

NUTRIENT ANALYSIS OF FOODS:  
A STRATEGY FOR THE FUTURE

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An assessment of the current methods for nutrient analysis of foods indicates that contrary to popular opinion we do not know everything there is to know about how to analyze nutrients in foods. Furthermore, an assessment of the current knowledge of the nutrient content of foods indicates that considerable improvement is needed. Optimal human nutrition is a key part of a new strategy for setting priorities for research on new analytical methods for nutrient analysis of foods and routine analyses of the nutrients in foods. The highest priorities should be given to those nutrients which are related to public health problems and for which there are inadequate data. If the analytical methods for these nutrients are inadequate, then new and improved methods should be developed. If the analytical methods are adequate, then high priority should be given to the assay of the major sources of these nutrients to the people of the United States.