THE IMPORTANCE OF ANALYTICAL VALUES IN FOOD COMPOSITION TABLES

Matilda Steiner-Asiedu

Department of Nutrition and Food Science
College of Basic and Applied Sciences
School of Biological Sciences
University of Ghana.

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Overview

❑ Background

❑ Food composition data

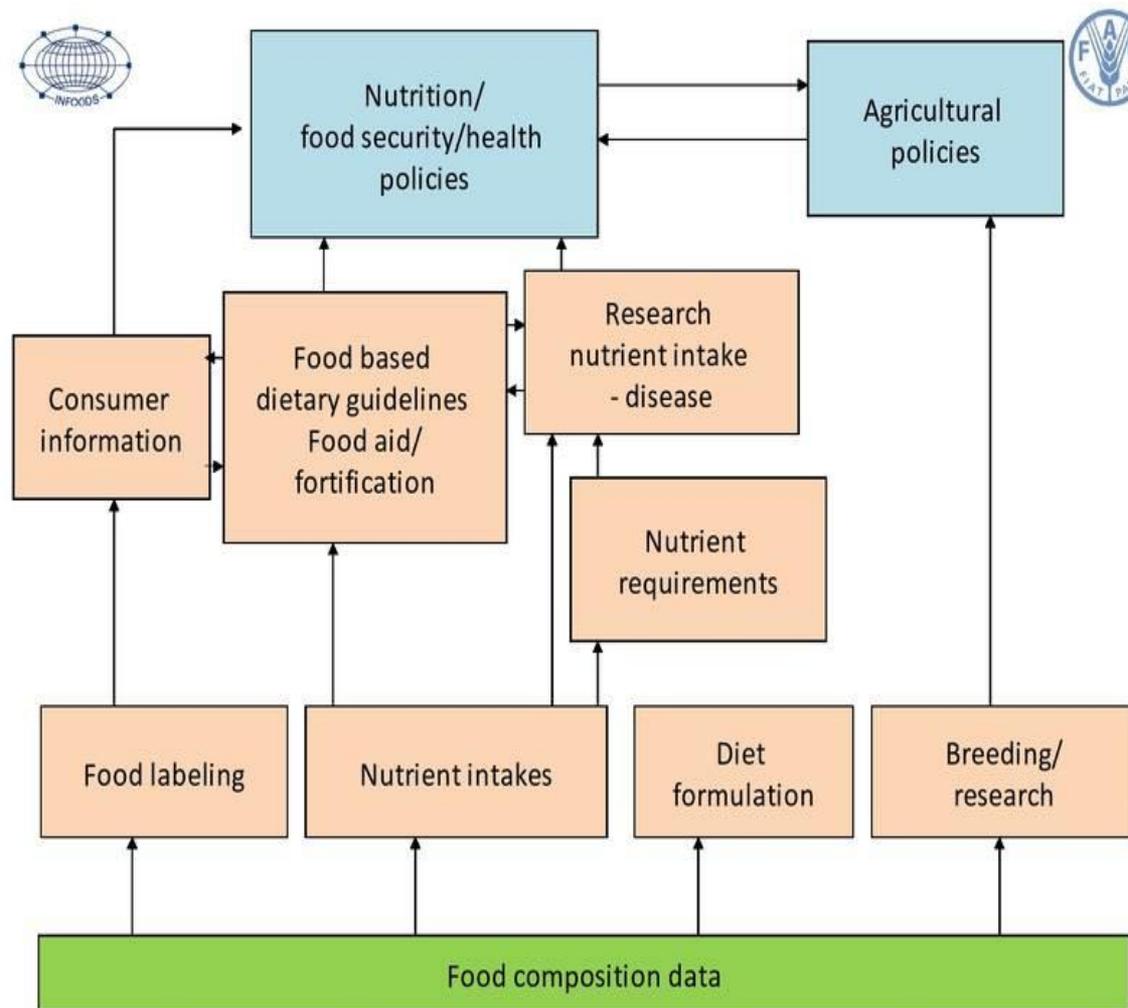   ❑ Significance

   ❑ Challenges

❑ Conclusion/Recommendations

Introduction

❑ Populations need reliable data on food composition to ensure good nutrition

❑ Food composition data (FCD) guide development of food-based dietary guidelines for healthy nutrition

❑ Many countries have national databases that are regularly updated but others don't have and rely on those that have to compute nutrient content. **Right or wrong?**

Significance/Challenges of FCD

Source: U. Ruth Charrondiere

Limitations:

- Incomprehensive data
  - Composite diets
  - Non-nutritive food components
  - Bioavailability
  - Origins of data
  - Sampling
- Different methods and/or instrumentation but not reported
- Units of reporting

Conclusion

☐Food composition values/data

◻should be should be seen as a guide and used with caution

◻ Not a golden standard

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THANK YOU