

Food...Nutrient Bipartite Network (per 100 kcal)

eggs
tofu, firm
oats
lentils
potatoes, baked
pasta, cooked
corned beef
beans, canned
cooked carrots, raw
broccoli, raw
canned
spinach, raw
yogurt
frozen mixed vegetables
chicken breast, cooked
banana
milk
apple
cheddar cheese, low fat
canned salmon
canned sardines, canned in water
cottage cheese, part-skim

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

Nutrient Density

— 500.0 mg per 100 kcal
— 1000.0 mg per 100 kcal
— 1500.0 mg per 100 kcal
— 2000.0 mg per 100 kcal

Node Type

● Food
● Nutrient

Food...Food Projection (Shared Nutrients)

Edge weight = number of shared nutrients

