

The Value of the Query

A “query” is a Boolean AND search that you can conduct across your nutrient database. As far as we've been able to determine, only NutriBase provides this capability. This function lets you *locate all the foods that meet all your criteria.*

For instance, you can locate all the foods that have at least 2 grams of Protein AND no more than 360 mg of Sodium AND no more than 30% of its calories from Fat AND no more than 2 grams of Saturated Fat, AND at least 10 IU's of Vitamin E, and so on.

You can specify as many or as few nutrients as you wish. You can even specify upper or lower limits for every nutrient in the database if you wish.

A query will let you locate any food items based on virtually any criteria. Here are a few things you can do with the Boolean AND search implemented in NutriBase:

- Locate and display all frozen entrees with less than, say, 20 grams of Fat.
- Locate and display all the breakfast cereals with more than, say, 7 grams of dietary fiber.
- Locate and display all restaurant foods with less than 5 grams of Sat Fat, fewer than 350 calories, and at least 5 grams of dietary fiber.
- Locate and display the fresh fruit that is *highest* in a particular nutrient. (This compares all fresh fruit, regardless of serving size.)
- Locate and display the fresh fruit that is *richest* in a particular nutrient. (This compares all fresh fruit of a particular serving size, say, 100 grams.)
- Locate and display all the entries for a particular restaurant or brand name.
- Locate and display all the entries for a group of restaurants or brands.

For experienced NutriBase users, the Query is the tool of choice for mining the nutrient database.