

CANADIAN APPLICATION OF NUTRIENT DATA BANK  
FOCUS ON FOOD AND NUTRIENT INTAKE BY CHILDREN  
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A nutrient data bank containing the food composition of over 2,000 food and drink items was used in conjunction with a detailed 7-day food intake record to determine the nutrient intake of 343 Ontario schoolchildren.

Twelve nutrients were used as indicators to determine the adequacy of diet for 3 age groups of children for both males and females. A model of statistical probability was used to predict the percentage of the population that would be judged to be deficient. The results of this data was compared with biochemical evidence from another study.

It is concluded that the use of a nutrient data bank in conjunction with accurate food intake records could be used to screen population groups for possible nutrient deficiency before undertaking an extensive biochemical testing program.