

Data Appendix for the food.csv Dataset

Overview

- **Total Records:** 7,083
- **Total Variables:** 38
- **Dataset Purpose:** Nutritional information for various food items, including macro- and micronutrient data, vitamins, and minerals.

Variable Descriptions

1. **Category** (*string*): General category of the food item (e.g., "Milk").
2. **Description** (*string*): Specific description of the food item (e.g., "Milk, human").
3. **Nutrient Data Bank Number** (*integer*): Unique identifier for the food item in the nutrient database.
4. **Data.Alpha Carotene** (*integer*): Content of alpha-carotene in micrograms.
5. **Data.Beta Carotene** (*integer*): Content of beta-carotene in micrograms.
6. **Data.Beta Cryptoxanthin** (*integer*): Content of beta-cryptoxanthin in micrograms.
7. **Data.Carbohydrate** (*float*): Total carbohydrate content in grams.
8. **Data.Cholesterol** (*integer*): Cholesterol content in milligrams.
9. **Data.Choline** (*float*): Content of choline in milligrams.
10. **Data.Fiber** (*float*): Dietary fiber content in grams.
11. **Data.Lutein and Zeaxanthin** (*integer*): Content of lutein and zeaxanthin in micrograms.
12. **Data.Lycopene** (*integer*): Lycopene content in micrograms.
13. **Data.Niacin** (*float*): Niacin content in milligrams.
14. **Data.Protein** (*float*): Protein content in grams.
15. **Data.Retinol** (*integer*): Retinol content in micrograms.
16. **Data.Riboflavin** (*float*): Riboflavin content in milligrams.
17. **Data.Selenium** (*float*): Selenium content in micrograms.
18. **Data.Sugar Total** (*float*): Total sugar content in grams.
19. **Data.Thiamin** (*float*): Thiamin content in milligrams.
20. **Data.Water** (*float*): Water content in grams.
21. **Data.Fat.Monosaturated Fat** (*float*): Monounsaturated fat content in grams.
22. **Data.Fat.Polysaturated Fat** (*float*): Polyunsaturated fat content in grams.
23. **Data.Fat.Saturated Fat** (*float*): Saturated fat content in grams.
24. **Data.Fat.Total Lipid** (*float*): Total fat content in grams.
25. **Data.Major Minerals.Calcium** (*integer*): Calcium content in milligrams.
26. **Data.Major Minerals.Copper** (*float*): Copper content in milligrams.
27. **Data.Major Minerals.Iron** (*float*): Iron content in milligrams.
28. **Data.Major Minerals.Magnesium** (*integer*): Magnesium content in milligrams.
29. **Data.Major Minerals.Phosphorus** (*integer*): Phosphorus content in milligrams.
30. **Data.Major Minerals.Potassium** (*integer*): Potassium content in milligrams.
31. **Data.Major Minerals.Sodium** (*integer*): Sodium content in milligrams.
32. **Data.Major Minerals.Zinc** (*float*): Zinc content in milligrams.

- 33. **Data.Vitamins.Vitamin A - RAE** (*integer*): Vitamin A content (RAE) in micrograms.
- 34. **Data.Vitamins.Vitamin B12** (*float*): Vitamin B12 content in micrograms.
- 35. **Data.Vitamins.Vitamin B6** (*float*): Vitamin B6 content in milligrams.
- 36. **Data.Vitamins.Vitamin C** (*float*): Vitamin C content in milligrams.
- 37. **Data.Vitamins.Vitamin E** (*float*): Vitamin E content in milligrams.
- 38. **Data.Vitamins.Vitamin K** (*float*): Vitamin K content in micrograms.

Notes:

- All variables are complete with no missing data.
- Data types include integers, floats, and strings.
- Units of measurement are specified for each nutrient.