INSERT INTO FOOD\_NUTRIENTS (description, calories, fats, carbohydrates, proteins)

VALUES

('Steak', 220, 10, 0, 23),

('Шоколадова бисквита', 346, 23, 37, 6),

('Чипс ', 520, 50, 50, 7),

('Шоколад', 567, 28, 45, 2),

('Шоколадов пудинг', 485, 23, 32, 2),

('Шоколадова глазура', 499, 42, 47, 2),

('Шоколадова торта', 589, 31, 41, 2),

('French Fries', 320, 15, 45, 2),

('Broccoli', 55, 0, 10, 4),

('Eggs', 78, 5, 0, 6),

('Quinoa', 120, 2, 20, 4),

('Apples', 52, 0, 13, 0),

('Orange', 47, 0, 11, 1),

('Banana', 89, 0, 23, 1),

('Almonds', 579, 49, 22, 21),

('Spinach', 7, 0, 1, 1),

('Chicken Breast', 165, 3, 0, 31),

('Salmon', 206, 13, 0, 22),

('Brown Rice', 112, 1, 24, 2),

('Oatmeal', 68, 1, 12, 3),

('Greek Yogurt', 59, 0, 3, 10),

('Whole Wheat Bread', 69, 1, 12, 3),

('Peanut Butter', 188, 16, 6, 8),

('Tofu', 94, 6, 2, 10),

('Black Beans', 227, 1, 41, 15),

('Cauliflower', 25, 0, 5, 2),

('Blueberries', 57, 0, 14, 1),

('Milk', 103, 6, 8, 8),

('Avocado', 160, 15, 9, 2),

('Chickpeas', 269, 4, 45, 15),

('Sweet Potato', 112, 0, 26, 2),

('Pork Chops', 250, 16, 0, 23),

('Lentils', 230, 1, 40, 18),

('Carrots', 41, 0, 10, 1),

('Turkey Breast', 135, 1, 0, 30),

('Green Beans', 31, 0, 7, 2),

('Cashews', 155, 12, 9, 5),

('Hummus', 166, 9, 14, 8),

('Pasta', 131, 1, 25, 5),

('Cheddar Cheese', 403, 33, 1, 25),

('Salad Greens', 5, 0, 1, 0),

('Raspberries', 64, 1, 15, 1),

('Cucumber', 16, 0, 4, 1),

('Soy Milk', 131, 4, 17, 8),

('Celery', 6, 0, 1, 0),

('Mushrooms', 15, 0, 2, 2),

('Walnuts', 183, 18, 4, 4),

('Grapes', 69, 0, 18, 1),

('Peas', 81, 0, 14, 5),

('Pineapple', 50, 0, 13, 0),

('Rice Cakes', 35, 0, 7, 1),

('Chicken Wings', 203, 13, 2, 19),

('Olive Oil', 119, 14, 0, 0),

('Tomato Soup', 74, 2, 14, 2),

('Miso Soup', 66, 3, 6, 6);

INSERT INTO FOOD\_NUTRIENTS (description, calories, fats, carbohydrates, proteins)

VALUES

('Ribeye Steak', 300, 20, 0, 25),

('Sweet Potato Fries', 280, 14, 40, 3),

('Cabbage', 25, 0, 6, 1),

('Omelette', 150, 9, 3, 13),

('Buckwheat', 155, 1, 33, 6),

('Pear', 57, 0, 15, 1),

('Grapefruit', 52, 0, 13, 1),

('Kiwi', 42, 0, 11, 1),

('Pistachios', 562, 45, 28, 21),

('Arugula', 25, 0, 3, 2),

('Turkey Leg', 220, 8, 0, 35),

('Trout', 190, 12, 0, 20),

('Quinoa Salad', 180, 4, 30, 5),

('Coconut Yogurt', 120, 5, 10, 8),

('Ricotta Cheese', 163, 12, 4, 12),

('Multigrain Bread', 80, 1, 15, 4),

('Hazelnut Butter', 198, 17, 5, 6),

('Navy Beans', 220, 1, 38, 16),

('Brussels Sprouts', 56, 0, 12, 4),

('Blackberries', 62, 0, 16, 2),

('Buttermilk', 98, 2, 8, 9),

('Pomegranate', 83, 1, 18, 1),

('Pecans', 193, 20, 4, 3),

('Edamame', 121, 4, 9, 11),

('Butternut Squash', 82, 0, 22, 2),

('Beef Ribs', 320, 25, 0, 30),

('Split Peas', 231, 1, 41, 16),

('Beets', 43, 0, 10, 2),

('Quail', 140, 7, 0, 20),

('Zucchini', 33, 0, 6, 2),

('Macadamia Nuts', 204, 21, 4, 2),

('Cottage Cheese Pancakes', 220, 6, 25, 18),

('Watercress', 11, 0, 2, 1),

('Black Lentils', 240, 1, 44, 20),

('Radishes', 16, 0, 4, 1),

('Cashew Milk', 130, 5, 16, 7),

('Bok Choy', 13, 0, 2, 1),

('Portobello Mushrooms', 22, 0, 3, 3),

('Brazil Nuts', 182, 18, 4, 4),

('Cranberries', 46, 0, 12, 0),

('Snap Peas', 74, 0, 14, 4),

('Rice Crackers', 45, 1, 9, 1),

('Duck Breast', 190, 8, 0, 28),

('Sesame Oil', 120, 14, 0, 0),

('Vegetable Soup', 90, 3, 15, 4),

('Lentil Soup', 120, 3, 18, 8);

INSERT INTO FOOD\_NUTRIENTS (description, calories, fats, carbohydrates, proteins)

VALUES

('Porterhouse Steak', 340, 25, 0, 28),

('Sweet Potato Fritters', 300, 18, 35, 5),

('Swiss Chard', 30, 0, 6, 2),

('Egg White Omelette', 170, 0, 3, 15),

('Amaranth', 160, 2, 32, 8),

('Plum', 46, 0, 12, 1),

('Lemon', 29, 0, 9, 1),

('Papaya', 59, 0, 15, 1),

('Watercress Salad', 30, 0, 4, 3),

('Turkey Drumstick', 260, 12, 0, 38),

('Rainbow Trout', 220, 14, 0, 23),

('Quinoa Salad Bowl', 200, 6, 34, 7),

('Buckwheat Pancakes', 170, 3, 28, 7),

('Coconut Milk Yogurt', 130, 6, 11, 9),

('Feta Cheese', 173, 14, 4, 11),

('Whole Grain Bagel', 90, 1, 16, 4),

('Almond Butter', 208, 18, 5, 7),

('Tempeh', 130, 8, 5, 15),

('Black Eyed Peas', 240, 2, 42, 17),

('Mashed Cauliflower', 60, 0, 14, 3),

('Cranberry Sauce', 64, 0, 17, 2),

('Coconut Milk', 110, 3, 9, 10),

('Dragonfruit', 88, 1, 19, 1),

('Hazelnuts', 198, 20, 4, 3),

('Soybeans', 125, 6, 9, 11),

('Acorn Squash', 85, 0, 23, 2),

('Pork Spare Ribs', 340, 26, 0, 32),

('Green Lentils', 250, 1, 45, 21),

('Turnips', 46, 0, 11, 2),

('Pheasant', 150, 8, 0, 21),

('Yellow Squash', 35, 0, 5, 2),

('Pistachio Butter', 210, 21, 5, 2),

('Water Spinach', 15, 0, 3, 1),

('Red Lentils', 250, 1, 46, 20),

('Daikon Radish', 18, 0, 4, 1),

('Almond Milk', 120, 4, 15, 7),

('Napa Cabbage', 12, 0, 1, 1),

('Shiitake Mushrooms', 24, 0, 4, 3),

('Pecan Butter', 198, 20, 4, 3),

('Currants', 50, 0, 13, 1),

('Snow Peas', 78, 0, 15, 5),

('Mango', 65, 0, 17, 1),

('Quinoa Crackers', 50, 1, 10, 1),

('Goose Breast', 200, 9, 0, 29),

('Canola Oil', 120, 14, 0, 0),

('Minestrone Soup', 100, 3, 18, 5),

('Split Pea Soup', 130, 3, 19, 8);