

Example reference database – partly completed

The example below shows how the data of the LabTec report 146 on unleavened traditional bread were copied from the example archival database into the example reference database, and gives the completed mean values for WATER, PROTCNT, ASH and NA with related documentation.

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)							
Sum of proximates (own DB)							
EDIBLE	edible portion coefficient	1.00					
ENERC(kJ) (original)	energy (original as from source)	860					
ENERC(kcal) (original)	energy (original as from source)	202					
ENERC(kJ) (standardized)	energy (standardized)						
ENERC(kcal) (standardized)	energy (standardized)						
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)						
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						

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Lesson 5.4: Compilation Exercise: Reference Database

	(standardized)						
CHOAVLDF(g)	carbohydrate, available; calculated by difference						
CHOAVL(g)	carbohydrate, available by weight						
CHOCDF(g)	carbohydrate, total; calculated by difference						
CHOAVLM(g)	carbohydrate, available; expressed as monosaccharide equivalents	43.7					
FIBTG(g) (standardized)	fibre, total dietary; (Prosky) (standardized)						
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						
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					
THIA(mg)		0.23					
FOL(mcg) (standardized)	folate, total; microbiological assay (standardized)						
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)						
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