Fields for the database

There are 8 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. **Group** – a code representing the food group of a food item.

Code	Group
FT	Fruit
VG	Vegetable
MT	Meat
FH	Fish
CG	Cereals and Grains
DY	Dairy
BP	Beans and Pulses

3. **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*

4. **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 or **1** medium Potato, baked.*

5. **Carbs** (carbohydrates) –the approximate number of grammes (numeric, 1 d.p.) in a portion of the food item.
   *Example: Fruit cake contains **41.7** grammes of carbohydrate*

6. **Fibre** –the approximate number of grammes (numeric, integer) in a portion of the food item.
   *Example: Fruit cake contains **1** gramme of fibre*

7. **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*

8. **Calories** – the approximate number of calories (numeric, integer) in a portion of the food item.
   *Example: Fruit cake contains **239** calories*