

Recipe selection

(1) Selection of recipes:

- From a food consumption survey, select the most commonly consumed recipes;
OR
- Through focus groups representing the different regions and population groups;
OR
- Select on the basis of personal knowledge (least optimal solution).

Note: Recipes commonly consumed should be prioritized. The selection should cover the main recipes from different regions and population groups.

(2) Information on ingredients and preparation methods:

- From commonly used recipe books or websites; **OR**
- Through focus groups representing the different regions and population groups;
OR
- Cooks.

Note: For each recipe, the quantities of all ingredients in gram are needed. In addition, all ingredients need to be well described – remember that indicating simply ‘milk’ is insufficient.

(3) Complete nutrient profiles of all ingredients in the database

- Each ingredient needs to have a complete nutrient profile which is checked for consistency and completeness before the nutrient values of the recipes can be calculated.

Note: Missing values, especially of main ingredients, will underestimate the nutrient content of the recipe.

(4) Recipe name and description:

Choose a commonly-used recipe name. If there are differences in preparing the same recipe, depending on the region or the individual preference, include several recipes in the FCT/FCDB while adding the regions or the ingredient(s) differentiating the recipes in parentheses, thereby making it possible to distinguish between the different recipes.

(5) Presentation of recipe information in a user FCT/FCDB:

Present the recipes with all ingredients (including water) in g amount of the edible part of the ingredient. It is desirable to add a very brief description (e.g. fry onions, add other ingredients and boil for 30 minutes) and specify changes in water content during preparation (= yield factor).

For your information:

As water is an ingredient of many recipes, it should be recorded in the appropriate amount. The amount of water in a recipe should correspond either to the amount in the final dish as eaten or to the amount included before cooking. In the latter case, the loss of water during cooking should be taken into account by applying the appropriate yield factor. If water is

forgotten as an ingredient, the nutrient values of final recipes are too high; and if the water amount before cooking is reported (without accounting for its loss during cooking), the nutrient values of recipes are too low.

Water or fat as ingredients in recipes should not be confused with the components 'water' or 'fat, total'.

More information on recipe calculations is provided in **lesson 5.2**.