Food...Nutrient Bipartite Network

Edge gradient + thickness represent nutrient density

Food labels (top): eggs, oats, walnuts, tofu, firm, chia seeds, potatoes, baked, lentils, cooked, kidney beans, canned, tomato soup, canned, shrimp, quinoa, pinto beans, canned, rice, cooked, bread, whole wheat, bagel, plain, pasta, cooked, blackberries, mango, broccoli, raw, banana, spinach, raw, black beans, canned, strawberries, tortilla, flour, frozen mixed vegetables, hummus, milk, chicken breast, cooked, apple, mushrooms, raw, tuna, canned, salmon, chicken thigh, beef, ground 90% lean, cottage cheese, low fat, mozzarella, part-skim, beef, ground 80% lean, sardines, canned in water, turkey, ground

Legend:

Nutrient Density
— 500
— 1000
— 1500
— 2000

Nutrient Density
2000 / 1500 / 1000 / 500

Node Type
● Food
● Nutrient

Nutrient labels (bottom): Vitamin C, total ascorbic acid, Vitamin E (alpha-tocopherol), Energy, Calcium, Ca, Iron, Fe, Magnesium, Mg, Zinc, Zn, Folate, total, Potassium, K, Vitamin A, RAE, Vitamin B-12, Vitamin D (D2 + D3)