	NaN
High				

[21 rows x 5 columns],		Fruit Calories per piece		
Carbs (grams)	Water Content			
0	Apple (1 average)	44 calories	10.5	85
%				
1	Apple cooking	35 calories	9	88
%				
2	Apricot	30 calories	6.7	85
%				
3	Avocado	150 calories	2	60
%				
4	Banana	107 calories	26	75
%				
5	Blackberries each	1 calorie	0.2	85
%				
6	Blackcurrant each	1.1 calorie	0.25	77
%				
7	Blueberries (new) 100g	49 Cals (100g)	15 g	81
%				
8	Cherry each	2.4 calories	0.6	83
%				
9	Clementine	24 cals	5	66
%				
10	Currants	5 calories	1.4	16
%				
11	Damson	28 calories	7.2	70
%				
12	One average date 5g	5 cals	1.2	14
%				
13	Dates with inverted sugar 100g	250 calories	63	12
%				
14	Figs	10 calories	2.4	24
%				
15	Gooseberries	2.6 calories	0.65	80
%				
16	Grapes 100g Seedless	50 cals	15	82
%				
17	one average Grape 6g	3 calories	0.9	82
%				
18	Grapefruit whole	100 calories	23	65
%				

19		Guava	24 calories	4.4	85
%					
20		Kiwi	34 calories	8	75
%					
21		Lemon	20 calories	3.4	85
%					
22		Lychees	3 calories	0.7	80
%					
23		Mango	40 calories	9.5	80
%					
24		Melon Honeydew (130g)	36 calories	9	90
%					
25		Melon Canteloupe (130g)	25 cals	6	93
%					
26		Nectarines	42 calories	9	80
%					
27		Olives	6.8 calories	trace	63
%,		Orange average	35 calories	8.5	73 %
0		Orange large 350g	100 Cals	22g	75 %
1		Papaya Diced (small handful)	67 Cals (20g)	17g	-
2		Passion Fruit	30 calories	3	50 %
3		Paw Paw	28 calories	6	70 %
4		Peach	35 calories	7	80 %
5		Pear	45 calories	12	77 %
6		Pineapple	50 calories	12	85 %
7		Plum	25 calories	6	79 %
8		Prunes	9 calories	2.2	37 %
9		Raisins	5 calories	1.4	13 %
10		Raspberries each	1.1 calories	0.2	87 %
11		Rhubarb	8 calories	0.8	95 %
12		Satsuma one average 112g	29 cals	6.5	88 %
13		Satsumas 100g	35 calories	8.5	88 %
14		Strawberries (1 average)	2.7 calories	0.6	90 %
15		Sultanas	5 calories	1.4	16 %
16		Tangerine	26 calories	6	60 %
17		Tomatoes (1 average size)	9 cals	2.2	93 %
18		Tomatoes Cherry (1 average size)	2 calories	0.5	90 %]

```
[26]: stream_option = True

page_number = 4

area = (270, 13, 700, 900)

tables_df = read_pdf(pdf_file, pages=page_number, stream=stream_option,
↳area=area)
```

```
for idx ,table in enumerate(tables_df):
    print(f"Table {idx + 1}:")
    print(table)
```

Table 1:

	Fruits & Vegetables	Portion size *	oz)	energy content
0	Apple	44 calories	44 calories	Low calorie
1	Banana	107 cal	65 calories	Low calorie
2	Beans baked beans	170 cal	80 calories	Low calorie
3	Beans dried (boiled)	180 cal	130 calories	Low calorie
4	Blackberries	25 cal	25 calories	Low calorie
5	Blackcurrant	30 cal	30 calories	Low calorie
6	Broccoli	27 cal	32 cal	Very low
7	Cabbage (boiled)	15 calories	20 calories	Low calorie
8	Carrot (boiled)	16 calories	25 calories	Low calorie
9	Cauliflower (boiled)	20 calories	30 calories	Low calorie
10	Celery (boiled)	5 calories	10 calories	Low calorie
11	Cherry	35 calories	50 calories	Low calorie
12	Courgette	8 cal	20 cal	Very low cal
13	Cucumber	3 calories	10 calories	Low calorie
14	Dates	100 calories	235 calories	Med-High
15	Grapes	55 calories	62 calories	Low calorie
16	Grapefruit	32 calories	32 calories	Low calorie
17	Kiwi	40 calories	50 calories	Low calorie