

NUTRIENT DATA BASE AND APPLICATIONS

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DATA BASE

As of March 1980, the nutrient data base consists of nearly 500 food items. The computerized nutrient data base program has been designed to provide the following 21 nutrient values for 100 grams, for a total recipe and for one serving:

<u>proximate</u>	<u>vitamins</u>	<u>minerals</u>	<u>fat</u>
Calories	A	iron	saturated fatty acids
moisture	C	sodium	polyunsaturated fatty acids
protein	thiamin	potassium	cholesterol
fat	riboflavin	calcium	
carbohydrate	niacin	phosphorus	
fiber		magnesium	
ash			

In addition, the program will provide percent U.S. Recommended Daily Allowances per serving for protein, vitamin A, vitamin C, thiamin, riboflavin, niacin, calcium, and iron.

SOURCES OF DATA

The sources of the data entered into the nutrient data base are:

- USDA #8 - Composition of Foods
- USDA #8-1; #8-2; #8-4; #8-5 - Composition of Foods - update
- USDA #456 - Nutritive Value of American Foods in Common units
- C.F. Church & H.W. Church - Food Values of Portions Commonly Used, 12th Ed. (1975)
- Literature values
- Manufacturers' data
- Best Foods product data

APPLICATIONS

- Calculation of the approximate composition data sheets for new products and for reformulated products.
- Nutrient values of recipes and menu plans are determined.
- Nutrient intake studies are evaluated.
- Substantiation of data in publicity releases.
- Advertising claim substantiation.

FUTURE APPLICATIONS

- Nutrient Density calculations.
- Complementary proteins.
- Conversion of household units into metric system.