

Food Composition Data: Production, Management and Use
H. Greenfield & DAT Southgate, 2nd Edition, FAO Rome, 2003

Abstract: Data on the composition of foods are essential for a diversity of purposes in many fields of activity. Achieving a world wide network of compatible food composition databases is a major task and requires a systematic approach to both the generation and compilation of good quality data. This book was produced as a set of guidelines to aid individuals and organisations involved in the analysis of foods, the compilation of data, data dissemination and data use. Its primary objective is to show how to obtain good quality data that meet the requirements of the many users of food composition databases. These guidelines draw on experience gained in many countries where food composition programmes have been active for many years.

Overall, the structure of these guidelines follows the stages in an idealised programme for creating a comprehensive food composition database: selecting foods and food components for analysis, sampling foods, analytical methods, data compilation and documentation, data uses, and maintenance of quality in every step. This book provides an invaluable guide for professionals in health and agriculture research, policy development, food regulation and safety, food product development, clinical practice, epidemiology, and many other fields of endeavour where food composition data provide a fundamental resource.