Fat:

<https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/expert-answers/fat-grams/faq-20058496>

* Total fat: 20% to 35% of daily calories for 2000 calorie diet 🡪 30 \* 2000= 600 cal 🡪 600/9 = 66 gr fat for a day. If a mean has > 20 gr fat or > 200 calorie then gets categorized as unhealthy
* Saturated fat: daily allowance is 10% or less of daily calories 🡪 10\* 2000 = 200 🡪 200/9= 22gr if food > 66 cal or > 8 gr saturated fat then categorized as unhealthy
* Trans fatty acid even in very minimal level is carcinogenic so a meal with > 0 gr of trans fatty acid is categorized as unhealthy.

Cholesterol:

<https://health.gov/sites/default/files/2020-01/DietaryGuidelines2010.pdf>

The USDA recommends consuming no more than **300 mg** of cholesterol a day.

If cholesterol > 100 mg unhealthy (300/3)

Sodium:

<https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/sodium/how-much-sodium-should-i-eat-per-day>

* The Daily Value for sodium is less than 2,300 milligrams (mg) per day. If meal sodium is > 766 mg then unhealthy (2300/3)

Sugar:

<https://www.hsph.harvard.edu/nutritionsource/carbohydrates/added-sugar-in-the-diet/>

* The AHA suggests an added-sugar limit of no more than 100 calories per day (about 6 teaspoons or 24 grams of sugar) for most women and no more than 150 calories per day (about 9 teaspoons or 36 grams of sugar) for most men.
* If sugar > 30 gr unhealthy ((24+36)/2)

How healthy/unhealthy is defined in the Nutritionix?

If calories' >500, calories\_from\_fat > 200, total\_fat > 20 gr, saturated\_fat >8 gr, trans\_fatty\_acid >0, cholesterol > 100, sodium> 766, sugars > 30 meal is categorized as unhealthy.

Unhealthy food is coded as 0 and healthy food as 1

A sample of API query:

curl -X POST <https://api.nutritionix.com/v1_1/search> -H 'Content-Type: application/json' -d '{"appId":"91e4a07d", "appKey":"03d1f9a480f0ee71eb064d5d6fa7264e", "fields":["item\_name","brand\_name","upc","nt\_ingredient\_statement","nf\_calories", "nf\_calories\_from\_fat","nf\_total\_fat","nf\_saturated\_fat","nf\_trans\_fatty\_acid","nf\_cholesterol","nf\_sodium","nf\_sugars","nf\_protein","nf\_serving\_per\_container"],"limit":50, "offset":50,"filters":{"item\_type":1}}' | jq