

# Sample JSON Export from MM-Food-100K.csv

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    "cooking_method": "Frying",  
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    "cooking_method": "Pan-frying",  
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    "food_type": "Raw vegetables and fruits",  
    "ingredients": "[\"Bananas\"]",  
    "portion_size": "[\"Bananas: 10 pieces (about 1kg)\"]",  
    "nutritional_profile": "{\"fat_g\":3.0, \"protein_g\":12.0, \"calories_kcal\":1050  
 , \"carbohydrate_g\":270.0}",  
    "cooking_method": "Raw",  
    "sub_dt": 20250718  
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    "food_type": "Restaurant food",  
    "ingredients": "[\"noodles\", \"chicken\", \"vegetables\", \"sauce\"]",  
    "portion_size": "[\"noodles:300g\", \"chicken:100g\", \"vegetables:50g\"]",  
    "nutritional_profile": "{\"fat_g\":20.0, \"protein_g\":25.0, \"calories_kcal\":600  
 , \"carbohydrate_g\":80.0}",  
    "cooking_method": "stir-fried",  
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    "food_prob": 1.0,  
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    "food_type": "Homemade food",  
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    "ingredients": "[\"shrimp\", \"noodles\", \"garlic\", \"green onions\", \"chili sauce\"]",
    "portion_size": "[\"shrimp:150g\", \"noodles:100g\", \"sauce:50g\"]",
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    \"carbohydrate_g\":30.0}",
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    "sub_dt": 20250717
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    "portion_size": "[\"beef:200g\", \"vegetables:150g\", \"rice:100g\", \"soup:200g\"]"
  },
  "nutritional_profile": "{\"fat_g\":30.0, \"protein_g\":40.0, \"calories_kcal\":800,
  \"carbohydrate_g\":90.0}",
  "cooking_method": "stir-fried and boiled",
  "sub_dt": 20250717
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  "food_prob": 0.9,
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  "food_type": "Packaged food",
  "ingredients": "[\"dried noodles\"]",
  "portion_size": "[\"noodles:200g\"]",
  "nutritional_profile": "{\"fat_g\":1.0, \"protein_g\":7.0, \"calories_kcal\":200,
  \"carbohydrate_g\":42.0}",
  "cooking_method": "Boiled",
  "sub_dt": 20250710
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  "food_prob": 0.9,
  "dish_name": "Noodle Soup",
  "food_type": "Restaurant food",
  "ingredients": "[\"noodles\", \"broth\", \"meat\", \"vegetables\"]",
  "portion_size": "[\"noodles:200g\", \"broth with meat:250g\"]",
  "nutritional_profile": "{\"fat_g\":15.0, \"protein_g\":25.0, \"calories_kcal\":450,
  \"carbohydrate_g\":60.0}",
  "cooking_method": "boiling",
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  "food_prob": 0.9,
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  "food_type": "Raw vegetables and fruits",
  "ingredients": "[\"oranges\"]",
  "portion_size": "[\"oranges: 100g\"]",
  "nutritional_profile": "{\"fat_g\":0.2, \"protein_g\":1.2, \"calories_kcal\":62,
  \"carbohydrate_g\":15.4}",
  "cooking_method": "Raw",
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  "food_prob": 0.9,
  "dish_name": "Stuffed Pumpkin",
  "food_type": "Homemade food",
  "ingredients": "[\"pumpkin\", \"rice\", \"meat\", \"spices\"]",
  "portion_size": "[\"pumpkin:300g\", \"filling:100g\"]",
  "nutritional_profile": "{\"fat_g\":10.0, \"protein_g\":5.0, \"calories_kcal\":300,
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  "cooking_method": "Baked",
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"dish_name": "Scrambled Eggs with Bread",
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"ingredients": "[\"eggs\", \"tomatoes\", \"onions\", \"bread\"]",
"portion_size": "[\"eggs:200g\", \"bread:100g\"]",
"nutritional_profile": "{\"fat_g\":20.0, \"protein_g\":25.0, \"calories_kcal\":450
, \"carbohydrate_g\":50.0}",
"cooking_method": "scrambled",
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  "food_prob": 0.9,
  "dish_name": "Steamed Baby Corn with Sauce",
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  "ingredients": "[\"baby corn\", \"sauce\", \"lettuce\"]",
  "portion_size": "[\"baby corn:200g\", \"sauce:50g\"]",
  "nutritional_profile": "{\"fat_g\":5.0, \"protein_g\":10.0, \"calories_kcal\":150,
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  "portion_size": "[\"crab:300g\", \"sauce:50g\", \"vegetables:100g\"]",
  "nutritional_profile": "{\"fat_g\":20.0, \"protein_g\":40.0, \"calories_kcal\":500
, \"carbohydrate_g\":10.0}",
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  "ingredients": "[\"bread\", \"meat\", \"lettuce\", \"tomato\", \"cucumber\"]",
  "portion_size": "[\"bread:300g\", \"meat:200g\", \"vegetables:100g\"]",
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  "cooking_method": "Assembled",
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  "ingredients": "[\"corn\", \"eggs\", \"blueberries\"]",
  "portion_size": "[\"corn:200g\", \"eggs:100g\", \"blueberries:150g\"]",
  "nutritional_profile": "{\"fat_g\":10.0, \"protein_g\":15.0, \"calories_kcal\":350
, \"carbohydrate_g\":50.0}",
  "cooking_method": "Boiled (for eggs) and raw (for corn and blueberries)",
  "sub_dt": 20250628
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  "portion_size": "[\"chicken:500g\", \"sauce:50g\"]",
  "nutritional_profile": "{\"fat_g\":30.0, \"protein_g\":50.0, \"calories_kcal\":600
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  "cooking_method": "Roasting",
  "sub_dt": 20250626
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    "food_prob": 1.0,
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    "ingredients": "[\"noodles\", \"ground meat\", \"seaweed\", \"carrots\", \"bell peppers\"]",
    "portion_size": "[\"noodles:200g\", \"ground meat:100g\", \"vegetables:150g\"]",
    "nutritional_profile": "{\"fat_g\":20.0, \"protein_g\":30.0, \"calories_kcal\":600, \"carbohydrate_g\":70.0}",
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    "sub_dt": 20250704
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    "food_prob": 0.95,
    "dish_name": "Fried Chicken with Salad and Soup",
    "food_type": "Restaurant food",
    "ingredients": "[\"fried chicken\", \"salad greens\", \"soup broth\", \"lemon\", \"dipping sauce\"]",
    "portion_size": "[\"fried chicken:300g\", \"salad:100g\", \"soup:200g\"]",
    "nutritional_profile": "{\"fat_g\":45.0, \"protein_g\":50.0, \"calories_kcal\":800, \"carbohydrate_g\":30.0}",
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    "food_prob": 0.9,
    "dish_name": "Meatball in sauce",
    "food_type": "Restaurant food",
    "ingredients": "[\"meat\", \"sauce\", \"green onions\"]",
    "portion_size": "[\"meatball:200g\", \"sauce:100g\"]",
    "nutritional_profile": "{\"fat_g\":20.0, \"protein_g\":25.0, \"calories_kcal\":350, \"carbohydrate_g\":10.0}",
    "cooking_method": "boiled or simmered",
    "sub_dt": 20250630
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