

Definition and expression of nutrients

All values, including for beverages and other liquids, are presented per 100 g edible portion.

The values per nutrient have been standardized and are expressed in fixed maximal number of decimal points, i.e. no decimal points were added but values with higher decimal points were truncated to the maximal number of decimal points as indicated in the COMPONENT sheet of the Compilation Tool.

The values reported are average values derived from foods with the same/similar description that have been compiled in the archival database.

Table 1. Nutrients, units and corresponding INFOODS component identifier (per 100 g edible portion)

Nutrient	Unit	Analytical/determination method	INFOODS component identifier
Edible portion	ratio	Calculated as the edible portion of the total food as purchased	EDIBLE
Energy	kJ, kcal	Calculated according to standardized procedure (see below)	ENERC
Water	g	Drying	WATER
Protein, total	g	Calculated with nitrogen conversion factor from analysed total nitrogen (mostly Kjeldahl method)	PROT (formerly PROTCNT)
Fat, total or if missing total fat value for cereals, then [fat by Soxhlet]	g	Mixed solvent extraction or [Soxhlet extraction for cereals]	FAT or [FATCE]
Carbohydrate available by difference	g	100 - (Water + Protein + Fat + Ash + Fibre + Alcohol)	CHOAVLDF
Fibre, total dietary or if missing then [crude fibre]	g	AOAC Prosky method or [Weende method]	FIBTG or [FIBC]
Ash	g	*	ASH
Calcium	mg	*	CA
Iron	mg	*	FE
Magnesium	mg	*	MG
Phosphorus	mg	*	P
Potassium	mg	*	K
Sodium	mg	*	NA
Zinc	mg	*	ZN
Copper	mg	*	CU
Vitamin A (expressed in retinol activity equivalents)	mcg	*	VITA_RAE
Retinol	mcg	*	RETOL
Beta-carotene equivalents or [beta-carotene]	mcg	*	CARTBEQ or [CARTB]
Vitamin D	mcg	*	VITD
Vitamin E (in alpha-tocopherol equivalents) or [alpha-tocopherol]	mg	*	VITE or [TOCPHA]
Thiamin	mg	*	THIA
Riboflavin	mg	*	RIBF
Niacin	mg	*	NIA
Vitamin B ₆	mg	*	VITB6C
Folate	mcg	*	FOL

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Lesson 1.2: Food Composition Tables and Databases

Vitamin B ₁₂	mcg	*	VITB12
Vitamin C	mg	*	VITC

* mostly not indicated.

Source:

Stadlmayr B, Charrondière UR, Enujiugha VN, Bayili RG, Fagbohoun EG, Samb B et al. (2012) West African Food Composition Table/Table de Composition des Aliments d’Afrique de l’Ouest. FAO, Rome.