<https://en.wikipedia.org/wiki/Reference_Daily_Intake>

Scrape the data tables from this web page to represent the ‘Daily recommended’ foods

Flat file

<https://www.kaggle.com/datasets/trolukovich/nutritional-values-for-common-foods-and-products>

api

<https://www.calorieking.com/us/en/developers/food-api/documentation/>