

FAO/INFOODS e-Learning Course on Food Composition Data

Lesson 1.2: Food Composition Tables and Databases

Code	Food name in English	Food name in French	Edible conversion factor	Energy (kcal) kJ	Water (g)	Protein (g)	Fat (g)	Carbohydrate available (g)	Fibre (g)	Ash (g)
01 Cereals and their products										
01_044 n	Bread, maize flour, yellow, with milk and egg	Pain, farine de maïs, jaune, avec lait et oeuf	1.00	(247)1040	50.4 1	7.6 1	11.3 1	28.2	1.2 1	1.3 1
01_045 SD or min-max n	Bread/rolls, white	Pain/petit pain, blanc	1.00	(264)1120	34.3 33.0-35.6 2	9.1 8.8-9.3 2	2.7 2.6-2.8 2	49.6	2.7 2.6-2.8 2	1.7 1
01_046 SD or min-max n	Bread, wheat, white	Pain, blé, blanc	1.00	(249)1050	36.5 35.7-37.3 2	8.4 8.2-8.6 2	1.8 1.6-1.9 2	48.4	3.1 1	1.9 1
01_047 n	Bread, wheat, white for toasting	Pain de mie, au blé, blanc	1.00	(253)1070	37.1 1	8.0 1	2.7 1	47.5	3.3 1	1.5 1
01_048 SD or min-max n	Bread, wheat, wholemeal	Pain, blé, complet	1.00	(234)990	39.1 36.9-41.2 2	8.9 8.2-9.6 2	2.3 2.0-2.5 2	41.5	6.2 5.3-7.0 2	2.1 1
01_002 n	Fonio, black, whole grain, raw	Fonio, noir, grain entier, cru	1.00	(353)1490	10.3 1	8.9 1	[3] 1	69.4	[6.2] 1	2.2 1
01_049	Fonio, black, whole grain, boiled* (without salt)	Fonio, noir, grain entier, bouilli* (sans sel)	1.00	(147)622	62.6	3.7	[1.3]	28.9	[2.6]	0.9
01_050 SD or min-max n	Fonio, husked grains, raw (bran removed)	Fonio, grain décortiqué, cru (sans son)	1.00	(347)1470	12.4 0.8 4	6.9 0.7 4	1.2 1.2-1.3 2	76.1	2.2 1.9-2.6 2	1.2 0.4-2.0 2
01_051	Fonio, husked grains, boiled* (without salt)	Fonio, grain décortiqué, bouilli* (sans sel)	1.00	(145)614	63.5	2.9	0.5	31.7	0.9	0.5
01_001 SD or min-max n	Fonio, white, whole grain, raw	Fonio, blanc, grain entier, cru	1.00	(348)1470	11.1 11.0-11.2 2	7.0 0.5 3	[3.1] 0.2 3	69.3	[7.4] 1	2.1 1
01_003	Fonio, white, whole grain, boiled* (without salt)	Fonio, blanc, grain entier, bouilli* (sans sel)	1.00	(145)613	63.0	2.9	[1.3]	28.9	[3.1]	0.9
01_052 SD or min-max n	Macaroni, dried	Macaroni, sec	1.00	(359)1520	9.5 9.0-9.9 2	12.5 11.9-13.0 2	1.5 1	72.0	3.7 3.2-4.2 2	0.9 0.9-0.9 2

Source:

Stadlmayr B, Charrondière UR, Enujiugha VN, Bayili RG, Fagbohoun EG, Samb B et al. (2012) West African Food Composition Table/Table de Composition des Aliments d'Afrique de l'Ouest. FAO, Rome.