Selecting a Food Composition Database and Software

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Professional nutritionists need to systematically plan for their food composition database software needs. They need information on where and how to locate appropriate food composition and database software packages. Additionally, they should consider the following steps in selecting appropriate software:

1. Identify nutritional analysis tasks to be performed.
2. Set evaluation criteria for the outcome of such tasks.
3. Pick promising prospects.
4. Apply evaluation criteria.
5. Weigh alternative products.
6. Accept or reject product(s).

Features to be considered in selecting an appropriate food composition database software package include: cost, flexibility, editability, comprehensiveness, accuracy, reliability, user-friendliness, input and data-entry procedures, and output generated.
Comparative examples will be presented.