

This is the Greenlist part

# Created by Zanolai Hu on 2018/3/10. # Copyright © 2018 zanolaihu. All rights reserved.

Using read function to read the data, so that I can have a quick look.

```
[6]: import pandas as pd

csv_file = "../input/ausnut1.csv" # path to the downloaded csv file
ausdf = pd.read_csv(csv_file)
ausdf.head(5)
```

|   | Food ID | Survey ID | Food Name                     | Survey flag | Energy, with dietary fibre (kJ) | Energy, without dietary fibre (kJ) | Moisture (g) | Protein (g) | Total fat (g) | Available carbohydrates, with sugar alcohols (g) | Available carbohydrates, without sugar alcohol (g) | Starch (g) | Total sugars (g) | Added sugars (g) | Free sugars (g) | Dietary fibre (g) | Alcohol (g) | Ash (g) | Preformed vitamin A (retinol) (µg) | Beta-carotene (µg) | Provitamin A (β-carotene equivalents) (µg) |
|---|---------|-----------|-------------------------------|-------------|---------------------------------|------------------------------------|--------------|-------------|---------------|--|--|------------|------------------|------------------|-----------------|-------------------|-------------|---------|------------------------------------|--------------------|--|
| 0 | 1       | 31103001  | Beef, extract, bonox          | NaN         | 401                             | 401                                | 56.6         | 16.6        | 0.2           | 6.5  | 6.5  | 6.5        | 0.0              | 0.0              | 0.0             | 0.0               | 0.0         | 19.8    | 0                                  | 0                  | 0  |
| 1 | 2       | 31302001  | Basil, dried                  | NaN         | 1079                            | 774                                | 10.0         | 18.2        | 5.5           | 15.5   | 15.5   | 15.5       | 0.0              | 0.0              | 0.0             | 38.2              | 0.0         | 15.5    | 0                                  | 27135              | 27334                                      |
| 2 | 3       | 31302002  | Cardamom, seeds, ground       | NaN         | 1333                            | 1109                               | 8.3          | 10.8        | 6.7           | 40.5   | 40.5   | 31.0       | 9.5              | 0.0              | 0.0             | 28.0              | 0.0         | 5.8     | 0                                  | 0                  | 0  |
| 3 | 4       | 31302003  | Chilli (chili) powder         | NaN         | 1441                            | 1167                               | 7.8          | 12.3        | 16.8          | 20.5   | 20.5   | 10.4       | 10.1             | 0.0              | 0.0             | 34.2              | 0.0         | 11.8    | 0                                  | 15000              | 17790                                      |
| 4 | 5       | 31302004  | Chilli (chili), dried, ground | NaN         | 1573                            | 1355                               | 6.6          | 14.1        | 16.8          | 29.6   | 29.6   | 19.2       | 10.4             | 0.0              | 0.0             | 27.2              | 0.0         | 10.0    | 0                                  | 15000              | 15000                                      |

There are many useless columns in the dataset. Firstly, I will leave only useful columns. Which are 'Food ID', 'Food Name', 'Energy, with dietary fibre (kJ)', 'Protein (g)', 'Added sugars (g)'

```
[7]: columns_to_keep = ['Food ID',
                      'Food Name',
                      'Energy, with dietary fibre (kJ)',
                      'Protein (g)',
                      'Added sugars (g)']

newdf = ausdf[columns_to_keep]
newdf.head(5)
```

|   | Food ID | Food Name                     | Energy, with dietary fibre (kJ) | Protein (g) | Added sugars (g) |
|---|---------|-------------------------------|---------------------------------|-------------|------------------|
| 0 | 1       | Beef, extract, bonox          | 401                             | 16.6        | 0.0              |
| 1 | 2       | Basil, dried                  | 1079                            | 18.2        | 0.0              |
| 2 | 3       | Cardamom, seeds, ground       | 1333                            | 10.8        | 0.0              |
| 3 | 4       | Chilli (chili) powder         | 1441                            | 12.3        | 0.0              |
| 4 | 5       | Chilli (chili), dried, ground | 1573                            | 14.1        | 0.0              |

Add two columns based on the value of Energy and Protein/added sugar.

```
[8]: newdf = newdf.assign(protein_ratio=newdf['Protein (g)'] / newdf['Energy, with dietary fibre (kJ)'])
newdf = newdf.assign(addedsugar_ratio=newdf['Added sugars (g)'] / newdf['Energy, with dietary fibre (kJ)'])
newdf
```

|      | Food ID | Food Name   | Energy, with dietary fibre (kJ) | Protein (g) | Added sugars (g) | protein_ratio | addedsugar_ratio |
|------|---------|---|---------------------------------|-------------|------------------|---------------|------------------|
| 0    | 1       | Beef, extract, bonox                              | 401                             | 16.6        | 0.0              | 0.041397      | 0.000000         |
| 1    | 2       | Basil, dried                                      | 1079                            | 18.2        | 0.0              | 0.016867      | 0.000000         |
| 2    | 3       | Cardamom, seeds, ground                           | 1333                            | 10.8        | 0.0              | 0.008102      | 0.000000         |
| 3    | 4       | Chilli (chili) powder                             | 1441                            | 12.3        | 0.0              | 0.008536      | 0.000000         |
| 4    | 5       | Chilli (chili), dried, ground                     | 1573                            | 14.1        | 0.0              | 0.008964      | 0.000000         |
| 5    | 6       | Cinnamon, dried, ground                           | 1026                            | 4.2         | 0.0              | 0.004094      | 0.000000         |
| 6    | 7       | Cloves, dried, ground                             | 1536                            | 6.0         | 0.0              | 0.003906      | 0.000000         |
| 7    | 8       | Coriander seed, dried, ground                     | 1476                            | 13.0        | 0.0              | 0.008808      | 0.000000         |
| 8    | 9       | Cumin (cummin) seed, dried, ground                | 1915                            | 18.4        | 0.0              | 0.009608      | 0.000000         |
| 9    | 10      | Curry powder                                      | 1459                            | 12.7        | 0.0              | 0.008705      | 0.000000         |
| 10   | 11      | Fenugreek seed                                    | 1375                            | 23.0        | 0.0              | 0.016727      | 0.000000         |
| 11   | 12      | Ginger, dried, ground                             | 1418                            | 8.5         | 0.0              | 0.005994      | 0.000000         |
| 12   | 13      | Herbs, mixed, dried                               | 1210                            | 11.1        | 0.0              | 0.009174      | 0.000000         |
| 13   | 14      | Mustard powder                                    | 2289                            | 29.4        | 0.0              | 0.012844      | 0.000000         |
| 14   | 15      | Nutmeg, dried, ground                             | 2119                            | 6.4         | 0.0              | 0.003020      | 0.000000         |
| 15   | 16      | Oregano or marjoram, dried                        | 1096                            | 9.0         | 0.0              | 0.008212      | 0.000000         |
| 16   | 17      | Paprika, dry powder                               | 1311                            | 14.1        | 0.0              | 0.010755      | 0.000000         |
| 17   | 18      | Pepper, ground, black or white                    | 1208                            | 10.7        | 0.0              | 0.008858      | 0.000000         |
| 18   | 19      | Rosemary, dried                                   | 1405                            | 9.5         | 0.0              | 0.006762      | 0.000000         |
| 19   | 20      | Sage, dried                                       | 1320                            | 10.6        | 0.0              | 0.008030      | 0.000000         |
| 20   | 21      | Salt substitute, potassium chloride               | 0                               | 0.0         | 0.0              | NaN           | NaN              |
| 21   | 22      | Salt, cooking                                     | 0                               | 0.0         | 0.0              | NaN           | NaN              |
| 22   | 23      | Salt, flavoured                                   | 0                               | 0.0         | 0.0              | NaN           | NaN              |
| 23   | 24      | Salt, rock  | 0                               | 0.0         | 0.0              | NaN           | NaN              |
| 24   | 25      | Salt, sea   | 0                               | 0.0         | 0.0              | NaN           | NaN              |
| 25   | 26      | Salt, table, iodised                              | 0                               | 0.0         | 0.0              | NaN           | NaN              |
| 26   | 27      | Salt, table, non-iodised                          | 0                               | 0.0         | 0.0              | NaN           | NaN              |
| 27   | 28      | Salt, not further defined                         | 0                               | 0.0         | 0.0              | NaN           | NaN              |
| 28   | 29      | Seasoning mix, chilli-based, for tacos            | 1010                            | 5.9         | 11.2             | 0.005842      | 0.011089         |
| 29   | 30      | Spice, mixed or all spice                         | 1560                            | 5.5         | 0.0              | 0.003526      | 0.000000         |
| ...  | ...     | ...   | ...                             | ...         | ...              | ...           | ...              |
| 5710 | 5711    | Tomato, fresh, boiled, microwaved or steamed, ... | 304                             | 1.2         | 0.0              | 0.003947      | 0.000000         |
| 5711 | 5712    | Tomato, paste, with added salt                    | 281                             | 3.1         | 0.0              | 0.011032      | 0.000000         |
| 5712 | 5713    | Tomato, paste, no added salt                      | 298                             | 3.1         | 0.0              | 0.010403      | 0.000000         |
| 5713 | 5714    | Tomato, paste, not further defined                | 284                             | 3.1         | 0.0              | 0.010915      | 0.000000         |
| 5714 | 5715    | Tomato, puree, commercial                         | 106                             | 1.5         | 2.0              | 0.014151      | 0.018868         |
| 5715 | 5716    | Tomato, sundried or semi-sundried                 | 1101                            | 11.2        | 0.0              | 0.010173      | 0.000000         |
| 5716 | 5717    | Tomato, whole, canned in tomato juice, undrained  | 78                              | 0.7         | 0.0              | 0.008974      | 0.000000         |
| 5717 | 5718    | Tomato, whole, canned in tomato juice, drained    | 88                              | 0.8         | 0.0              | 0.009091      | 0.000000         |
| 5718 | 5719    | Tomato, whole, canned in tomato juice, boiled ... | 94                              | 0.8         | 0.0              | 0.008511      | 0.000000         |
| 5719 | 5720    | Tomato, whole, canned in tomato juice, boiled ... | 93                              | 0.9         | 0.0              | 0.009677      | 0.000000         |
| 5720 | 5721    | Turnip, white, peeled, fresh or frozen, raw       | 94                              | 1.3         | 0.0              | 0.013830      | 0.000000         |
| 5721 | 5722    | Turnip, white, peeled or unpeeled, fresh or fr... | 115                             | 1.6         | 0.0              | 0.013913      | 0.000000         |
| 5722 | 5723    | Turnip, white, peeled or unpeeled, fresh or fr... | 101                             | 1.4         | 0.0              | 0.013861      | 0.000000         |
| 5723 | 5724    | Vine leaf, grape, canned                          | 243                             | 4.3         | 0.0              | 0.017695      | 0.000000         |
| 5724 | 5725    | Wasabi, root, raw                                 | 427                             | 4.8         | 0.0              | 0.011241      | 0.000000         |
| 5725 | 5726    | Water chestnut, peeled, canned, drained           | 219                             | 0.6         | 0.0              | 0.002740      | 0.000000         |
| 5726 | 5727    | Watercress, raw                                   | 110                             | 2.9         | 0.0              | 0.026364      | 0.000000         |
| 5727 | 5728    | Watercress, boiled, microwaved or steamed, dra... | 130                             | 3.4         | 0.0              | 0.026154      | 0.000000         |
| 5728 | 5729    | Watercress, boiled, microwaved or steamed, dra... | 320                             | 3.3         | 0.0              | 0.010312      | 0.000000         |
| 5729 | 5730    | Yam, wild harvested, cooked                       | 453                             | 3.2         | 0.0              | 0.007964      | 0.000000         |
| 5730 | 5731    | Zucchini, golden, fresh or frozen, peeled or u... | 78                              | 2.2         | 0.0              | 0.028205      | 0.000000         |
| 5731 | 5732    | Zucchini, golden, fresh or frozen, peeled or u... | 93                              | 2.6         | 0.0              | 0.027957      | 0.000000         |
| 5732 | 5733    | Zucchini, green skin, fresh or frozen, peeled ... | 65                              | 0.9         | 0.0              | 0.013846      | 0.000000         |
| 5733 | 5734    | Zucchini, green skin, fresh or frozen, peeled ... | 92                              | 1.3         | 0.0              | 0.014130      | 0.000000         |
| 5734 | 5735    | Zucchini, green skin, fresh or frozen, peeled ... | 299                             | 1.3         | 0.0              | 0.004348      | 0.000000         |
| 5735 | 5736    | Zucchini, green skin, fresh or frozen, peeled ... | 352                             | 1.2         | 0.0              | 0.003409      | 0.000000         |
| 5736 | 5737    | Zucchini, green skin, fresh or frozen, peeled ... | 352                             | 1.2         | 0.0              | 0.003409      | 0.000000         |
| 5737 | 5738    | Zucchini, green skin, fresh or frozen, peeled ... | 347                             | 1.2         | 0.0              | 0.003458      | 0.000000         |
| 5738 | 5739    | Zucchini, green skin, fresh or frozen, peeled ... | 77                              | 1.1         | 0.0              | 0.014286      | 0.000000         |
| 5739 | 5740    | Zucchini, green skin, fresh or frozen, peeled ... | 293                             | 1.0         | 0.0              | 0.003413      | 0.000000         |

5740 rows × 7 columns

I need to find the maximum value so that I can split them by different stars.

```
[9]: by_protein = newdf.sort_values(by=["protein_ratio"], ascending=False)
by_protein.head(5)
```

|      | Food ID | Food Name   | Energy, with dietary fibre (kJ) | Protein (g) | Added sugars (g) | protein_ratio | addedsugar_ratio |
|------|---------|---|---------------------------------|-------------|------------------|---------------|------------------|
| 4686 | 4687    | Amino acid or creatine powder                     | 1666                            | 98.0        | 0.0              | 0.058824      | 0.0              |
| 4483 | 4484    | Shark (flake), baked, roasted, fried, grilled ... | 615                             | 35.9        | 0.0              | 0.058374      | 0.0              |
| 4503 | 4504    | Stingray, wild caught, flesh, baked, roasted, ... | 615                             | 35.9        | 0.0              | 0.058374      | 0.0              |
| 4482 | 4483    | Shark (flake), raw                                | 449                             | 26.2        | 0.0              | 0.058352      | 0.0              |
| 42   | 43      | Gelatine, all types                               | 1449                            | 84.4        | 0.0              | 0.058247      | 0.0              |

```
[10]: by_addsugar = newdf.sort_values(by=["addedsugar_ratio"], ascending=False)
by_addsugar.head(5)
```

|      | Food ID | Food Name   | Energy, with dietary fibre (kJ) | Protein (g) | Added sugars (g) | protein_ratio | addedsugar_ratio |
|------|---------|---|---------------------------------|-------------|------------------|---------------|------------------|
| 432  | 433     | Water, bottled, with added sugar, vitamins & m... | 70                              | 0.0         | 4.4              | 0.0           | 0.062857         |
| 364  | 365     | Soft drink, cola flavour, regular, with ice       | 126                             | 0.0         | 7.9              | 0.0           | 0.062698         |
| 408  | 409     | Soft drink, frozen, cola flavour, regular         | 203                             | 0.0         | 12.7             | 0.0           | 0.062562         |
| 5038 | 5039    | Syrup, agave, light & dark, liquid                | 1216                            | 0.0         | 76.0             | 0.0           | 0.062500         |
| 5033 | 5034    | Sugar, white, fruit sugar (fructose), granulat... | 1600                            | 0.0         | 100.0            | 0.0           | 0.062500         |

Now I calculate the intervals.

```
[11]: max = 0.06
#max protein ratio
interval = max / 10
j = 0
for i in range(0,10):
    print("protein ratio from", j , "to", j + interval, "is", i + 1, "star")
    j = interval + j

maxsu = 0.063
#max added sugar ratio
interval = max / 10
j = 0
for i in range(0,10):
    print("added sugar ratio from", j , "to", j + interval, "is", 5 - i, "star")
    j = interval + j
```

protein ratio from 0 to 0.006 is 1 star  
protein ratio from 0.006 to 0.012 is 2 star  
protein ratio from 0.012 to 0.018000000000000002 is 3 star  
protein ratio from 0.018000000000000002 to 0.024 is 4 star  
protein ratio from 0.024 to 0.03 is 5 star  
protein ratio from 0.03 to 0.036 is 6 star  
protein ratio from 0.036 to 0.041999999999999996 is 7 star  
protein ratio from 0.041999999999999996 to 0.047999999999999994 is 8 star  
protein ratio from 0.047999999999999994 to 0.05399999999999999 is 9 star  
protein ratio from 0.05399999999999999 to 0.05999999999999999 is 10 star  
added sugar ratio from 0 to 0.006 is 5 star  
added sugar ratio from 0.006 to 0.012 is 4 star  
added sugar ratio from 0.012 to 0.018000000000000002 is 3 star  
added sugar ratio from 0.018000000000000002 to 0.024 is 2 star  
added sugar ratio from 0.024 to 0.03 is 1 star  
added sugar ratio from 0.03 to 0.036 is 0 star  
added sugar ratio from 0.036 to 0.041999999999999996 is -1 star  
added sugar ratio from 0.041999999999999996 to 0.047999999999999994 is -2 star  
added sugar ratio from 0.047999999999999994 to 0.05399999999999999 is -3 star  
added sugar ratio from 0.05399999999999999 to 0.05999999999999999 is -4 star

Then I create two columns based on the protein ratio and added sugar ratio.

```
[12]: def function1(a):
    if a < 0.006:
        return 1
    elif a < 0.012:
        return 2
    elif a < 0.018:
        return 3
    elif a < 0.024:
        return 4
    elif a < 0.03:
        return 5
    elif a < 0.036:
        return 6
    elif a < 0.042:
        return 7
    elif a < 0.048:
        return 8
    elif a < 0.054:
        return 9
    else:
        return 10

def function2(a):
    if a < 0.006:
        return 10
    elif a < 0.012:
        return 9
    elif a < 0.018:
        return 8
    elif a < 0.024:
        return 7
    elif a < 0.03:
        return 6
    elif a < 0.036:
        return 5
    elif a < 0.042:
        return 4
    elif a < 0.048:
        return 3
    elif a < 0.054:
        return 2
    else:
        return 1

newdf['protein_star'] = newdf.apply(lambda x: function1(x.protein_ratio), axis=1)
newdf['addedsugar_star'] = newdf.apply(lambda x: function2(x.addedsugar_ratio), axis=1)
newdf.head(5)
```

|   | Food ID | Food Name                     | Energy, with dietary fibre (kJ) | Protein (g) | Added sugars (g) | protein_ratio | addedsugar_ratio | protein_star | addedsugar_star |
|---|---------|-------------------------------|---------------------------------|-------------|------------------|---------------|------------------|--------------|-----------------|
| 0 | 1       | Beef, extract, bonox          | 401                             | 16.6        | 0.0              | 0.041397      | 0.0              | 3            | 10              |
| 1 | 2       | Basil, dried                  | 1079                            | 18.2        | 0.0              | 0.016867      | 0.0              | 7            | 10              |
| 2 | 3       | Cardamom, seeds, ground       | 1333                            | 10.8        | 0.0              | 0.008102      | 0.0              | 2            | 10              |
| 3 | 4       | Chilli (chili) powder         | 1441                            | 12.3        | 0.0              | 0.008536      | 0.0              | 2            | 10              |
| 4 | 5       | Chilli (chili), dried, ground | 1573                            | 14.1        | 0.0              | 0.008964      | 0.0              | 2            | 10              |

Finally, add a new column called aver\_star, which is the average star of protein\_star and addedsugar\_star.

```
[13]: def function3(a, b):  
      c = (a + b)/2  
      return c  
  
newdf['aver_star'] = newdf.apply(lambda x: function3(x.protein_star, x.addedsugar_star), axis=1)  
newdf.head(10)
```

|   | Food ID | Food Name                          | Energy, with dietary fibre (kJ) | Protein (g) | Added sugars (g) | protein_ratio | addedsugar_ratio | protein_star | addedsugar_star | aver_star |
|---|---------|------------------------------------|---------------------------------|-------------|------------------|---------------|------------------|--------------|-----------------|-----------|
| 0 | 1       | Beef extract, bonox                | 401                             | 16.6        | 0.0              | 0.041397      | 0.0              | 7            | 10              | 8.5       |
| 1 | 2       | Basil, dried                       | 1079                            | 18.2        | 0.0              | 0.016867      | 0.0              | 3            | 10              | 6.5       |
| 2 | 3       | Cardamom, seeds, ground            | 1333                            | 10.8        | 0.0              | 0.008102      | 0.0              | 2            | 10              | 6.0       |
| 3 | 4       | Chilli (chili) powder              | 1441                            | 12.3        | 0.0              | 0.008536      | 0.0              | 2            | 10              | 6.0       |
| 4 | 5       | Chilli (chili), dried, ground      | 1573                            | 14.1        | 0.0              | 0.008964      | 0.0              | 2            | 10              | 6.0       |
| 5 | 6       | Cinnamon, dried, ground            | 1026                            | 4.2         | 0.0              | 0.004094      | 0.0              | 1            | 10              | 5.5       |
| 6 | 7       | Cloves, dried, ground              | 1536                            | 6.0         | 0.0              | 0.003906      | 0.0              | 1            | 10              | 5.5       |
| 7 | 8       | Coriander seed, dried, ground      | 1476                            | 13.0        | 0.0              | 0.008808      | 0.0              | 2            | 10              | 6.0       |
| 8 | 9       | Cumin (cummin) seed, dried, ground | 1915                            | 18.4        | 0.0              | 0.009608      | 0.0              | 2            | 10              | 6.0       |
| 9 | 10      | Curry powder                       | 1459                            | 12.7        | 0.0              | 0.008705      | 0.0              | 2            | 10              | 6.0       |

Sort it from top to bottom. Here is the top 10 healthy food.

```
[14]: by_total = newdf.sort_values(by=["aver_star"], ascending=False)  
by_total.head(10)
```

|      | Food ID | Food Name   | Energy, with dietary fibre (kJ) | Protein (g) | Added sugars (g) | protein_ratio | addedsugar_ratio | protein_star | addedsugar_star | aver_star |
|------|---------|---|---------------------------------|-------------|------------------|---------------|------------------|--------------|-----------------|-----------|
| 3816 | 3817    | Kangaroo, wild caught, flesh, cooked              | 469                             | 25.4        | 0.0              | 0.054158      | 0.0              | 10           | 10              | 10.0      |
| 4686 | 4687    | Amino acid or creatine powder                     | 1666                            | 98.0        | 0.0              | 0.058824      | 0.0              | 10           | 10              | 10.0      |
| 4567 | 4568    | Prawn, king or medium, flesh, baked, roasted, ... | 463                             | 25.6        | 0.0              | 0.055292      | 0.0              | 10           | 10              | 10.0      |
| 4555 | 4556    | Moreton bay bug, cooked, with or without fat      | 509                             | 27.5        | 0.0              | 0.054028      | 0.0              | 10           | 10              | 10.0      |
| 2552 | 2553    | Egg, chicken, white (albumen) only, fried, no ... | 223                             | 12.7        | 0.0              | 0.056951      | 0.0              | 10           | 10              | 10.0      |
| 4566 | 4567    | Prawn, king or medium, raw (green)                | 371                             | 20.5        | 0.0              | 0.055256      | 0.0              | 10           | 10              | 10.0      |
| 4552 | 4553    | Lobster or crayfish, flesh, purchased steamed,... | 407                             | 22.0        | 0.0              | 0.054054      | 0.0              | 10           | 10              | 10.0      |
| 3808 | 3809    | Kangaroo, rump, raw                               | 373                             | 20.3        | 0.0              | 0.054424      | 0.0              | 10           | 10              | 10.0      |
| 3788 | 3789    | Buffalo, swamp, topside, raw                      | 448                             | 24.6        | 0.0              | 0.054911      | 0.0              | 10           | 10              | 10.0      |
| 4407 | 4408    | Cod, Atlantic, flesh, raw                         | 328                             | 17.8        | 0.0              | 0.054268      | 0.0              | 10           | 10              | 10.0      |

```
[ ]:
```