

Steps to publish a FCT/FCDB

When a **country decides** to **publish a national FCT/FCDB**, there are **different steps** to be taken:

1. **Establish a national Coordinator** and a **Steering Committee** for food composition which should include users, donors, compilers, government organizations and universities. This steering committee will decide on responsibilities, collaboration, budget, time line, and outputs.
2. **Establish a list of foods and nutrients** for the **FCT/FCDB** (this should be done together with potential users).
3. **Collect available analytical data** within the country (scientific literature, universities, laboratories etc.)
4. **Update the knowledge on food composition** of the **collaborators**, but specifically that of the main compilers (e.g. by using the [FAO/INFOODS e-Learning Course on Food Composition Data](#), or the [FAO/INFOODS Food Composition Study Guide](#) and/or by participating in a training course)
5. **Compile the existing data** into the **archival database** of a **software application** (e.g. [the FAO/INFOODS Compilation Tool](#))
6. **Complete the dataset** in the **reference database** (e.g. complete missing values, borrow data from other sources, extrapolate values from similar foods, aggregate or calculate values) according to international standards (e.g. [INFOODS standards and guidelines](#))
7. **Check the quality of the data**, again **using international guidelines** (e.g. [FAO/INFOODS Guidelines for checking food composition data prior to publication of a user table/database \(2012\)](#))
8. **Get the data peer reviewed** (e.g. by FAO, Rome or experts of INFOODS network)
9. **Select the data to be published, put them into the previously decided format and add introduction, index and necessary annexes** (see [FAO/INFOODS Guidelines for checking food composition data prior to publication of a user table/database \(2012\)](#))
10. **Publish the database/table and post it** also on the INFOODS website e.g. as PDF and Excel file to make it widely available.

Those interested in developing a budget for food composition activities are invited to complete exercise I.E1 of the [Food Composition Study Guide](#).