

Example reference database – completed

These are the data of the LabTec report 146 on unleavened traditional bread

| Nutrient | Unit* | North | South | Coastal region | Method used | Tagname |
|---------------|-------|-------|-------|----------------|---|---------|
| Water | g | 42.7 | 43.9 | 41.3 | Air oven drying at 100°C | WATER |
| Fat | g | 1.8 | 2.0 | 1.6 | Mixed solvent extraction with chloroform-methanol | FAT |
| Protein | g | 7.5 | 7.1 | 7.4 | Kjeldahl | PROTCNT |
| Dietary fibre | g | 2.1 | 2.3 | 2.2 | AOAC, Prosky | FIBTG |
| Ash | mg | 1900 | 2100 | 2200 | Dry ashing | ASH |
| Sodium | mg | 522 | 533 | 544 | AAS with electrothermal furnace | NA |
| Vitamin E | mg | 0.32 | 0.29 | 0.36 | HPLC | TOCPHA |
| Folate | µg | 21 | 20 | 64 | Microbiological assay | FOL |

* per 100g edible portion

The example below shows how the data of the LabTec report 146 on unleavened traditional bread were entered into the example reference database:

Example reference database

| Code | | 010403 | 010410 | 010411 | 010412 | 01_077 | Space for document- ation at value level |
|---|--|--|--|--|---|--|--|
| Food name in English | | Bread, traditional, unleavened, wheat, white | Bread, traditional, unleavened, wheat, white (North) | Bread, traditional, unleavened, wheat, white (South) | Bread, traditional, unleavened, wheat, white (Coastal region) | Bread, traditional, unleavened, wheat, white | |
| Source/biblioid-food number in source/food name in source | | UK6-42/ chapatis, made without fat | LabTec146 | LabTec146 | LabTec146 | LabTec146; UK6-42 | |
| Sum of proximates (original) | | 97.8 | 58.1 | 59.7 | 56.9 | | calc |
| Sum of proximates (own DB) | | 100 | 100 | 100 | 100 | 100 | calc |
| EDIBLE | edible portion coefficient | 1.00 | | | | 1.00 | UK6-42 |
| ENERC(kJ) (original) | energy (original as from source) | 860 | | | | | |
| ENERC(kcal) (original) | energy (original as from source) | 202 | | | | | |
| ENERC(kJ) (standardized) | energy (standardized) | | 959 | 937 | 973 | 956 | calc |
| ENERC(kcal) (standardized) | energy (standardized) | | 226 | 221 | 230 | 226 | calc |
| WATER(g) | water | 45.8 | 42.7 | 43.9 | 41.3 | 42.6 | av of 3 |
| PROTCNT(g) | protein, total; calculated from total nitrogen | 7.3 | 7.5 | 7.1 | 7.4 | 7.3 | av of 3 |
| FAT(g) (standardized) | fat, total (standardized) | | 1.8 | 2.0 | 1.6 | 1.8 | av of 3 |
| FAT(g) | fat, total | 1.0 | 1.8 | 2.0 | 1.6 | | |
| FATCE(g) | fat, total (Soxhlet) | | | | | | |
| FAT-(g) | fat, total, method of determination unknown or mixed methods | | | | | | |
| CHOAVLDF(g) (standardized) | carbohydrate, available; calculated by difference (standardized) | | 44.0 | 42.6 | 45.3 | 44.0 | calc |
| CHOAVLDF(g) | carbohydrate, available; calculated by difference | | | | | | |
| CHOAVL(g) | carbohydrate, available by weight | | | | | | |

| | | | | | | | |
|-------------------------|--|------|------|------|------|--------|---------|
| CHOCDF(g) | carbohydrate, total; calculated by difference | 45.9 | | | | | |
| CHOAVLM(g) | carbohydrate, available; expressed as monosaccharide equivalents | 43.7 | | | | | |
| FIBTG(g)(standardized) | fibre, total dietary; (Prosky) (standardized) | | 2.1 | 2.3 | 2.2 | 2.2 | av of 3 |
| FIBTG(g) AOAC | fibre, total dietary; (Prosky) | | 2.1 | 2.3 | 2.2 | | |
| PSACNS(g) NSP | polysaccharides, non-starch (Englyst method) | | | | | | |
| FIBC(g) crude | fibre, crude | | | | | | |
| FIB-(g) | fibre; unknown or mixed methods | | | | | | |
| ALC(g) | alcohol | | | | | 0 | est |
| ASH(g) | ash | | 1.9 | 2.1 | 2.2 | 2.1 | av of 3 |
| NA(mg) | sodium | 120 | 522 | 533 | 544 | 533 | av of 3 |
| CA(mg) | | 60 | | | | 60 | UK6-42 |
| THIA(mg) | | 0.23 | | | | 0.23 | UK6-42 |
| FOL(mcg) (standardized) | folate, total; microbiological assay (standardized) | | 21 | 20 | | 21 | av of 2 |
| FOLSUM(mcg) | sum of folate vitamers determined by HPLC | | | | | | |
| FOL(mcg) | folate, total; microbiological assay | 14 | 21 | 20 | 64 | | |
| FOLAC(mcg) | folic acid | | | | | | |
| FOLFD(mcg) | folate food, naturally occurring food folates | | | | | | |
| VITE(mg) (standardized) | vitamin E; as alpha-tocopherol equivalents (standardized) | | 0.32 | 0.29 | 0.36 | [0.32] | av of 3 |
| VITE(mg) | vitamin E; as alpha-tocopherol equivalents | tr | | | | | |
| TOCPHA(mg) | alpha-tocopherol | | 0.32 | 0.29 | 0.36 | | |
| VITE- | vitamin E; unknown or mixed methods | | | | | | |

calc = calculated; av of 3 = average of 3 values; est = estimated