

FAO/INFOODS e-Learning Course on Food Composition Data

Lesson 3.1: Component Definition and Selection

Component names and definitions in selected FCT/FCDB			
Nutrient	British FCT	USDA database	West African FCT
Energy	Metabolisable energy using general Atwater factors	Metabolisable energy using specific and general Atwater factors	Metabolisable energy using general Atwater factors including for dietary fibre
Protein	Total protein, calculated from total nitrogen	Total protein, calculated from total nitrogen	Total protein, calculated from total nitrogen
Carbohydrate	Available carbohydrate expressed as monosaccharide equivalents (Total carbohydrate, calculated by difference in few cases)	Total carbohydrate, calculated by difference	Available carbohydrate, calculated by difference
Dietary fibre	Non-starch polysaccharides (Englyst method) In annex: Total dietary fibre by AOAC Prosky method	Total dietary fibre by AOAC Prosky method (Crude fibre in few cases)	Total dietary fibre by AOAC Prosky method (Crude fibre in few cases)
Vitamin A	Vitamin A expressed in retinol equivalents (RE)	Vitamin A expressed in retinol activity equivalent (RAE);	Vitamin A expressed in retinol activity equivalent (RAE);
Vitamin E	Vitamin E expressed in ; alpha-tocopherol equivalents (TE)	Alpha-tocopherol	Vitamin E expressed in ; alpha-tocopherol equivalents (TE) (alpha-tocopherol in few cases)
Folate	Total folate (microbiological assay)	- Total folate (microbiological assay) - Folic acid - Food folate, naturally occurring food folates - Dietary folate equivalents (DFE)	Total folate (microbiological assay)
Niacin	- Niacin, preformed - Niacin equivalents from tryptophan - Niacin equivalents, total	Niacin, preformed	Niacin, preformed
Calcium	Calcium	Calcium	Calcium