

## Example reference database - empty

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. The actual work can start now:

### 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		
PROTCNT(g)	protein, total; calculated from total nitrogen	7.3	7.5	7.1	7.4		
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 (standardized)						

**FAO/INFOODS e-Learning Course on Food Composition Data**

## Lesson 5.4: Compilation Exercise: Reference Database

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	
NA(mg)	sodium	120	522	533	544	
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					