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Dietary assessment

Food Literacy

Improving food composition data by  
standardizing calculation methods

Databases and Nutrition

Assessing Changing Food Consumption Patterns

Analyzing Food Security Using Household Survey  
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Food Composition Table

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Compiling Data for Food Composition Data Bases

National Survey Data on Food Consumption: Uses  
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Catalog of Nutrition & Food Composition Data  
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Food data collection in Household Consumption  
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Nutrition in the Prevention and Treatment of  
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Quality and Accessibility of Food-related Data

Identification of Food Components for INFOODS  
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Food Composition Tables for International Use  
Food Composition Tables  
Nutritive Value of Foods  
Public Health Nutrition  
FAO/INFOODS analytical food composition  
database - version 2 (AnFood2.0)  
The Chemical Composition of Foods  
Sustainable healthy diets  
Databases and Nutrition, volume II  
Compiling Data for Food Composition Data Bases  
FAO/INFOODS Global database for pulses on dry  
matter basis  
Analytical Food Composition Database Version  
1.1 - AnFood1.1  
INFOODS Food Composition Data Interchange  
Handbook  
FAO/INFOODS/IZiNCG Global food composition  
database for phytate - version 1.0  
(PhyFoodComp1.0)  
Food Composition Data  
Food Composition Data  
Kenya Food Composition Tables, 2018  
Agricultural Commercialization, Economic  
Development, and Nutrition  
Food Composition Tables for the Near East  
Statistics for Marketing and Consumer Research  
Food Composition Table for Use in Latin America  
The State of Food Security and Nutrition in the  
World 2020  
Food Composition Data

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## **EUGENE STRICKLAND**

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Dietary assessment  
Food & Agriculture Org.  
Data on the  
composition of foods  
are essential for a  
diversity of purposes in  
many fields of activity.  
"Food composition  
data" was produced as  
a set of guidelines to  
aid individuals and  
organizations involved  
in the analysis of foods,  
the compilation of  
data, data  
dissemination and data  
use. Its primary  
objective is to show  
how to obtain good-  
quality data that meet  
the requirements of  
the multiple users of  
food composition  
databases. These  
guidelines draw on  
experience gained in

countries where food  
composition  
programmes have  
been active for many  
years. This book  
provides an invaluable  
guide for professionals  
in health and  
agriculture research,  
policy development,  
food regulation and  
safety, food product  
development, clinical  
practice, epidemiology  
and many other fields  
of endeavour where  
food composition data  
provide a fundamental  
resource.  
*Food Literacy* Food &  
Agriculture Org.  
Abstract: Data on 719  
commonly used local  
and imported foods in  
Latin America were  
collected and  
standardized for use by  
nutrition workers in  
evaluating dietary  
habits, promoting  
consumption of  
indigenous foods, and

facilitating agricultural planning. Printed in English, the tables provide access by scientific and popular Spanish and English names. Food composition is provided for energy, moisture, protein, fat, carbohydrate, fiber, ash, 3 minerals and 5 vitamins. Conversion lists provide local weight units of 19 countries, and metric and avoirdupois equivalents. (cj).

*Improving food composition data by standardizing calculation methods*

United Nations  
University Press

Abstract: Data are presented in 3 major food composition tables for the nutrient content of foods consumed in the Near East, including the amount of the various

nutrients in 100 g of the edible portion of the food and the amount in the edible portion of 100 g of the food as purchased. The 3 major tables provide food composition data for: the proximate composition, mineral and vitamin content of the foods; the amino acid content; and the fatty acid content. The foods are organized under each of these tables into 14 food classes (e.g., cereals and grain products, sturdy roots and tubers, nuts and seeds, vegetables, fruits, meat and poultry, eggs, etc.). Five appendices (e.g., factors used to calculate food nutrient contents, common names of foods, scientific names of plants and fish) and 3 bibliographies (data

sources for food composition tables, scientific nomenclature of plants and fish, descriptions of selected processed foods) are included. (wz).

**Databases and Nutrition** Frontiers Media SA

About twenty years ago, there was a recognition in Europe that real benefits would flow from coordinating the manner in which food composition tables were produced in the various countries of Europe. Subsequent development of computerised nutritional data bases has further highlighted the potential advantages of working together. Such cooperation could lead to improved quality and compatibility of

the various European nutrient data bases and the values within them. This realisation was one of the driving forces behind the development of the Eurofoods initiative in the 1980's when those people in Europe interested in data on food composition began working together. This initiative received further impetus with the establishment of the Eurofoods-Enfant Concerted Action Project within the framework of the FLAIR (Food-Linked Agro-Industrial Research) Programme of the Commission of the European Communities. It was quickly recognised that the draft guidelines for the production, management and use of food composition

data which had been prepared under the aegis of INFOODS (International Network of Food Data Systems, a project of the United Nations University), would be especially applicable to the objectives of the Concerted Action. The guidelines have been written by two recognised experts. Many people associated with FLAIR Eurofoods-Enfant have added constructive criticism and advice to that offered previously by those associated with INFOODS. Thus the guidelines are backed by a consensus in the community of those responsible for the production and use of food composition tables and nutrient data bases.

Assessing Changing Food Consumption

Patterns National Academies Press Nutrition in the Prevention and Treatment of Disease, Fourth Edition, is a compilation of current knowledge in clinical nutrition and an overview of the rationale and science base of its application to practice in the prevention and treatment of disease. In its fourth edition, this text continues the tradition of incorporating new discoveries and methods related to this important area of research. Generating and analyzing data that summarize dietary intake and its association with disease are valuable tasks in treating disease and developing disease prevention strategies. Well-

founded medical nutrition therapies can minimize disease development and related complications. Providing scientifically sound, creative, and effective nutrition interventions is both challenging and rewarding. - Two new chapters on metabolomics and translational research, which have come to be used in nutrition research in recent years. The new areas of study are discussed with the perspective that the application of the scientific method is by definition an evolutionary process. - A new chapter on Genetics and Diabetes which reviews the latest research on causal genetic variants and biological mechanisms responsible for the

disease, and explores potential interactions with environmental factors such as diet and lifestyle. - Includes all major "omics" - the exposome, metabolomics, genomics, and the gut microbiome. - Expands the microbiota portions to reflect complexity of diet on gut microbial ecology, metabolism and health

Analyzing Food Security Using Household Survey Data  
Food & Agriculture Org. Food composition data provides food and nutrition sector, both private and public with the important guidelines in food labelling, assessment of nutrient intake to determine nutrition adequacy, diet formulation as well as in research and breeding. The

information generated is also used to establish food-based dietary guidelines for dietary diversification and food fortification. They also help program managers in determining the relationships between disease outcome and nutrient intakes. The resultant information provides the evidence base for nutrition and health & agricultural policies in establishing how to meet the nutrient requirements in the population through diet. The Kenya Food Composition Tables [FCT] (2018) was developed following international guidelines from INFOODS considering all the required quality checks. It has three main sections: the first part of the book

contains an introduction and user notes; the second section presents the actual food composition tables; the third section features photographs and descriptions of foods, to facilitate food identification. This publication will guide both county and national authorities in setting priorities in the implementation of food-based approaches to reduce the burden of malnutrition in the population and support nutrition-sensitive agricultural production.

### **Food Composition**

**Table** Food & Agriculture Org. Balancing simplicity with technical rigour, this practical guide to the statistical techniques essential to research in marketing and related fields,



describes each method as well as showing how they are applied. The book is accompanied by two real data sets to replicate examples and with exercises to solve, as well as detailed guidance on the use of appropriate software including: - 750 powerpoint slides with lecture notes and step-by-step guides to run analyses in SPSS (also includes screenshots) - 136 multiple choice questions for tests This is augmented by in-depth discussion of topics including: - Sampling - Data management and statistical packages - Hypothesis testing - Cluster analysis - Structural equation modelling  
*European Food Composition Tables in Translation*  
International Food

Policy Research Insitute  
The measurement of food consumption and expenditure is a fundamental component of any analysis of poverty and food security, and hence the importance and timeliness of devoting attention to the topic cannot be overemphasized as the international development community confronts the challenges of monitoring progress in implementing the 2030 Agenda for Sustainable Development. In 2014, the International Household Survey Network published a desk review of the reliability and relevance of survey questions as included in 100 household surveys from low- and middle-income

countries. The report was presented in March 2014 at the forty-fifth session of the United Nations Statistical Commission (UNSC), in a seminar organized by the Inter-Agency and Expert Group on Food Security, Agricultural and Rural Statistics (IAEG-AG). The assessment painted a bleak picture in terms of heterogeneity in survey design and overall relevance and reliability of the data being collected. On the positive side, it pointed to many areas in which even marginal changes to survey and questionnaire design could lead to a significant increase in reliability and consequently, great improvements in measurement accuracy. The report,

which sparked a lot of interest from development partners and UNSC member countries, prompted IAEG-AG to pursue this area of work with the ultimate objective of developing, validating, and promoting scalable standards for the measurement of food consumption in household surveys. The work started with an expert workshop that took place in Rome in November 2014. Successive versions of the guidelines were drafted and discussed at various IAEG-AG meetings, and in another expert workshop organized in November 2016 in Rome. The guidelines were put together by a joint FAO-World Bank team, with inputs and comments received from representatives of

national statistical offices, international organizations, survey practitioners, academics, and experts in different disciplines (statistics, economics, nutrition, food security, and analysis). A list of the main contributors is included in the acknowledgment section. In December 2017 a draft of the guidelines was circulated to 148 National Statistical Offices from low- to high-income countries for comments. The document was revised following that consultation and submitted to UNSC, which endorsed it at its forty-ninth session in March 2018 (under item 3(j) of the agenda, agricultural and rural statistics. The version presented here

reflects what was endorsed by the Commission, edited for language. The process received support from the Global Strategy for Agricultural and Rural Statistics. The document is intended to be a reference document for National Statistical Offices, survey practitioners, and national and international agencies designing household surveys that involve the collection of food consumption and expenditure data. *Composition of Foods* Food & Agriculture Org. Updates for many countries have made it possible to estimate hunger in the world with greater accuracy this year. In particular, newly accessible data enabled the revision of the entire series of undernourishment

estimates for China back to 2000, resulting in a substantial downward shift of the series of the number of undernourished in the world. Nevertheless, the revision confirms the trend reported in past editions: the number of people affected by hunger globally has been slowly on the rise since 2014. The report also shows that the burden of malnutrition in all its forms continues to be a challenge. There has been some progress for child stunting, low birthweight and exclusive breastfeeding, but at a pace that is still too slow. Childhood overweight is not improving and adult obesity is on the rise in all regions. The report complements the usual assessment of food

security and nutrition with projections of what the world may look like in 2030, if trends of the last decade continue. Projections show that the world is not on track to achieve Zero Hunger by 2030 and, despite some progress, most indicators are also not on track to meet global nutrition targets. The food security and nutritional status of the most vulnerable population groups is likely to deteriorate further due to the health and socio economic impacts of the COVID-19 pandemic. The report puts a spotlight on diet quality as a critical link between food security and nutrition. Meeting SDG 2 targets will only be possible if people have enough food to eat and if what they

are eating is nutritious and affordable. The report also introduces new analysis of the cost and affordability of healthy diets around the world, by region and in different development contexts. It presents valuations of the health and climate-change costs associated with current food consumption patterns, as well as the potential cost savings if food consumption patterns were to shift towards healthy diets that include sustainability considerations. The report then concludes with a discussion of the policies and strategies to transform food systems to ensure affordable healthy diets, as part of the required efforts to end both hunger and all forms of malnutrition.

*The Composition of Foods* Food & Agriculture Org. Since the end of the Second World War, the international community has been focusing on reducing the number and the proportion of people who suffer from hunger. Over time it became clear that no single indicator would provide a comprehensive picture of the food security situation. Rather, a suite of indicators is necessary to describe food insecurity in all its dimensions. The demand for evidence-based policies, which brings together providers such as statistical offices and users of food security indicators including policy makers and researchers, has also been increasing. The

stand-alone software, ADePT-Food Security Module (available for free downloading), was developed to produce food security indicators from food consumption data collected in household surveys. These indicators, derived at the national and subnational levels, include the consumption of calories and macronutrients, the availability of micronutrients and amino acids, the distribution of calories and the proportion of people undernourished. The book focuses on the theory, methodology, and analysis of these indicators. It has five chapters beginning with a brief overview on concepts of food security. The theory and methodology are

further described in the following chapter. To help users with the interpretation of the results some examples are given in chapter 3. Chapter 4 of the book provides guidelines for the preparation of the input datasets. Finally, chapter 5 explains how to use the software. Both the software and this book are products of decades of experience in analyzing food security. This project was made possible through collaboration between FAO and the World Bank, with financial support from the European Union. [Compiling Data for Food Composition Data Bases](#) Nordic Council of Ministers  
Considering the detrimental environmental impact of current food

systems, and the concerns raised about their sustainability, there is an urgent need to promote diets that are healthy and have low environmental impacts. These diets also need to be socio-culturally acceptable and economically accessible for all. Acknowledging the existence of diverging views on the concepts of sustainable diets and healthy diets, countries have requested guidance from the Food and Agriculture Organization of the United Nations (FAO) and the World Health Organization (WHO) on what constitutes sustainable healthy diets. These guiding principles take a holistic approach to diets; they consider international nutrition

recommendations; the environmental cost of food production and consumption; and the adaptability to local social, cultural and economic contexts. This publication aims to support the efforts of countries as they work to transform food systems to deliver on sustainable healthy diets, contributing to the achievement of the SDGs at country level, especially Goals 1 (No Poverty), 2 (Zero Hunger), 3 (Good Health and Well-Being), 4 (Quality Education), 5 (Gender Equality) and 12 (Responsible Consumption and Production) and 13 (Climate Action).  
*National Survey Data on Food Consumption: Uses and Recommendations*  
National Academies Press

The limited resources available for chemical analyses of components of interest in food has forced scientists to borrow data from published food composition works of other countries. Due to language barriers, this is often undertaken without due knowledge of the background and the instructions for use. This collection of introductions, translated in to English, of frequently cited, published food tables has been compiled with the assistance and cooperation of many collaborators throughout the world. We hope that the result will facilitate a more appropriate and extensive use of foreign food tables for scientific purposes.

Lenore Arab Marion Wittler Gotthard Schettler Introduction  
The following is a compilation of the introductory material included in the most recent edition of 19 of the published food composition tables of 14 European countries. In most cases these translations were graciously provided by the producers of the tables or native-speaking people working closely with the information concerned. Recognition of the authors is given on each of the title pages. The title page also includes full publication details of the various tables and summary information on the number of foods contained in the latest edition as well as the number of food components within the



tables. It should be noted that a complete list of components is not always given for each food, either because the component is not present, or data is not available.

*Catalog of Nutrition & Food Composition Data Files* Food & Agriculture Org. Globally, the food system and the relationship of the individual to that system, continues to change and grow in complexity. Eating is an everyday event that is part of everyone's lives. There are many commentaries on the nature of these changes to what, where and how we eat and their socio-cultural, environmental, educational, economic and health

consequences. Among this discussion, the term "food literacy" has emerged to acknowledge the broad role food and eating play in our lives and the empowerment that comes from meeting food needs well. In this book, contributors from Australia, China, United Kingdom and North America provide a review of international research on food literacy and how this can be applied in schools, health care settings and public education and communication at the individual, group and population level. These varying perspectives will give the reader an introduction to this emerging concept. The book gathers current insights and provides a platform for discussion to further

understanding and application in this field. It stimulates the reader to conceptualise what food literacy means to their practice and to critically review its potential contribution to a range of outcomes.

Food data collection in Household Consumption and Expenditure Surveys. Guidelines for low and middle income countries Routledge

The Food and Nutrition Board of the National Academy of Sciences under contract from the Food and Drug Administration (FDA) was charged to study the sources of data on food consumption and to suggest a system for integrating these data with data on nutrition and health status.

*USDA Food Composition Data* Food

& Agriculture Org. In the Second Edition, the USDA Nutrient Database for Standard Reference will be provided as a new supplement, offering the nutritional values of over 1,500 separate foods in an easy-to-follow format.

*Nutrition in the Prevention and Treatment of Disease* Food & Agriculture Org. Data sets prepared by USDA Agricultural Research Service's Nutrient Data Laboratory. These data sets can be downloaded to your computer and used in your programs. Some of the data sets available are the USDA Nutrient Database for Standard Reference, Nutritive Value of Foods (HG-72), Sugar Content of Foods, the USDA Nutrient

Database for Food Consumption Surveys (and data sets used to create it: Primary Nutrient Data Set, Recipe Files, and Nutrient Retention Factors) and data sets based on tables of special interest.

Quality and Accessibility of Food-related Data Academic Press

A guideline on methods for analyzing foods, the organization and content of food composition tables and data bases, and procedures for the accurate international interchange of data. Focuses specifically on the issues involved in gathering, and estimating where necessary, the data for such tables and data bases. Its goal is to make future food composition data

bases more consistent, more compatible, and more useful to a wider audience. Directed toward both the developers and the users of the data bases.

*Identification of Food Components for INFOODS Data Interchange* Springer Science & Business Media

The conference was designed to recognize all aspects of food composition data production, management and use. Sessions covered national and international food composition programs, methods and conventions of nutrient analysis, quality control of food composition data and databases, a workshop on computer systems, food composition data

and population studies, copyright considerations, and food industry and food safety considerations.

**Food Composition Tables for International Use**

SAGE

The FAO/INFOODS Database for Pulses on Dry Matter (PulsesDM1.0) - version 1.0 provides nutrient values for pulses, a subgroup of legumes that includes dry edible seeds with low fat content. The database is based on the average values presented in FAO/INFOODS Global Food Composition Database for Pulses (uPulses1.0) - version 1.0 but expressed per 100 g edible portion on dry matter. The majority of data are analytical data complemented by data

from other published sources covering data on proximates, minerals, vitamins, phytic acid, amino acids and fatty acids fractions in raw and processed forms. The data compilation process followed standards and guidelines outlined by FAO/INFOODS, and the species were selected based on the importance of the pulse and the available data.

*Food Composition Tables* Springer Science & Business Media

In this second edition of the bestselling title from the acclaimed Nutrition Society Textbook series, Public Health Nutrition has been extensively revised to ensure that it reflects the latest evidence-based

knowledge and research. Ground-breaking and comprehensive in both its scope and approach, Public Health Nutrition has been fully updated by an expert editorial team to cover the most recent changes in the field. It now offers a structured overview of the subject's core concepts and considers public health nutrition tools and the application of intervention strategies. Divided into five key sections, Public Health Nutrition contains a wealth of information, including: Public health nutrition concepts and assessment tools, and their application in light of the latest evidence. Case studies to illustrate how best to apply the theory and evidence to policy and

practice. An examination of nutrition throughout the lifecycle, and the relationship between diet and disease, including in relation to obesity, diabetes, cancer, as well as mental health. The impact of environmental factors on public health. Public health strategies, policies and approaches. With a clear and concise structure, Public Health Nutrition is an essential purchase for students of nutrition, dietetics and other healthcare areas, as well as an invaluable practical guide for health professionals working within public health. A supporting companion website featuring multiple-choice, short answer, and essay style questions is

