

Example reference database – completed

These are the data of the LabTec report 146 on unleavened traditional bread

Nutrient	Unit*	North	South	Coastal region	Method used	Tagname
Water	g	42.7	43.9	41.3	Air oven drying at 100°C	WATER
Fat	g	1.8	2.0	1.6	Mixed solvent extraction with chloroform-methanol	FAT
Protein	g	7.5	7.1	7.4	Kjeldahl	PROTCNT
Dietary fibre	g	2.1	2.3	2.2	AOAC, Prosky	FIBTG
Ash	mg	1900	2100	2200	Dry ashing	ASH
Sodium	mg	522	533	544	AAS with electrothermal furnace	NA
Vitamin E	mg	0.32	0.29	0.36	HPLC	TOCPHA
Folate	µg	21	20	64	Microbiological assay	FOL

* per 100g edible portion

The example below shows how the data of the LabTec report 146 on unleavened traditional bread were entered into the example reference database:

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)		97.8	58.1	59.7	56.9		calc
Sum of proximates (own DB)		100	100	100	100	100	calc
EDIBLE	edible portion coefficient	1.00				1.00	UK6-42
ENERC(kJ) (original)	energy (original as from source)	860					
ENERC(kcal) (original)	energy (original as from source)	202					
ENERC(kJ) (standardized)	energy (standardized)		959	937	973	956	calc
ENERC(kcal) (standardized)	energy (standardized)		226	221	230	226	calc
WATER(g)	water	45.8	42.7	43.9	41.3	42.6	av of 3
PROTCNT(g)	protein, total; calculated from total nitrogen	7.3	7.5	7.1	7.4	7.3	av of 3
FAT(g) (standardized)	fat, total (standardized)		1.8	2.0	1.6	1.8	av of 3
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)		44.0	42.6	45.3	44.0	calc
CHOAVLDF(g)	carbohydrate, available; calculated by difference						
CHOAVL(g)	carbohydrate, available by weight						

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Lesson 5.4: Compilation Exercise: Reference Database

CHOCDF(g)	carbohydrate, total; calculated by difference	45.9					
CHOAVLM(g)	carbohydrate, available; expressed as monosaccharide equivalents	43.7					
FIBTG(g)(standardized)	fibre, total dietary; (Prosky) (standardized)		2.1	2.3	2.2	2.2	av of 3
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					0	est
ASH(g)	ash		1.9	2.1	2.2	2.1	av of 3
NA(mg)	sodium	120	522	533	544	533	av of 3
CA(mg)		60				60	UK6-42
THIA(mg)		0.23				0.23	UK6-42
FOL(mcg) (standardized)	folate, total; microbiological assay (standardized)		21	20		21	av of 2
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)		0.32	0.29	0.36	[0.32]	av of 3
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						

calc = calculated; av of 3 = average of 3 values; est = estimated