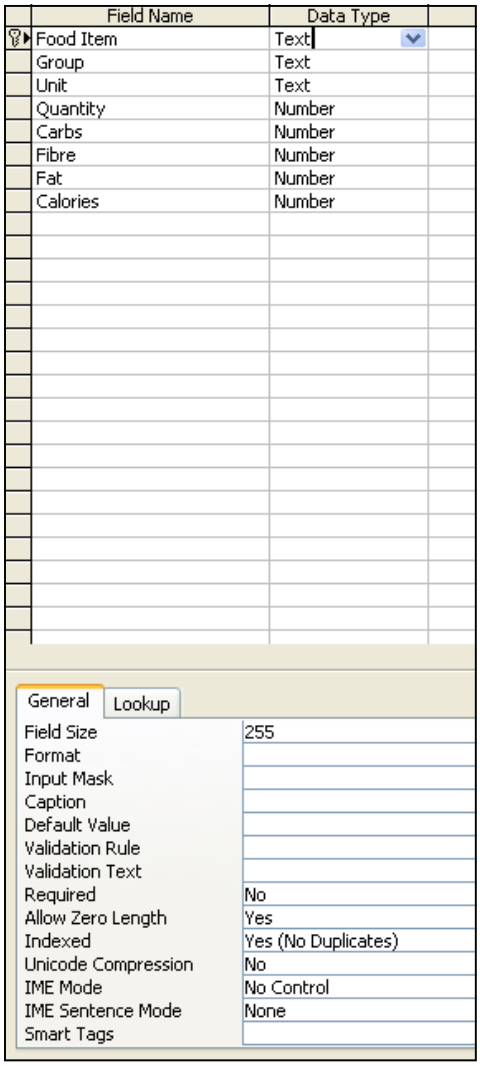
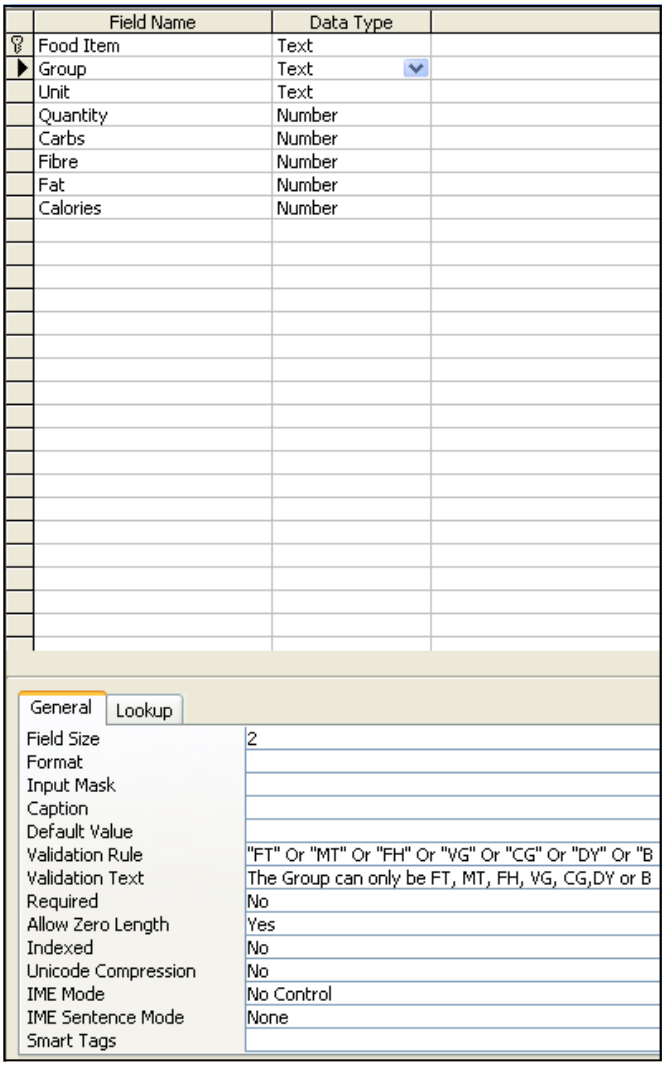
Eat Well Database
-Structure and Validation-



Field Name	Data Type
Food Item	Text
Group	Text
Unit	Text
Quantity	Number
Carbs	Number
Fibre	Number
Fat	Number
Calories	Number

General	Lookup
Field Size	255
Format	
Input Mask	
Caption	
Default Value	
Validation Rule	
Validation Text	
Required	No
Allow Zero Length	Yes
Indexed	Yes (No Duplicates)
Unicode Compression	No
IME Mode	No Control
IME Sentence Mode	None
Smart Tags	



Field Name	Data Type
Food Item	Text
Group	Text
Unit	Text
Quantity	Number
Carbs	Number
Fibre	Number
Fat	Number
Calories	Number

General	Lookup
Field Size	2
Format	
Input Mask	
Caption	
Default Value	
Validation Rule	"FT" Or "MT" Or "FH" Or "VG" Or "CG" Or "DY" Or "B
Validation Text	The Group can only be FT, MT, FH, VG, CG,DY or B
Required	No
Allow Zero Length	Yes
Indexed	No
Unicode Compression	No
IME Mode	No Control
IME Sentence Mode	None
Smart Tags	

I have made “Food Item”, my primary key so that the data is unique with no duplicates, meaning that you are easily able to identify what food is which, This is also because the foods need to be easily identified in case two foods share the same name, then they can be removed. The primary key is vital in a database. The Data Type is a text as the Food Item is always going to be a name of some form

I have put a Validation rule on Group, so that you can only enter a correct term into the field, in this case, the seven types of Groups. If this was not there, you could enter anything, meaning a completely different Group could be inputted. Now that there is a validation rule, you can only put in FT, MT, FH, VG, CG, DY or BP. Also I changed the field size to 2, limiting the amount of characters that you are able to enter into this field, as the Groups are 2 letters. The Groups Data Type is letter as you are only going to enter two letters, e.g. CG.

small steps 4 life