

Fields for the database

There are 6 fields; they must all be populated.

1. **Food item** –unique text which describes a food item. There are no duplicates.

*Examples: **Butter, Fruit Cake or Potato, baked***

2. **Food group** – a code representing the food group of a food item.

Code	Food group
MF	Meat/Fish
DY	Dairy
FV	Fruit/Veg
CL	Cereal
BD	Bread/Cake

3. **Quantity** – the number of units (integer) required to make one portion of the food item.

*Examples: **3 g of Butter, 4 slices of Fruit Cake***

4. **Unit** – describes how the food item is measured; for example: handful, tbsp (tablespoon), small, ml (millilitre), g (gramme), biscuit, slice.

*Examples: 3 **g** of Butter, 4 **slices** of Fruit Cake or 1 **medium** Potato, baked*

5. **Calories** – the approximate number of calories (integer) in a portion of the food item.

*Example: Fruit cake contains **239** calories*

6. **Fat** - the approximate number of grammes (numeric, 1 d.p.) of fat in a portion of the food item.

*Example: Fruit cake contains **7.7** grammes of fat*