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fatsecret Platform API Documentation

[Documentation](#)

Natural Language Processing

v1

[OAuth2.0](#) [OAuth1.0](#) [Latest](#) [Premier Exclusive](#)

Description

This API breaks down natural language and returns a list of foods from the fatsecret database

By passing a list of eaten foods, we will also attempt to determine if any of the inputs match in order to improve the accuracy of the response.

Example: For breakfast I ate a slice of toast with butter

NOTE: If an appropriate serving is not found, nutritional information may not be present. This will typically occur for a non-standard serving description provided for a restaurant based food.

Parameters

URL / Method

NAME	TYPE	REQUIRED	DESCRIPTION
URL (new) Method	N/A	Required	"https://platform.fatsecret.com/rest/natural-language-processing/v1" HTTP "POST"

Example Request:

<https://platform.fatsecret.com/docs/v1/natural.language.processing>

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```
{
  "user_input": "A toast with ham and cheese, an apple, a banana and a cappuccino",
  "region": "US",
  "language": "en",
  "include_food_data": true,
  "eaten_foods": [
    {
      "food_id": 3092,
      "food_name": "egg",
      "brand": null,
      "serving_description": "",
      "serving_size": 1
    }
  ]
}
```

Json Property Descriptions

NAME	TYPE	REQUIRED	DESCRIPTION
user_input	String	Required	A description of what a user has eaten. May contain multiple items. e.g. "A toast with ham and cheese, an apple, a banana and a cappuccino". This field is limited to 1000 characters
include_food_data	Bool	Optional	Include food data in the response (see our food.get API)
eaten_foods	Array	Optional	An array of previously consumed foods
eaten_foods.food_id	Long	Required	The ID of the food that has been previously consumed
eaten_foods.food_name	String	Required	The name of the food that has been previously consumed
eaten_foods.food_brand	String	Optional	The brand name of the food that has been previously consumed
eaten_foods.serving_description	String	Optional	The serving description of the food that has been previously consumed
eaten_foods.serving_size	String	Optional	The serving size of the food that has been previously consumed
region	String	Optional	Results will be filtered by region. E.G.: "FR" returns results from France

NAME	TYPE	REQUIRED	DESCRIPTION
language	String	Optional	(Ignored unless region is also specified) Results will be in the specified language. E.G.: "fr" returns results in French

Scopes for OAuth2 integration: nlp

Response

The only storable values returned by this call are [food_id](#) and [serving_id](#).

Each [food_response](#) element contains information as follows:

NAME	TYPE	DESCRIPTION
food_id	<i>Long</i>	Unique food identifier
food_entry_name	<i>String</i>	A description of the food item as entered by the user; typically the name of the food. E.G.: "Instant Oatmeal"
brand_name	<i>String</i>	Brand name, only when food_type is "Brand". E.G.: "Quaker"

Each [eaten](#) element contains information as follows:

NAME	TYPE	DESCRIPTION
singular_description	<i>String</i>	Description of a single portion
plural_description	<i>String</i>	Description of a plural portion
units	<i>Decimal</i>	Number of units eaten
metric_description	<i>String</i>	Metric description of eaten food
total_metric_amount	<i>Decimal</i>	Total metric amount of eaten food
per_unit_metric_amount	<i>Decimal</i>	Metric amount per portion of eaten food

Each [total_nutritional_content](#) element contains information as follows:

NAME	TYPE	DESCRIPTION
calories	<i>Decimal</i>	Total energy content in kcal

NAME	TYPE	DESCRIPTION
carbohydrate	<i>Decimal</i>	Total carbohydrate content in grams
protein	<i>Decimal</i>	Total protein content in grams
fat	<i>Decimal</i>	Total fat content in grams
saturated_fat	<i>Decimal</i>	Total saturated fat content in grams (where available)
polyunsaturated_fat	<i>Decimal</i>	Total polyunsaturated fat content in grams (where available)
monounsaturated_fat	<i>Decimal</i>	Total monounsaturated fat content in grams (where available)
cholesterol	<i>Decimal</i>	Total cholesterol content in milligrams (where available)
sodium	<i>Decimal</i>	Total sodium content in milligrams (where available)
potassium	<i>Decimal</i>	Total potassium content in milligrams (where available)
fiber	<i>Decimal</i>	Total fiber content in grams (where available)
sugar	<i>Decimal</i>	Total sugar content in grams (where available)
vitamin_a	<i>Decimal</i>	Total vitamin A content in micrograms (where available)
vitamin_c	<i>Decimal</i>	Total vitamin C content in milligrams (where available)
calcium	<i>Decimal</i>	Total calcium content in milligrams (where available)
iron	<i>Decimal</i>	Total iron content in milligrams (where available)
trans_fat	<i>Decimal</i>	Total trans fat content in grams (where available)
vitamin_d	<i>Decimal</i>	Total vitamin D content in micrograms (where available)

Each **suggested_serving** element contains information as follows:

NAME	TYPE	DESCRIPTION
serving_id	<i>Long</i>	Unique serving identifier
serving_description	<i>String</i>	Full description of the serving size. E.G.: "1 cup" or "100 g"
metric_serving_description	<i>String</i>	Metric description of suggested serving
metric_measure_amount	<i>Decimal</i>	Metric amount per portion of suggested serving
number_of_units	<i>Decimal</i>	Number of units in this standard serving size. For instance, if the serving description is "2 tablespoons" the number of units is "2", while if the serving size is "1 cup" the number of units is "1".

NAME	TYPE	DESCRIPTION
		Please note that this is only applicable for when food_type is "Generic" whereas for "Brand" the number of units will always be "1"

Each **food** element contains information as follows:

NAME	TYPE	DESCRIPTION
food_id	<i>Long</i>	Unique food identifier
food_name	<i>String</i>	Name of the food, not including the brand name. E.G.: "Instant Oatmeal"
food_type	<i>String</i>	Takes the value "Brand" or "Generic". Indicates whether the food is a brand or generic item
food_url	<i>String</i>	URL of this food item on www.fatsecret.com
brand_name	<i>String</i>	Brand name, only when food_type is "Brand". E.G.: "Quaker"

Each **serving** element contains information as follows:

NAME	TYPE	DESCRIPTION
serving_id	<i>Long</i>	Unique serving identifier
serving_description	<i>String</i>	Full description of the serving size. E.G.: "1 cup" or "100 g"
serving_url	<i>String</i>	URL of the serving size for this food item on www.fatsecret.com
metric_serving_amount	<i>Decimal</i>	Metric quantity combined with metric_serving_unit to derive the total standardized quantity of the serving (where available)
metric_serving_unit	<i>String</i>	Metric unit of measure for the serving size – either "g" or "ml" or "oz" – combined with metric_serving_amount to derive the total standardized quantity of the serving (where available)
is_default	<i>Int</i>	(Premier Exclusive) Only included if its the suggested or most commonly chosen option. If included equals 1
number_of_units	<i>Decimal</i>	Number of units in this standard serving size. For instance, if the serving description is "2 tablespoons" the number of units is "2", while if the serving size is "1 cup" the number of units is "1". Please note that this is only applicable for when food_type is "Generic" whereas for "Brand" the number of units will always be "1"

NAME	TYPE	DESCRIPTION
measurement_description	<i>String</i>	A description of the unit of measure used in the serving description. For instance, if the description is "1/2 cup" the measurement description is "cup", while if the serving size is "100 g" the measurement description is "g". Please note that this is only applicable for when food_type is "Generic" whereas for "Brand" the measurement description will always be "serving"
calories	<i>Decimal</i>	Total energy content in kcal
carbohydrate	<i>Decimal</i>	Total carbohydrate content in grams
protein	<i>Decimal</i>	Total protein content in grams
fat	<i>Decimal</i>	Total fat content in grams
saturated_fat	<i>Decimal</i>	Total saturated fat content in grams (where available)
polyunsaturated_fat	<i>Decimal</i>	Total polyunsaturated fat content in grams (where available)
monounsaturated_fat	<i>Decimal</i>	Total monounsaturated fat content in grams (where available)
cholesterol	<i>Decimal</i>	Total cholesterol content in milligrams (where available)
sodium	<i>Decimal</i>	Total sodium content in milligrams (where available)
potassium	<i>Decimal</i>	Total potassium content in milligrams (where available)
fiber	<i>Decimal</i>	Total fiber content in grams (where available)
sugar	<i>Decimal</i>	Total sugar content in grams (where available)
vitamin_a	<i>Decimal</i>	Total vitamin A content in micrograms (where available)
vitamin_c	<i>Decimal</i>	Total vitamin C content in milligrams (where available)
calcium	<i>Decimal</i>	Total calcium content in milligrams (where available)
iron	<i>Decimal</i>	Total iron content in milligrams (where available)
trans_fat	<i>Decimal</i>	Total trans fat content in grams (where available)
vitamin_d	<i>Decimal</i>	Total vitamin D content in micrograms (where available)

Example Response

Json

Example 1:

```
{  
    "food_response": [  
        {  
            "food_id": 38821,  
            "food_entry_name": "Toasted White Bread",  
            "eaten": {  
                "singular_description": "",  
                "plural_description": "",  
                "units": 1.0,  
                "metric_description": "g",  
                "total_metric_amount": 28.0,  
                "per_unit_metric_amount": 28,  
                "total_nutritional_content": {  
                    "calories": "82",  
                    "carbohydrate": "15.23",  
                    "protein": "2.52",  
                    "fat": "1.12",  
                    "saturated_fat": "0.162",  
                    "polyunsaturated_fat": "0.585",  
                    "monounsaturated_fat": "0.223",  
                    "cholesterol": "0",  
                    "sodium": "166",  
                    "potassium": "37",  
                    "fiber": "0.7",  
                    "sugar": "1.33",  
                    "vitamin_a": "0",  
                    "vitamin_c": "0",  
                    "calcium": "33",  
                    "iron": "0.93"  
                }  
            }  
        },  
        {"suggested_serving": {  
            "serving_id": 38646,  
            "serving_description": "1 slice",  
            "metric_serving_description": "g",  
            "metric_measure_amount": 22.000,  
            "number_of_units": "1.273"  
        }  
    ],  
    {  
        "food_id": 5388,  
        "food_entry_name": "Banana",  
        "eaten": {  
            "singular_description": "",  
            "plural_description": "",  
            "units": 1.0,  
            "metric_description": "g",  
            "total_nutritional_content": {  
                "calories": "82",  
                "carbohydrate": "15.23",  
                "protein": "2.52",  
                "fat": "1.12",  
                "saturated_fat": "0.162",  
                "polyunsaturated_fat": "0.585",  
                "monounsaturated_fat": "0.223",  
                "cholesterol": "0",  
                "sodium": "166",  
                "potassium": "37",  
                "fiber": "0.7",  
                "sugar": "1.33",  
                "vitamin_a": "0",  
                "vitamin_c": "0",  
                "calcium": "33",  
                "iron": "0.93"  
            }  
        }  
    }  
}
```

```
"total_metric_amount": 118.0,
"per_unit_metric_amount": 118,
"total_nutritional_content": {
    "calories": "105",
    "carbohydrate": "26.95",
    "protein": "1.29",
    "fat": "0.39",
    "saturated_fat": "0.132",
    "polyunsaturated_fat": "0.086",
    "monounsaturated_fat": "0.038",
    "cholesterol": "0",
    "sodium": "1",
    "potassium": "422",
    "fiber": "3.1",
    "sugar": "14.43",
    "vitamin_a": "4",
    "vitamin_c": "10.3",
    "calcium": "6",
    "iron": "0.31"
},
},
"suggested_serving": {
    "serving_id": 19134,
    "serving_description": "1 medium (7\" to 7-7/8\" long)",
    "metric_serving_description": "g",
    "metric_measure_amount": 118.000,
    "number_of_units": "1"
},
},
{
    "food_id": 44911664,
    "food_entry_name": "Apple",
    "brand_name": "Cosmic Crisp",
    "eaten": {
        "singular_description": "",
        "plural_description": "",
        "units": 1.0,
        "metric_description": "g",
        "total_metric_amount": 182.0,
        "per_unit_metric_amount": 182,
        "total_nutritional_content": {
            "calories": "130",
            "carbohydrate": "31.20",
            "protein": "0.00",
            "fat": "0.65",
            "saturated_fat": "0.000",
            "added_sugar": "0.000",
            "trans_fat": "0.000",
            "cholesterol": "0",
            "sodium": "0",
            "potassium": "156",
            "fiber": "7.8",
            "sugar": "19.50",
        }
    }
}
```

```
"vitamin_d": "0",
"calcium": "0",
"iron": "0.39"
},
},
"suggested_serving": {
    "serving_id": 38715860,
    "serving_description": "1 apple",
    "metric_serving_description": "g",
    "metric_measure_amount": 140.000,
    "number_of_units": "1.30"
},
},
{
    "food_id": 1240,
    "food_entry_name": "Cheese",
    "eaten": {
        "singular_description": "",
        "plural_description": "",
        "units": 1.0,
        "metric_description": "g",
        "total_metric_amount": 28.0,
        "per_unit_metric_amount": 28,
        "total_nutritional_content": {
            "calories": "98",
            "carbohydrate": "1.32",
            "protein": "6.22",
            "fat": "7.53",
            "saturated_fat": "4.651",
            "polyunsaturated_fat": "0.268",
            "monounsaturated_fat": "2.146",
            "cholesterol": "23",
            "sodium": "267",
            "potassium": "52",
            "fiber": "0",
            "sugar": "0.99",
            "vitamin_a": "59",
            "vitamin_c": "0",
            "calcium": "182",
            "iron": "0.14"
        }
    },
    "suggested_serving": {
        "serving_id": 2074,
        "serving_description": "1 slice",
        "metric_serving_description": "g",
        "metric_measure_amount": 24.000,
        "number_of_units": "1.167"
    }
},
{
    "food_id": 35144,
    "food_entry_name": "Sliced Ham (Regular, Approx. 11% Fat)",
```

```
"eaten": {
    "singular_description": "",
    "plural_description": "",
    "units": 1.0,
    "metric_description": "g",
    "total_metric_amount": 28.0,
    "per_unit_metric_amount": 28,
    "total_nutritional_content": {
        "calories": "46",
        "carbohydrate": "1.07",
        "protein": "4.65",
        "fat": "2.41",
        "saturated_fat": "0.822",
        "polyunsaturated_fat": "0.221",
        "monounsaturated_fat": "1.219",
        "cholesterol": "16",
        "sodium": "365",
        "potassium": "80",
        "fiber": "0.4",
        "sugar": "0.00",
        "vitamin_a": "0",
        "vitamin_c": "1.1",
        "calcium": "7",
        "iron": "0.29"
    }
},
"suggested_serving": {
    "serving_id": 32249,
    "serving_description": "1 slice",
    "metric_serving_description": "g",
    "metric_measure_amount": 28.000,
    "number_of_units": "1"
}
},
{
    "food_id": 7350,
    "food_entry_name": "Cappuccino",
    "eaten": {
        "singular_description": "",
        "plural_description": "",
        "units": 1.0,
        "total_metric_amount": 240,
        "per_unit_metric_amount": 240,
        "total_nutritional_content": {
            "calories": "74",
            "carbohydrate": "5.81",
            "protein": "4.08",
            "fat": "3.98",
            "saturated_fat": "2.273",
            "polyunsaturated_fat": "0.241",
            "monounsaturated_fat": "1.007",
            "cholesterol": "12",
            "sodium": "50",
            "potassium": "100",
            "fiber": "0.4",
            "sugar": "0.00",
            "vitamin_a": "0",
            "vitamin_c": "1.1",
            "calcium": "7",
            "iron": "0.29"
        }
    }
}
```

```

        "potassium": "233",
        "fiber": "0.2",
        "sugar": "6.41",
        "vitamin_a": "34",
        "vitamin_c": "0.0",
        "calcium": "144",
        "iron": "0.19"
    }
},
"suggested_serving": {
    "serving_id": 28300,
    "serving_description": "1 mug (8 fl oz)",
    "metric_measure_amount": 240.000,
    "number_of_units": "1"
}
}
]
}

```

Example 2:

```
{
"food_response": [
{
    "food_id": 38821,
    "food_entry_name": "Toasted White Bread",
    "eaten": {
        "singular_description": "",
        "plural_description": "",
        "units": 1.0,
        "metric_description": "g",
        "total_metric_amount": 28.0,
        "per_unit_metric_amount": 28,
        "total_nutritional_content": {
            "calories": "82",
            "carbohydrate": "15.23",
            "protein": "2.52",
            "fat": "1.12",
            "saturated_fat": "0.162",
            "polyunsaturated_fat": "0.585",
            "monounsaturated_fat": "0.223",
            "cholesterol": "0",
            "sodium": "166",
            "potassium": "37",
            "fiber": "0.7",
            "sugar": "1.33",
            "vitamin_a": "0",
            "vitamin_c": "0",
            "calcium": "33",
            "iron": "0.93"
        }
    },
    "suggested_serving": {

```

```
"serving_id": 38646,
"serving_description": "1 slice",
"metric_serving_description": "g",
"metric_measure_amount": 22.000,
"number_of_units": "1.273"
},
"food": {
  "food_id": "38821",
  "food_name": "Toasted White Bread",
  "food_type": "Generic",
  "food_url": "https://www.fatsecret.com/calories-nutrition/usda/toasted-white-bread",
  "servings": {
    "serving": [
      {
        "serving_id": "38646",
        "serving_description": "1 slice",
        "serving_url": "https://www.fatsecret.com/calories-nutrition/usda/toasted-white-bread?portionid=38646&portionamount=1.000",
        "metric_serving_amount": "22.000",
        "metric_serving_unit": "g",
        "is_default": true,
        "number_of_units": "1.000",
        "measurement_description": "slice",
        "calories": "64",
        "carbohydrate": "11.97",
        "protein": "1.98",
        "fat": "0.88",
        "saturated_fat": "0.127",
        "polyunsaturated_fat": "0.460",
        "monounsaturated_fat": "0.175",
        "cholesterol": "0",
        "sodium": "130",
        "potassium": "29",
        "fiber": "0.6",
        "sugar": "1.04",
        "vitamin_a": "0",
        "vitamin_c": "0.0",
        "calcium": "26",
        "iron": "0.73"
      },
      {
        "serving_id": "61552",
        "serving_description": "100 g",
        "serving_url": "https://www.fatsecret.com/calories-nutrition/usda/toasted-white-bread?portionid=61552&portionamount=100.000",
        "metric_serving_amount": "100.000",
        "metric_serving_unit": "g",
        "number_of_units": "100.000",
        "measurement_description": "g",
        "calories": "293",
        "carbohydrate": "54.40",
        "protein": "9.00",
        "fat": "1.88",
        "saturated_fat": "0.460",
        "polyunsaturated_fat": "0.175",
        "monounsaturated_fat": "0.127",
        "cholesterol": "0",
        "sodium": "130",
        "potassium": "29",
        "fiber": "0.6",
        "sugar": "1.04",
        "vitamin_a": "0",
        "vitamin_c": "0.0",
        "calcium": "26",
        "iron": "0.73"
      }
    ]
  }
}
```

```
"fat": "4.00",
"saturated_fat": "0.578",
"polyunsaturated_fat": "2.090",
"monounsaturated_fat": "0.796",
"cholesterol": "1",
"sodium": "592",
"potassium": "131",
"fiber": "2.5",
"sugar": "4.74",
"vitamin_a": "0",
"vitamin_c": "0.0",
"calcium": "119",
"iron": "3.33"
},
{
  "serving_id": "38641",
  "serving_description": "1 slice large",
  "serving_url": "https://www.fatsecret.com/calories-nutrition/usda/toasted-white-bread?portionid=38641&portionamount=1.000",
  "metric_serving_amount": "27.000",
  "metric_serving_unit": "g",
  "number_of_units": "1.000",
  "measurement_description": "slice, large",
  "calories": "79",
  "carbohydrate": "14.69",
  "protein": "2.43",
  "fat": "1.08",
  "saturated_fat": "0.156",
  "polyunsaturated_fat": "0.564",
  "monounsaturated_fat": "0.215",
  "cholesterol": "0",
  "sodium": "160",
  "potassium": "35",
  "fiber": "0.7",
  "sugar": "1.28",
  "vitamin_a": "0",
  "vitamin_c": "0.0",
  "calcium": "32",
  "iron": "0.90"
},
{
  "serving_id": "38643",
  "serving_description": "1 slice, thin",
  "serving_url": "https://www.fatsecret.com/calories-nutrition/usda/toasted-white-bread?portionid=38643&portionamount=1.000",
  "metric_serving_amount": "17.000",
  "metric_serving_unit": "g",
  "number_of_units": "1.000",
  "measurement_description": "slice, thin",
  "calories": "50",
  "carbohydrate": "9.25",
  "protein": "1.53",
  "fat": "0.68",
```

```
"saturated_fat": "0.098",
"polyunsaturated_fat": "0.355",
"monounsaturated_fat": "0.135",
"cholesterol": "0",
"sodium": "101",
"potassium": "22",
"fiber": "0.4",
"sugar": "0.81",
"vitamin_a": "0",
"vitamin_c": "0.0",
"calcium": "20",
"iron": "0.57"
}
]
}
}
},
{
"food_id": 5388,
"food_entry_name": "Banana",
"eaten": {
    "singular_description": "",
    "plural_description": "",
    "units": 1.0,
    "metric_description": "g",
    "total_metric_amount": 118.0,
    "per_unit_metric_amount": 118,
    "total_nutritional_content": {
        "calories": "105",
        "carbohydrate": "26.95",
        "protein": "1.29",
        "fat": "0.39",
        "saturated_fat": "0.132",
        "polyunsaturated_fat": "0.086",
        "monounsaturated_fat": "0.038",
        "cholesterol": "0",
        "sodium": "1",
        "potassium": "422",
        "fiber": "3.1",
        "sugar": "14.43",
        "vitamin_a": "4",
        "vitamin_c": "10.3",
        "calcium": "6",
        "iron": "0.31"
    }
},
"suggested_serving": {
    "serving_id": 19134,
    "serving_description": "1 medium (7\" to 7-7/8\" long)",
    "metric_serving_description": "g",
    "metric_measure_amount": 118.000,
    "number_of_units": "1"
},
```

```
"food": {
    "food_id": "5388",
    "food_name": "Banana",
    "food_type": "Generic",
    "food_url": "https://www.fatsecret.com/calories-nutrition/generic/banana-raw",
    "servings": [
        "serving": [
            {
                "serving_id": "19134",
                "serving_description": "1 medium (7\" to 7-7/8\" long)",
                "serving_url": "https://www.fatsecret.com/calories-nutrition/generic/banana-raw?portionid=19134&portionamount=1.000",
                "metric_serving_amount": "118.000",
                "metric_serving_unit": "g",
                "is_default": true,
                "number_of_units": "1.000",
                "measurement_description": "medium (7\" to 7-7/8\" long)",
                "calories": "105",
                "carbohydrate": "26.95",
                "protein": "1.29",
                "fat": "0.39",
                "saturated_fat": "0.132",
                "polyunsaturated_fat": "0.086",
                "monounsaturated_fat": "0.038",
                "cholesterol": "0",
                "sodium": "1",
                "potassium": "422",
                "fiber": "3.1",
                "sugar": "14.43",
                "vitamin_a": "4",
                "vitamin_c": "10.3",
                "calcium": "6",
                "iron": "0.31"
            },
            {
                "serving_id": "54068",
                "serving_description": "100 g",
                "serving_url": "https://www.fatsecret.com/calories-nutrition/generic/banana-raw?portionid=54068&portionamount=100.000",
                "metric_serving_amount": "100.000",
                "metric_serving_unit": "g",
                "number_of_units": "100.000",
                "measurement_description": "g",
                "calories": "89",
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                "protein": "1.09",
                "fat": "0.33",
                "saturated_fat": "0.112",
                "polyunsaturated_fat": "0.073",
                "monounsaturated_fat": "0.032",
                "cholesterol": "0",
                "sodium": "1",
                "potassium": "422"
            }
        ]
    ]
}
```

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"potassium": "358",
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"sugar": "12.23",
"vitamin_a": "3",
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"calcium": "5",
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},
{
  "serving_id": "17684",
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  "serving_url": "https://www.fatsecret.com/calories-nutrition/generic/banana-raw?portionid=17684&portionamount=1.000",
  "metric_serving_amount": "101.000",
  "metric_serving_unit": "g",
  "number_of_units": "1.000",
  "measurement_description": "small (6\" to 6-7/8\" long)",
  "calories": "90",
  "carbohydrate": "23.07",
  "protein": "1.10",
  "fat": "0.33",
  "saturated_fat": "0.113",
  "polyunsaturated_fat": "0.074",
  "monounsaturated_fat": "0.032",
  "cholesterol": "0",
  "sodium": "1",
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  "fiber": "2.6",
  "sugar": "12.35",
  "vitamin_a": "3",
  "vitamin_c": "8.8",
  "calcium": "5",
  "iron": "0.26"
},
{
  "serving_id": "17685",
  "serving_description": "1 large (8\" to 8-7/8\" long)",
  "serving_url": "https://www.fatsecret.com/calories-nutrition/generic/banana-raw?portionid=17685&portionamount=1.000",
  "metric_serving_amount": "136.000",
  "metric_serving_unit": "g",
  "number_of_units": "1.000",
  "measurement_description": "large (8\" to 8-7/8\" long)",
  "calories": "121",
  "carbohydrate": "31.06",
  "protein": "1.48",
  "fat": "0.45",
  "saturated_fat": "0.152",
  "polyunsaturated_fat": "0.099",
  "monounsaturated_fat": "0.044",
  "cholesterol": "0",
  "sodium": "1",
  "potassium": "487",
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"fiber": "3.5",
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"vitamin_c": "11.8",
"calcium": "7",
"iron": "0.35"
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  "serving_id": "17793",
  "serving_description": "1 extra small (less than 6\" long)",
  "serving_url": "https://www.fatsecret.com/calories-nutrition/generic/banana-raw?portionid=17793&portionamount=1.000",
  "metric_serving_amount": "81.000",
  "metric_serving_unit": "g",
  "number_of_units": "1.000",
  "measurement_description": "extra small (less than 6\" long)",
  "calories": "72",
  "carbohydrate": "18.50",
  "protein": "0.88",
  "fat": "0.27",
  "saturated_fat": "0.091",
  "polyunsaturated_fat": "0.059",
  "monounsaturated_fat": "0.026",
  "cholesterol": "0",
  "sodium": "1",
  "potassium": "290",
  "fiber": "2.1",
  "sugar": "9.91",
  "vitamin_a": "2",
  "vitamin_c": "7.0",
  "calcium": "4",
  "iron": "0.21"
},
{
  "serving_id": "19614",
  "serving_description": "1 serving (118 g)",
  "serving_url": "https://www.fatsecret.com/calories-nutrition/generic/banana-raw?portionid=19614&portionamount=1.000",
  "metric_serving_amount": "118.000",
  "metric_serving_unit": "g",
  "number_of_units": "1.000",
  "measurement_description": "serving (118g)",
  "calories": "105",
  "carbohydrate": "26.95",
  "protein": "1.29",
  "fat": "0.39",
  "saturated_fat": "0.132",
  "polyunsaturated_fat": "0.086",
  "monounsaturated_fat": "0.038",
  "cholesterol": "0",
  "sodium": "1",
  "potassium": "422",
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"fiber": "3.1",
"sugar": "14.43",
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"vitamin_c": "10.3",
"calcium": "6",
"iron": "0.31"
},
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  "serving_id": "17996",
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  "serving_url": "https://www.fatsecret.com/calories-nutrition/generic/banana-raw?portionid=17996&portionamount=1.000",
  "metric_serving_amount": "18.000",
  "metric_serving_unit": "g",
  "number_of_units": "1.000",
  "measurement_description": "oz yields",
  "calories": "16",
  "carbohydrate": "4.11",
  "protein": "0.20",
  "fat": "0.06",
  "saturated_fat": "0.020",
  "polyunsaturated_fat": "0.013",
  "monounsaturated_fat": "0.006",
  "cholesterol": "0",
  "sodium": "0",
  "potassium": "64",
  "fiber": "0.5",
  "sugar": "2.20",
  "vitamin_a": "1",
  "vitamin_c": "1.6",
  "calcium": "1",
  "iron": "0.05"
}
]
}
}
},
{
  "food_id": 44911664,
  "food_entry_name": "Apple",
  "brand_name": "Cosmic Crisp",
  "eaten": {
    "singular_description": "",
    "plural_description": "",
    "units": 1.0,
    "metric_description": "g",
    "total_metric_amount": 182.0,
    "per_unit_metric_amount": 182,
    "total_nutritional_content": {
      "calories": "130",
      "carbohydrate": "31.20",
      "protein": "0.00",
      "fat": "0.65",
      "fiber": "3.1",
      "sugar": "14.43",
      "vitamin_a": "4",
      "vitamin_c": "10.3",
      "calcium": "6",
      "iron": "0.31"
    }
  }
}
```

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"saturated_fat": "0.000",
"added_sugar": "0.000",
"trans_fat": "0.000",
"cholesterol": "0",
"sodium": "0",
"potassium": "156",
"fiber": "7.8",
"sugar": "19.50",
"vitamin_d": "0",
"calcium": "0",
"iron": "0.39"
}
},
"suggested_serving": {
  "serving_id": 38715860,
  "serving_description": "1 apple",
  "metric_serving_description": "g",
  "metric_measure_amount": 140.000,
  "number_of_units": "1.30"
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  "food_id": "44911664",
  "food_name": "Apple",
  "brand_name": "Cosmic Crisp",
  "food_type": "Brand",
  "food_url": "https://www.fatsecret.com/calories-nutrition/cosmic-crisp/apple",
  "servings": {
    "serving": [
      {
        "serving_id": "38715860",
        "serving_description": "1 apple",
        "serving_url": "https://www.fatsecret.com/calories-nutrition/cosmic-crisp/apple",
        "metric_serving_amount": "140.000",
        "metric_serving_unit": "g",
        "is_default": true,
        "number_of_units": "1.000",
        "measurement_description": "serving",
        "calories": "100",
        "carbohydrate": "24.00",
        "protein": "0.00",
        "fat": "0.50",
        "saturated_fat": "0.000",
        "added_sugar": "0.000",
        "trans_fat": "0.000",
        "cholesterol": "0",
        "sodium": "0",
        "potassium": "120",
        "fiber": "6.0",
        "sugar": "15.00",
        "vitamin_d": "0",
        "calcium": "0"
      }
    ]
  }
}
```

```
        "iron": "0.30"
    }
]
}
},
{
    "food_id": 1240,
    "food_entry_name": "Cheese",
    "eaten": {
        "singular_description": "",
        "plural_description": "",
        "units": 1.0,
        "metric_description": "g",
        "total_metric_amount": 28.0,
        "per_unit_metric_amount": 28,
        "total_nutritional_content": {
            "calories": "98",
            "carbohydrate": "1.32",
            "protein": "6.22",
            "fat": "7.53",
            "saturated_fat": "4.651",
            "polyunsaturated_fat": "0.268",
            "monounsaturated_fat": "2.146",
            "cholesterol": "23",
            "sodium": "267",
            "potassium": "52",
            "fiber": "0",
            "sugar": "0.99",
            "vitamin_a": "59",
            "vitamin_c": "0",
            "calcium": "182",
            "iron": "0.14"
        }
    },
    "suggested_serving": {
        "serving_id": 2074,
        "serving_description": "1 slice",
        "metric_serving_description": "g",
        "metric_measure_amount": 24.000,
        "number_of_units": "1.167"
    },
    "food": {
        "food_id": "1240",
        "food_name": "Cheese",
        "food_type": "Generic",
        "food_url": "https://www.fatsecret.com/calories-nutrition/generic/cheese",
        "servings": {
            "serving": [
                {
                    "serving_id": "49920",
                    "serving_description": "100 g",

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"serving_url": "https://www.fatsecret.com/calories-nutrition/generic/cheese?portionid=49920&portionamount=100.000",
    "metric_serving_amount": "100.000",
    "metric_serving_unit": "g",
    "is_default": true,
    "number_of_units": "100.000",
    "measurement_description": "g",
    "calories": "350",
    "carbohydrate": "4.71",
    "protein": "22.21",
    "fat": "26.91",
    "saturated_fat": "16.609",
    "polyunsaturated_fat": "0.956",
    "monounsaturated_fat": "7.664",
    "cholesterol": "83",
    "sodium": "955",
    "potassium": "187",
    "fiber": "0",
    "sugar": "3.54",
    "vitamin_a": "210",
    "vitamin_c": "0.0",
    "calcium": "651",
    "iron": "0.51"
},
{
    "serving_id": "2074",
    "serving_description": "1 slice",
    "serving_url": "https://www.fatsecret.com/calories-nutrition/generic/cheese?portionid=2074&portionamount=1.000",
        "metric_serving_amount": "24.000",
        "metric_serving_unit": "g",
        "number_of_units": "1.000",
        "measurement_description": "slice",
        "calories": "84",
        "carbohydrate": "1.13",
        "protein": "5.33",
        "fat": "6.46",
        "saturated_fat": "3.986",
        "polyunsaturated_fat": "0.229",
        "monounsaturated_fat": "1.839",
        "cholesterol": "20",
        "sodium": "229",
        "potassium": "45",
        "fiber": "0",
        "sugar": "0.85",
        "vitamin_a": "50",
        "vitamin_c": "0.0",
        "calcium": "156",
        "iron": "0.12"
},
{
    "serving_id": "180460",
    "serving_description": "1 oz",
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```
"serving_url": "https://www.fatsecret.com/calories-nutrition/generic/cheese?portionid=180460&portionamount=1.000",
    "metric_serving_amount": "28.350",
    "metric_serving_unit": "g",
    "number_of_units": "1.000",
    "measurement_description": "oz",
    "calories": "99",
    "carbohydrate": "1.34",
    "protein": "6.30",
    "fat": "7.63",
    "saturated_fat": "4.709",
    "polyunsaturated_fat": "0.271",
    "monounsaturated_fat": "2.173",
    "cholesterol": "24",
    "sodium": "271",
    "potassium": "53",
    "fiber": "0",
    "sugar": "1.00",
    "vitamin_a": "60",
    "vitamin_c": "0.0",
    "calcium": "185",
    "iron": "0.14"
},
{
    "serving_id": "2363",
    "serving_description": "1 serving (24 g)",
    "serving_url": "https://www.fatsecret.com/calories-nutrition/generic/cheese?portionid=2363&portionamount=1.000",
        "metric_serving_amount": "24.000",
        "metric_serving_unit": "g",
        "number_of_units": "1.000",
        "measurement_description": "serving (24g)",
        "calories": "84",
        "carbohydrate": "1.13",
        "protein": "5.33",
        "fat": "6.46",
        "saturated_fat": "3.986",
        "polyunsaturated_fat": "0.229",
        "monounsaturated_fat": "1.839",
        "cholesterol": "20",
        "sodium": "229",
        "potassium": "45",
        "fiber": "0",
        "sugar": "0.85",
        "vitamin_a": "50",
        "vitamin_c": "0.0",
        "calcium": "156",
        "iron": "0.12"
},
{
    "serving_id": "2075",
    "serving_description": "1 cubic inch",
    "serving_url": "https://www.fatsecret.com/calories-
```

```
nutrition/generic/cheese?portionid=2075&portionamount=1.000",
    "metric_serving_amount": "17.300",
    "metric_serving_unit": "g",
    "number_of_units": "1.000",
    "measurement_description": "cubic inch",
    "calories": "61",
    "carbohydrate": "0.81",
    "protein": "3.84",
    "fat": "4.66",
    "saturated_fat": "2.873",
    "polyunsaturated_fat": "0.165",
    "monounsaturated_fat": "1.326",
    "cholesterol": "14",
    "sodium": "165",
    "potassium": "32",
    "fiber": "0",
    "sugar": "0.61",
    "vitamin_a": "36",
    "vitamin_c": "0.0",
    "calcium": "113",
    "iron": "0.09"
}
]
}
},
{
    "food_id": 35144,
    "food_entry_name": "Sliced Ham (Regular, Approx. 11% Fat)",
    "eaten": {
        "singular_description": "",
        "plural_description": "",
        "units": 1.0,
        "metric_description": "g",
        "total_metric_amount": 28.0,
        "per_unit_metric_amount": 28,
        "total_nutritional_content": {
            "calories": "46",
            "carbohydrate": "1.07",
            "protein": "4.65",
            "fat": "2.41",
            "saturated_fat": "0.822",
            "polyunsaturated_fat": "0.221",
            "monounsaturated_fat": "1.219",
            "cholesterol": "16",
            "sodium": "365",
            "potassium": "80",
            "fiber": "0.4",
            "sugar": "0.00",
            "vitamin_a": "0",
            "vitamin_c": "1.1",
            "calcium": "7",
            "iron": "0.29"
        }
    }
}
```

```
        },
    },
    "suggested_serving": {
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        "serving_description": "1 slice",
        "metric_serving_description": "g",
        "metric_measure_amount": 28.000,
        "number_of_units": "1"
    },
    "food": {
        "food_id": "35144",
        "food_name": "Sliced Ham (Regular, Approx. 11% Fat)",
        "food_type": "Generic",
        "food_url": "https://www.fatsecret.com/calories-nutrition/usda/sliced-ham--(regular-approx-11%25-fat)",
        "servings": {
            "serving": [
                {
                    "serving_id": "32248",
                    "serving_description": "1 serving 2 slices",
                    "serving_url": "https://www.fatsecret.com/calories-nutrition/usda/sliced-ham--(regular-approx-11%25-fat)?portionid=32248&portionamount=1.000",
                    "metric_serving_amount": "56.000",
                    "metric_serving_unit": "g",
                    "is_default": true,
                    "number_of_units": "1.000",
                    "measurement_description": "serving 2 slices",
                    "calories": "91",
                    "carbohydrate": "2.14",
                    "protein": "9.30",
                    "fat": "4.82",
                    "saturated_fat": "1.644",
                    "polyunsaturated_fat": "0.442",
                    "monounsaturated_fat": "2.438",
                    "cholesterol": "32",
                    "sodium": "730",
                    "potassium": "161",
                    "fiber": "0.7",
                    "sugar": "0.00",
                    "vitamin_a": "0",
                    "vitamin_c": "2.2",
                    "calcium": "13",
                    "iron": "0.57"
                },
                {
                    "serving_id": "57875",
                    "serving_description": "100 g",
                    "serving_url": "https://www.fatsecret.com/calories-nutrition/usda/sliced-ham--(regular-approx-11%25-fat)?portionid=57875&portionamount=100.000",
                    "metric_serving_amount": "100.000",
                    "metric_serving_unit": "g",

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"number_of_units": "100.000",
"measurement_description": "g",
"calories": "163",
"carbohydrate": "3.83",
"protein": "16.60",
"fat": "8.60",
"saturated_fat": "2.936",
"polyunsaturated_fat": "0.789",
"monounsaturated_fat": "4.354",
"cholesterol": "57",
"sodium": "1304",
"potassium": "287",
"fiber": "1.3",
"sugar": "0.00",
"vitamin_a": "0",
"vitamin_c": "4.0",
"calcium": "24",
"iron": "1.02"
},
{
  "serving_id": "32249",
  "serving_description": "1 slice",
  "serving_url": "https://www.fatsecret.com/calories-nutrition/usda/sliced-ham--(regular-approx-11%25-fat)?portionid=32249&portionamount=1.000",
  "metric_serving_amount": "28.000",
  "metric_serving_unit": "g",
  "number_of_units": "1.000",
  "measurement_description": "slice",
  "calories": "46",
  "carbohydrate": "1.07",
  "protein": "4.65",
  "fat": "2.41",
  "saturated_fat": "0.822",
  "polyunsaturated_fat": "0.221",
  "monounsaturated_fat": "1.219",
  "cholesterol": "16",
  "sodium": "365",
  "potassium": "80",
  "fiber": "0.4",
  "sugar": "0.00",
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  "calcium": "7",
  "iron": "0.29"
},
{
  "serving_id": "43104",
  "serving_description": "1 oz",
  "serving_url": "https://www.fatsecret.com/calories-nutrition/usda/sliced-ham--(regular-approx-11%25-fat)?portionid=43104&portionamount=1.000",
  "metric_serving_amount": "28.350",
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```
"metric_serving_unit": "g",
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"calories": "46",
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"protein": "4.71",
"fat": "2.44",
"saturated_fat": "0.832",
"polyunsaturated_fat": "0.224",
"monounsaturated_fat": "1.234",
"cholesterol": "16",
"sodium": "370",
"potassium": "81",
"fiber": "0.4",
"sugar": "0.00",
"vitamin_a": "0",
"vitamin_c": "1.1",
"calcium": "7",
"iron": "0.29"
}
]
}
}
},
{
"food_id": 7350,
"food_entry_name": "Cappuccino",
"eaten": {
"singular_description": "",
"plural_description": "",
"units": 1.0,
"total_metric_amount": 240,
"per_unit_metric_amount": 240,
"total_nutritional_content": {
"calories": "74",
"carbohydrate": "5.81",
"protein": "4.08",
"fat": "3.98",
"saturated_fat": "2.273",
"polyunsaturated_fat": "0.241",
"monounsaturated_fat": "1.007",
"cholesterol": "12",
"sodium": "50",
"potassium": "233",
"fiber": "0.2",
"sugar": "6.41",
"vitamin_a": "34",
"vitamin_c": "0.0",
"calcium": "144",
"iron": "0.19"
}
},
"suggested_serving": {
```

```
"serving_id": 28300,  
"serving_description": "1 mug (8 fl oz)",  
"metric_measure_amount": 240.000,  
"number_of_units": "1"  
},  
"food": {  
    "food_id": "7350",  
    "food_name": "Cappuccino",  
    "food_type": "Generic",  
    "food_url": "https://www.fatsecret.com/calories-  
nutrition/generic/cappuccino",  
    "servings": {  
        "serving": [  
            {  
                "serving_id": "28300",  
                "serving_description": "1 mug (8 fl oz)",  
                "serving_url": "https://www.fatsecret.com/calories-  
nutrition/generic/cappuccino?portionid=28300&portionamount=1.000",  
                "metric_serving_amount": "240.000",  
                "metric_serving_unit": "g",  
                "is_default": true,  
                "number_of_units": "1.000",  
                "measurement_description": "mug (8 fl oz)",  
                "calories": "74",  
                "carbohydrate": "5.81",  
                "protein": "4.08",  
                "fat": "3.98",  
                "saturated_fat": "2.273",  
                "polyunsaturated_fat": "0.241",  
                "monounsaturated_fat": "1.007",  
                "cholesterol": "12",  
                "sodium": "50",  
                "potassium": "233",  
                "fiber": "0.2",  
                "sugar": "6.41",  
                "vitamin_a": "34",  
                "vitamin_c": "0",  
                "calcium": "144",  
                "iron": "0.19"  
            },  
            {  
                "serving_id": "1136795",  
                "serving_description": "100 ml",  
                "serving_url": "https://www.fatsecret.com/calories-  
nutrition/generic/cappuccino?portionid=1136795&portionamount=100.000",  
                "metric_serving_amount": "101.442",  
                "metric_serving_unit": "g",  
                "number_of_units": "100.000",  
                "measurement_description": "ml",  
                "calories": "31",  
                "carbohydrate": "2.45",  
                "protein": "1.72",  
                "fat": "1.68",  
                "sugar": "6.41",  
                "vitamin_a": "34",  
                "vitamin_c": "0",  
                "calcium": "144",  
                "iron": "0.19",  
                "sodium": "50",  
                "potassium": "233",  
                "fiber": "0.2",  
                "cholesterol": "12",  
                "polyunsaturated_fat": "0.241",  
                "monounsaturated_fat": "1.007",  
                "cholesterol": "12",  
                "sodium": "50",  
                "potassium": "233",  
                "fiber": "0.2",  
                "sugar": "6.41",  
                "vitamin_a": "34",  
                "vitamin_c": "0",  
                "calcium": "144",  
                "iron": "0.19",  
                "carbohydrate": "5.81",  
                "protein": "4.08",  
                "fat": "3.98",  
                "saturated_fat": "2.273",  
                "is_default": true,  
                "number_of_units": "1.000",  
                "measurement_description": "mug (8 fl oz)"  
            }  
        ]  
    }  
}
```

```
"saturated_fat": "0.961",
"polyunsaturated_fat": "0.102",
"monounsaturated_fat": "0.426",
"cholesterol": "5",
"sodium": "21",
"potassium": "98",
"fiber": "0.1",
"sugar": "2.71",
"vitamin_a": "14",
"vitamin_c": "0",
"calcium": "61",
"iron": "0.08"
},
{
  "serving_id": "27229",
  "serving_description": "1 coffee cup (6 fl oz)",
  "serving_url": "https://www.fatsecret.com/calories-nutrition/generic/cappuccino?portionid=27229&portionamount=1.000",
  "metric_serving_amount": "180.000",
  "metric_serving_unit": "g",
  "number_of_units": "1.000",
  "measurement_description": "coffee cup (6 fl oz)",
  "calories": "56",
  "carbohydrate": "4.36",
  "protein": "3.06",
  "fat": "2.99",
  "saturated_fat": "1.704",
  "polyunsaturated_fat": "0.180",
  "monounsaturated_fat": "0.756",
  "cholesterol": "9",
  "sodium": "38",
  "potassium": "175",
  "fiber": "0.2",
  "sugar": "4.81",
  "vitamin_a": "25",
  "vitamin_c": "0",
  "calcium": "108",
  "iron": "0.14"
},
{
  "serving_id": "56030",
  "serving_description": "100 g",
  "serving_url": "https://www.fatsecret.com/calories-nutrition/generic/cappuccino?portionid=56030&portionamount=100.000",
  "metric_serving_amount": "100.000",
  "metric_serving_unit": "g",
  "number_of_units": "100.000",
  "measurement_description": "g",
  "calories": "31",
  "carbohydrate": "2.42",
  "protein": "1.70",
  "fat": "1.66",
  "saturated_fat": "0.947",
```

```
"polyunsaturated_fat": "0.100",
"monounsaturated_fat": "0.420",
"cholesterol": "5",
"sodium": "21",
"potassium": "97",
"fiber": "0.1",
"sugar": "2.67",
"vitamin_a": "14",
"vitamin_c": "0",
"calcium": "60",
"iron": "0.08"
},
{
    "serving_id": "27060",
    "serving_description": "1 medium",
    "serving_url": "https://www.fatsecret.com/calories-nutrition/generic/cappuccino?portionid=27060&portionamount=1.000",
    "metric_serving_amount": "486.000",
    "metric_serving_unit": "g",
    "number_of_units": "1.000",
    "measurement_description": "medium",
    "calories": "151",
    "carbohydrate": "11.76",
    "protein": "8.26",
    "fat": "8.07",
    "saturated_fat": "4.602",
    "polyunsaturated_fat": "0.487",
    "monounsaturated_fat": "2.040",
    "cholesterol": "24",
    "sodium": "102",
    "potassium": "471",
    "fiber": "0.5",
    "sugar": "12.98",
    "vitamin_a": "68",
    "vitamin_c": "0",
    "calcium": "292",
    "iron": "0.39"
},
{
    "serving_id": "27157",
    "serving_description": "1 large",
    "serving_url": "https://www.fatsecret.com/calories-nutrition/generic/cappuccino?portionid=27157&portionamount=1.000",
    "metric_serving_amount": "578.000",
    "metric_serving_unit": "g",
    "number_of_units": "1.000",
    "measurement_description": "large",
    "calories": "179",
    "carbohydrate": "13.99",
    "protein": "9.83",
    "fat": "9.60",
    "saturated_fat": "5.473",
    "polyunsaturated_fat": "0.579",
```

```
"monounsaturated_fat": "2.426",
"cholesterol": "29",
"sodium": "121",
"potassium": "561",
"fiber": "0.6",
"sugar": "15.43",
"vitamin_a": "81",
"vitamin_c": "0",
"calcium": "347",
"iron": "0.46"
},
{
  "serving_id": "26732",
  "serving_description": "1 serving (486 g)",
  "serving_url": "https://www.fatsecret.com/calories-nutrition/generic/cappuccino?portionid=26732&portionamount=1.000",
  "metric_serving_amount": "486.000",
  "metric_serving_unit": "g",
  "number_of_units": "1.000",
  "measurement_description": "serving (486g)",
  "calories": "151",
  "carbohydrate": "11.76",
  "protein": "8.26",
  "fat": "8.07",
  "saturated_fat": "4.602",
  "polyunsaturated_fat": "0.487",
  "monounsaturated_fat": "2.040",
  "cholesterol": "24",
  "sodium": "102",
  "potassium": "471",
  "fiber": "0.5",
  "sugar": "12.98",
  "vitamin_a": "68",
  "vitamin_c": "0",
  "calcium": "292",
  "iron": "0.39"
},
{
  "serving_id": "28637",
  "serving_description": "1 cup (8 fl oz)",
  "serving_url": "https://www.fatsecret.com/calories-nutrition/generic/cappuccino?portionid=28637&portionamount=1.000",
  "metric_serving_amount": "240.000",
  "metric_serving_unit": "g",
  "number_of_units": "1.000",
  "measurement_description": "cup (8 fl oz)",
  "calories": "74",
  "carbohydrate": "5.81",
  "protein": "4.08",
  "fat": "3.98",
  "saturated_fat": "2.273",
  "polyunsaturated_fat": "0.241",
  "monounsaturated_fat": "1.007",
```

```
"cholesterol": "12",
"sodium": "50",
"potassium": "233",
"fiber": "0.2",
"sugar": "6.41",
"vitamin_a": "34",
"vitamin_c": "0",
"calcium": "144",
"iron": "0.19"
},
{
  "serving_id": "26809",
  "serving_description": "1 small",
  "serving_url": "https://www.fatsecret.com/calories-nutrition/generic/cappuccino?portionid=26809&portionamount=1.000",
  "metric_serving_amount": "365.000",
  "metric_serving_unit": "g",
  "number_of_units": "1.000",
  "measurement_description": "small",
  "calories": "113",
  "carbohydrate": "8.83",
  "protein": "6.21",
  "fat": "6.06",
  "saturated_fat": "3.456",
  "polyunsaturated_fat": "0.366",
  "monounsaturated_fat": "1.532",
  "cholesterol": "18",
  "sodium": "77",
  "potassium": "354",
  "fiber": "0.4",
  "sugar": "9.75",
  "vitamin_a": "51",
  "vitamin_c": "0",
  "calcium": "219",
  "iron": "0.29"
},
{
  "serving_id": "27228",
  "serving_description": "1 fl oz",
  "serving_url": "https://www.fatsecret.com/calories-nutrition/generic/cappuccino?portionid=27228&portionamount=1.000",
  "metric_serving_amount": "30.000",
  "metric_serving_unit": "g",
  "number_of_units": "1.000",
  "measurement_description": "fl oz",
  "calories": "9",
  "carbohydrate": "0.73",
  "protein": "0.51",
  "fat": "0.50",
  "saturated_fat": "0.284",
  "polyunsaturated_fat": "0.030",
  "monounsaturated_fat": "0.126",
  "cholesterol": "1",
```

```
        "sodium": "6",
        "potassium": "29",
        "fiber": "0",
        "sugar": "0.80",
        "vitamin_a": "4",
        "vitamin_c": "0",
        "calcium": "18",
        "iron": "0.02"
    }
]
}
}
]
```

Error Codes

CODE	TYPE	DESCRIPTION
1	General	An unknown error occurred: '<details>'
2	OAuth 1.0	Missing required oauth parameter: '<details>'
3	OAuth 1.0	Unsupported oauth parameter: '<details>'
4	OAuth 1.0	Invalid signature method: '<details>'
5	OAuth 1.0	Invalid consumer key: '<details>'
6	OAuth 1.0	Invalid/expired timestamp: '<details>'
7	OAuth 1.0	Invalid/used nonce: '<details>'
8	OAuth 1.0	Invalid signature: '<details>'
9	OAuth 1.0	Invalid access token: '<details>'
12	General	User is performing too many actions: '<details>'
13	OAuth 2.0	Invalid token: '<details>'
14	OAuth 2.0	Missing scope: '<details>'
23	General	Api not found
24	General	A timeout has occurred
101	Parameter	Missing required parameter: '<details>'
107	Parameter	Value out of range: '<details>'

CODE	TYPE	DESCRIPTION
109	Parameter	Character limit exceeded: '<details>'
211	Application	No food item detected



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