

## NUTRIENT DATA SETS PRODUCED BY HNIS

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The Human Nutrition Information Service publishes Agriculture Handbook Number 8, "Composition of Foods," and other food composition tables. The data in these publications are also available on magnetic tape and in some cases on 5-1/4 inch diskettes. The agency also conducts the Nationwide Food Consumption Survey, and makes survey results available on magnetic tape. The nutrient data base used for the survey is also available on magnetic tape. These data sets are described elsewhere in these proceedings.

The USDA Nutrient Data Base for Standard Reference corresponds to Agriculture Handbook No. 8 (AH-8). The version available now is Release 6, which includes Sections 1 through 14 and 16 and data for unrevised sections carried over from the earlier edition. Release 7, which will add Section 15 to Release 6 will be available in the summer of 1988. Data from the earlier edition are removed as new sections are added.

Records on this file are identified by the Nutrient Data Base (NDD) numbers that appear in AH-8. The first two digits denote food group (01-22). Food group 23, which had been previously designated as the "Miscellaneous" section, has been dropped, and the foods slated for inclusion in that section have been transferred to other sections. The last three digits indicate the food item within a group.

This data set is available on both magnetic tape and floppy diskettes. Diskettes are formatted for a personal computer. A supplement to a previous release contains data added or updated since the last release. For example, the supplement to Release 5 contains those data that were added to create Release 6.

The USDA Nutrient Data Base for Standard Reference, Release 6, contains data on 4,762 foods. The nutrients contained in this data set are given in Table 1. An abbreviated version is also available, that includes fewer nutrients.

The nutrient file also contains 20-character descriptions of each food item. A coding manual is provided in a separate file. This file contains 72-character descriptions as well as column headings and weights for columns E, F, and G as given in AH-8.

Data set 72-1 contains data from Home and Garden Bulletin No. 72, "Nutritive Value of Foods," revised in 1985. The data are expressed in terms of common household units. It is available on both magnetic tape and on floppy diskettes, formatted for a personal computer.

Data set 72-1 contains data on 961 food items. The items are arranged by food groups. The printed publication contains an index in the back of the book. A unique four-digit number is assigned to each item. The file contains a description of each food item. The nutrients in this data set are given in Table 2.

The USDA Nutrient Data Base for Individual Food Intake Surveys, Release 1, was developed for use in the 1977-78 Nationwide Food Consumption Survey. It contains data on 15 nutrients. Releases 2.0 and 2.1 were developed for use in the 1985 Continuing Survey of Food Intakes by Individuals (CSFII). Release 2.0 was used for the first set of data collected in the 1985 survey (wave 1 core monitoring group). Release 2.1 is identical to 2.0 but contains about 500 additional food items. It covers the complete 1985 survey. These data were also used for the Hispanic HANES. Future releases will contain data added for the 1986 CSFII and 1987 Nationwide Food Consumption Survey.

Release 2.1 contains data on approximately 4,500 foods. The foods are identified by a seven-digit code created for Individual Food Consumption Surveys. This data set contains data on the 30 nutrients given in Table 3.

A 51-character description of each item is included. Each record also contains a fat-in-cooking code. This code is used to access the nutrient records calculated using fats or oils other than the one designated in the recipe for a particular item. For example, if butter was designated in the recipe, an alternate nutrient profile would be calculated for the

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Table 1 - Nutrient in the USDA Nutrient Data base for Standard Reference.

<u>Proximates</u>	<u>Minerals</u>	<u>Vitamins</u> <sup>3</sup>
water	Calcium	Ascorbic acid
protein	Iron	Thiamin
fat	Magnesium	Riboflavin
carbohydrate <sup>1</sup>	Phosphorus	Niacin
crude fiber <sup>2</sup>	Potassium	Pantothenic acid
energy	Sodium	Vitamin B <sub>6</sub>
	Zinc	Folacin
	Copper <sup>4</sup>	Vitamin B <sub>12</sub>
	Manganese <sup>5</sup>	Vitamin A (IU and RE)
<u>Lipids</u>		<u>Amino acids</u>
Fatty acids		Tryptophan
total saturated		Threonine
total monounsaturated		Isoleucine
total polyunsaturated		Leucine
individual fatty acids		Lysine
Cholesterol		Methionine
Plant sterols		Cystine
		Phenylalanine
		Tyrosine
		Valine
		Arginine
		Histidine
		Alanine
		Aspartic acid
		Glutamic acid
		Glycine
		Proline
		Serine

<sup>1</sup> By difference.

<sup>2</sup> When available, neutral detergent fiber is also given.

<sup>3</sup> When available, alpha-tocopherol is given.

<sup>4</sup> Not available for handbook sections 8-1, 8-2 and 8-4.

<sup>5</sup> Not available for handbook sections 8-1, 8-2, 8-3, and 8-4.

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Table 2 - Nutrients in Data Set 72-1.

<u>Proximates</u>	<u>Minerals</u>	<u>Vitamins</u>
Water	Calcium	Ascorbic acid
Protein	Iron	Thiamin
Fat	Phosphorus	Riboflavin
Carbohydrate <sup>1</sup>	Potassium	Niacin
Energy	Sodium	Vitamin A (IU and RE)
 <u>Lipids</u>		
Fatty acids		
total saturated		
total monounsaturated		
total polyunsaturated		
Cholesterol		

<sup>1</sup> By difference.

Table 3 - Nutrients in the USDA Nutrient Data Base for Individual Food Intake Surveys

<u>Proximates</u>	<u>Minerals</u>	<u>Vitamins</u>
Water	Calcium	Ascorbic acid
Protein	Iron	Thiamin
Fat	Magnesium	Riboflavin
Carbohydrate <sup>1</sup>	Phosphorus	Niacin
TDF	Potassium	Vitamin B <sub>6</sub>
Energy	Sodium	Folacin
Alcohol	Zinc	Vitamin B <sub>12</sub>
	Copper	Vitamin A (IU and RE)
		Carotene
		Vitamin E
 <u>Lipids</u>		
Fatty acids		
total saturated		
total monounsaturated		
total polyunsaturated		
Cholesterol		

<sup>1</sup> By difference.