**HCC Requirements**

**JSON Template:**

{

“hc”: “”

, “causes”: []

, “info”: []

, “bNutrients”: []

, “gNutrients” : []

, “tips”: []

, “Veggies”: []

, “Fruit”: []

, “Grains”: []

, “Protein”: []

, “Dairy”: []

, “Other”: []

, “Sources”: []

}

**Food Template:**

{“ing”: “”, “good”: “”, “contains”: “”, “note”: “”}

**Requirements:**

* Good – per serving
  + Nutrients >20%
  + Omega3s 10mg
* Notes:
  + High sugar >10mg per serving
  + High sat fat >15%
  + High omega3:omega6 ratio is 1:10