

The Foods You Eat

A computer program for food and nutrition studies

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Adding foods to the database

Be extremely careful if you attempt this - a mistake could damage the database file and be disastrous. Always make a copy of the database file (ftlcomp.csv) before you attempt to modify it. I cannot offer any help if you have damaged the database file and do not have a back up copy.

The main database of nutrient composition is saved in the file ftlcomp.csv. This can be opened by a spreadsheet program for ease of editing, and the amended file should be saved as a .csv (comma-separated values) file, NOT as a spreadsheet file.

The database contains a total of 992 foods, and cannot contain more than 999, so if you need to add more than 7 foods you will have to delete some already there. Foods numbers 857 and upwards are not included in Food Tables and Labelling.

The last row of the spreadsheet begins with food number = 9000, followed by some spurious data. **This must always be the last line of the file.** If you add any foods, you should do so by inserting one or more rows immediately before this row. When you finish, delete any blank rows between what you have added and this final row.

The shelves of the virtual supermarket (for columns B-D) are as follows – any food may appear on 1, 2 or 3 different shelves

1	fruit	21	spreads	41	beef and veal
2	vegetables	22	cheese	42	lamb and mutton
3	potatoes and crisps	23	cakes and deserts	43	pork, bacon and ham
4	canned fruit and vegetables	24	oils and fats	44	offal
5	fruit juices	25	eggs	45	salami, paté etc
6	dried fruit and vegetables	26	pizza and quiches	46	canned meat
7	nuts	27	chocolate	47	pies, pasties and burgers
8	herbs and spices	28	sweets	48	rabbit and game
9	flour	29	crisps and snacks	49	chicken and poultry
10	bread	30	beer and cider	50	burgers and fast food
11	pies and puddings	31	wines and spirits	51	MacDonalds
12	rice and pasta	32	lemonade and soft drinks	52	Burger king
13	biscuits	33	soup and hot drinks	53	cooked chicken
14	other bakery	34	saucers	54	KFC
15	home baking ingredients	35	miscellaneous foods	55	cooked meat
16	cakes and buns	36	sugar and jam	56	soups and stews
17	breakfast cereals	37	fresh fish	57	puddings and desserts
18	milk and shakes	38	shellfish and seafood		
19	yoghurt and cream	39	canned fish		
20	ice cream	40	cooked fish		

The columns of the spreadsheet are as follows:

A	The food number - this should be one greater than the food above, apart from the final row, which must always be numbered 9000
B	Numbers to show which shelves the food belongs on in the virtual supermarket. You may enter 1, 2 or 3 different values here - the list of code numbers for the shelves are shown in the table above. Enter -1 (minus one) in any column for which you do not enter a real number
C	
D	
E	The description or name of the food. Do not use numerals in this column, and do not use commas. Either will result in nonsense when the program tries to read the file.
F	A description of the average serving. To leave this blank, enter a space. Again, do not use numerals in this column, and do not use commas. Either will result in nonsense when the program tries to read the file.
G	The units of the average serving – g for grams or mL for millilitres
H	The weight (in g) or volume (in mL) of the average serving. Use 100 if you are unsure.
	The remaining columns contain the nutrient content /100 g or 100 mL. You must enter a value in each column. Use 0 (zero) for a negligible amount and –1 (minus one) for no information available.
I	Water content (g)
J	Energy (kcal)
K	Energy (kJ)
L	Protein (g)
M	Carbohydrate (g)
N	Starch (g)
O	Sugars (g)
P	Fat (g)
Q	Saturated fat (g)
R	Mono-unsaturated fat (g)
S	Polyunsaturated fat (g)
T	Cholesterol (mg)
U	Dietary fibre (g)
V	Non-starch polysaccharides (g)
W	Vitamin A (µg)
X	Carotene (µg)
Y	Vitamin D (µg)
Z	Vitamin E (mg)
AA	Vitamin B1 (mg)
AB	Vitamin B2 (mg)
AC	Niacin (mg)
AD	Vitamin B6 (mg)
AE	Folate (µg)
AF	Vitamin C (mg)
AG	Sodium (mg)
AH	Calcium (mg)
AI	Iron (mg)
AJ	Iodine (µg)
AK	Alcohol (g)