

# Nutribullets

Healthline Dataset

Source: <https://www.healthline.com>

# Dataset

- Stored in a json file
- `data = json.load(open("data.json","r"))`
- `{'file_name_1':{...}, 'file_name_2':{...},  
..., 'pubmed_sentences_annotations':{...}}`

# Example

- <https://www.healthline.com/nutrition/benefits-of-pears>
- `data['benefits-of-pears']`

## 9 Health and Nutrition Benefits of Pears

Pears are sweet, bell-shaped fruits that have been enjoyed since ancient times. They can be eaten crisp or soft.

They're not only delicious but also offer many health benefits backed by science.

Here are 9 impressive health benefits of pears.



### 1. Highly nutritious

Pears come in many different varieties. Bartlett, Bosc, and D'Anjou pears are among the most popular, but around 100 types are grown worldwide (1).

A medium-sized pear (178 grams) provides the following nutrients (2):

- **Calories:** 101
- **Protein:** 1 gram
- **Carbs:** 27 grams
- **Fiber:** 6 grams
- **Vitamin C:** 12% of the Daily Value (DV)
- **Vitamin K:** 6% of DV
- **Potassium:** 4% of the DV
- **Copper:** 16% of DV

This same serving also provides small amounts of folate, provitamin A, and niacin. Folate and niacin are important for cellular function and energy production, while provitamin A supports skin health and wound healing (3, 4, 5).

Pears are likewise a rich source of important minerals, such as copper and potassium. Copper plays a role in immunity, cholesterol metabolism, and nerve function, whereas potassium aids muscle contractions and heart function (1, 6, 7, 8).

What's more, these fruits are an excellent source of polyphenol antioxidants, which protect against oxidative damage. Be sure to eat the whole pear, as the peel boasts up to six times more polyphenols than the flesh (9, 10).

#### SUMMARY

Pears are especially rich in folate, vitamin C, copper, and potassium. They're also a good source of polyphenol antioxidants.

# Example

- <https://www.healthline.com/nutrition/benefits-of-pears>
- `data['benefits-of-pears']`  
`['summary_inputs'] -> {...}`

## Pubmed Documents (Input)

### 1. Highly nutritious

Pears come in many different varieties. Bartlett, Bosc, and D'Anjou pears are among the most popular, but around 100 types are grown worldwide (1 ✓).

A medium-sized pear (178 grams) provides the following nutrients (2 ✓):

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✓ Trusted Source

PubMed Central

✓ Highly respected database from the National Institutes of Health

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This same serving also provides **niacin**, **folate**, and **potassium**. Folate and niacin are important for cellular function and energy production, while potassium supports skin health and wound healing (3 ✓, 4 ✓, 5 ✓).

Pears are likewise a rich source of important minerals, such as copper and **potassium**. Copper plays a role in immunity, cholesterol metabolism, and nerve function, whereas potassium aids muscle contractions and heart function (6 ✓, 7 ✓, 8 ✓).

What's more, these fruits are an excellent source of polyphenol **antioxidants**, which protect against oxidative damage. Be sure to eat the whole pear, as the peel boasts up to six times more polyphenols than the flesh (9 ✓, 10 ✓).

## Summary (Output)

### SUMMARY

Pears are especially rich in folate, vitamin C, copper, and potassium. They're also a good source of polyphenol antioxidants.

# Summary-> Pubmeds

## Summary (Output)

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## Pubmed Documents (Input)

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This same serving also provides folate, vitamin C, and potassium. Folate and niacin are important for cellular function and energy production; niacin supports skin health and wound healing (3 ✓, 4 ✓, 5 ✓).

Pears are likewise a rich source of important minerals, such as copper and potassium. Copper plays a role in immunity, cholesterol metabolism, and nerve function, whereas potassium aids muscle contractions and heart function (6 ✓, 7 ✓, 8 ✓).

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- <https://www.healthline.com/nutrition/benefits-of-pears>
- data['benefits-of-pears']  
['summary\_inputs']  
['summary\_pubmed\_articles']  
]-> {'summary':  
[pubmed\_article\_1,  
pubmed\_article\_2,...]}

# Summary:

## Knowledge Graph Annotations

Data	Access
Entities	<code>data['benefits-of-pears']['summary_inputs'] ['summary_healthline_entity_annotations']</code>
Causes Relations	<code>data['benefits-of-pears']['summary_inputs'] ['summary_healthline_relation_annotations'] [sentence][0]</code>
Contains Relations	<code>data['benefits-of-pears']['summary_inputs'] ['summary_healthline_relation_annotations'] [sentence][4]</code>
Population/Quantity Relations	<code>data['benefits-of-pears']['summary_inputs'] ['summary_healthline_relation_annotations'] [sentence][7]</code>

# Pubmeds: Knowledge Graph Annotations

Data	Access
Entities	<code>data['pubmed_sentences_annotations'] ['26490535'] ['pubmed_sentences_entities_annotations']</code>
Causes Relations	<code>data['pubmed_sentences_annotations'] ['26490535'] ['pubmed_sentences_relation_annotations'][0]</code>
Contains Relations	<code>data['pubmed_sentences_annotations'] ['26490535'] ['pubmed_sentences_relation_annotations'][4]</code>
Population/Quantity Relations	<code>data['pubmed_sentences_annotations'] ['26490535'] ['pubmed_sentences_relation_annotations'][7]</code>