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## **Food Composition Resource List for Professionals**

### **December 2009**

This publication is a collection of resources on the topic of food composition for professionals. The resources on this list are offered in a variety of information formats: databases, composition tables, books, journals, conference proceedings, and materials available on the World Wide Web. Because some food composition materials may not be regularly updated, and historical information may be of interest to many professionals, some materials date back to the late-1960's and '70's.

Materials included in this list may be available to borrow from the National Agricultural Library (NAL). Lending and copy service information is provided at the end of this document. If you are not eligible for direct borrowing privileges, check with your local library on how to borrow through interlibrary loan. Materials cannot be purchased from NAL. Contact information is provided if you wish to purchase any applicable materials on this list.

This Resource List is available from the Food and Nutrition Information Center's (FNIC) Web site at: <http://www.nal.usda.gov/fnic/pubs/bibs/gen/foodcomp.pdf>. A complete list of FNIC publications can be found at <http://fnic.nal.usda.gov/resourcelists>.

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## I. USDA Databases and Publications

The following databases and publications are available on the U.S. Department of Agriculture (USDA) Nutrient Data Laboratory home page (select “Products & Services” for a listing of available data sets): <http://www.ars.usda.gov/nutrientdata>

### A. General Databases

#### USDA National Nutrient Database for Standard Reference, Release 22

**Web site:** <http://www.ars.usda.gov/nutrientdata/sr> (updated annually)

**Search page:** <http://www.nal.usda.gov/fnic/foodcomp/search/>

**Description:** Searches nutrient data on over 7,500 different food items.

#### USDA National Nutrient Database for Standard Reference, Release 22 – Nutrient Lists

**Web site:** <http://www.ars.usda.gov/Services/docs.htm?docid=18877>

**Description:** Contains reports for single nutrients based on selected food items from the USDA National Nutrient Database for Standard Reference.

#### Dietary Supplement Ingredient Database (DSID)

**Web site:** <http://dietarysupplementdatabase.usda.nih.gov/>

**Description:** Provides estimated levels of ingredients in dietary supplement products. Developed in collaboration with the National Institutes of Health, Office of Dietary Supplements.

#### Food and Nutrient Database for Dietary Surveys 3.0

**Web site:** <http://www.ars.usda.gov/Services/docs.htm?docid=12089>

**Description:** Contains foods, nutrient values and weights used to analyze data from the *What We Eat in America* survey, the dietary intake component of the National Health and Nutrition Examination Survey (NHANES). Updated biannually.

#### Ground Beef Calculator

**Web site:** <http://www.ars.usda.gov/Services/docs.htm?docid=13933>

**Description:** Calculates nutrient information for retail ground beef products containing 5% - 30% fat content.

#### Nutritive Value of Foods, Home and Garden Bulletin No. 72 (HG-72)

**Web site:** <http://www.ars.usda.gov/Services/docs.htm?docid=6282>

**Description:** Contains nutrient data on over 1,200 foods. Last published in 2002, it is no longer available in print, but can be viewed and/or downloaded in PDF format.



## B. Special Interest Databases

**USDA Database for the Added Sugars Content of Selected Foods, Release 1**

Web site: <http://www.ars.usda.gov/Services/docs.htm?docid=12107>

**USDA Database for the Choline Content of Common Foods, Release 2**

Web site: <http://www.ars.usda.gov/nutrientdata/choline>

**USDA Database for the Flavonoid Content of Selected Foods, Release 2.1**

Web site: <http://www.ars.usda.gov/nutrientdata/flavonoid>

**USDA Database for the Isoflavone Content of Selected Foods, Release 2.0**

Web site: <http://www.ars.usda.gov/nutrientdata/isoflav>

**USDA Database for the Proanthocyanidin Content of Selected Foods**

Web site: <http://www.ars.usda.gov/Services/docs.htm?docid=5843>

**USDA National Fluoride Database of Selected Beverages and Foods, Release 2**

Web site: <http://www.ars.usda.gov/nutrientdata/fluoride>

**Oxalic Acid Content of Selected Vegetables**

Web site: <http://www.ars.usda.gov/Services/docs.htm?docid=9444>

**Oxygen Radical Absorbance Capacity (ORAC) of Selected Foods**

Web site: <http://www.ars.usda.gov/nutrientdata/ORAC>

## C. Other

**USDA Food Composition Classics**

Web site: <http://www.ars.usda.gov/Services/docs.htm?docid=9447>

**Description:** Includes links to several older publications and handbooks describing the derivation of calorie factors, nitrogen-to-protein conversion factors, retention factors and others. Also includes the original tables on several food components, which have been incorporated into the USDA National Nutrient Database for Standard Reference, such as the "Provisional Table on the Vitamin K Content of Foods," "Sugar Content of Selected Foods," "Provisional Table on the Vitamin D Content of Foods," "USDA-NCC Carotenoid Database for U.S. Foods," and "Selected Foods Containing Trans Fatty Acids."

**USDA Table of Nutrient Retention Factors, Release 6**

Web site: <http://www.ars.usda.gov/Services/docs.htm?docid=9448>

**Description:** Provides factors for calculating nutrient retention of 26 vitamins, minerals, and alcohol during food preparation.



## II. International Food Composition Resources

Many international food composition tables, previously published in book form, are now available on the Internet; this section includes both those resources available on the Internet, as well as those in book form. Many Web sites are in English, though a few are available only in the language of the country.

Two organizations have compiled lists of international food composition resources and Web sites: one is INFOODS, and the other is LanguaL.

Please note: The following is not intended to be a comprehensive listing of all available international food composition resources; both INFOODS and LanguaL include some of the resources listed individually here, in addition to many others.

### International Food Composition Tables Directory

Food and Agriculture Organization (FAO) of the United Nations, International Network of Food Data Systems (INFOODS)

**Web site:** [http://www.fao.org/infoods/directory\\_en.stm](http://www.fao.org/infoods/directory_en.stm)

### LanguaL

European Food Information Resource Network (EuroFIR)

**Web site:** <http://www.langual.org/>

### Food Composition Databases:

[http://www.langual.org/langual\\_linkcategory.asp?CategoryID=4&Category=Food+Composition](http://www.langual.org/langual_linkcategory.asp?CategoryID=4&Category=Food+Composition)

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### Australian Food Composition Program

Food Standards Australia New Zealand

### Web site:

<http://www.foodstandards.gov.au/monitoringandsurveillance/foodcompositionprogram/index.cfm>

### Canadian Nutrient File

Health Canada

**Web site:** <http://www.hc-sc.gc.ca/fn-an/nutrition/fiche-nutri-data/index-eng.php>



### **The Composition of Chinese Foods**

Chinese Academy of Preventive Medicine, Institute of Nutrition and Food Hygiene. G. Wang, B. Parpia, and Z. Wen, Editors.

Washington, DC: ILSI Press, 1997, 334 pp.

**NAL Call Number:** TX531.C662

**ISBN:** 0944398952

### **The Concise New Zealand (NZ) Food Composition Tables**

Crop & Food Research, The New Zealand Institute for Plant & Food Research Limited

**Web site:** <http://www.crop.cri.nz/home/products-services/nutrition/foodcompdata/fcd-products/fcd-food-comp-tables.php>

### **Danish Food Composition Databank**

Technical University of Denmark, National Food Institute

**Web site:** [http://www.foodcomp.dk/v7/fcdb\\_default.asp](http://www.foodcomp.dk/v7/fcdb_default.asp)

### **EuroFIR (European Food Information Resource Network)**

European Commission's Research Directorate General

**Web site:** <http://www.eurofir.net>

### **Food Composition and Nutrition Tables, 7<sup>th</sup> Edition**

S.W. Souci, W. Fachmann, and H. Kraut

Stuttgart, Germany: MedPharm Scientific Publishers, 2008, 1364 pp.

**NAL Call Number:** TX551.S735 2008

**ISBN:** 9780849341410

**Web site:** <http://www.sfk-online.net/cgi-bin/sfkstart.mysql?language=english>

### **Food Composition Database of South Africa**

Medical Research Council of South Africa

**Web site:** <http://www.mrc.ac.za/FoodComp/>

### **Food Composition Table for Use in Africa**

U.S. Department of Health, Education, and Welfare, Public Health Service; Food and Agriculture Organization of the United Nations, Food Consumption and Planning Branch. 1968. 306 pp.

**NAL Call Number:** TX551.N3

**Web site:** <http://www.fao.org/DOCREP/003/X6877E/X6877E00.htm>

### **Food Composition Table for Use in East Asia**

U. S. Department of Health, Education, and Welfare, National Institutes of Health; Food and Agriculture Organization of the United Nations, Food Policy and Nutrition Division. 1972. 334 pp.

**NAL Call Number:** TX551.F687

**Web site:** <http://www.fao.org/docrep/003/X6878E/X6878E00.htm>



### **Food Composition Tables for the Near East**

Food and Agriculture Organization (FAO) of the United Nations, Food Policy and Nutrition Division; U.S. Department of Agriculture, Human Nutrition Information Division. Rome, Italy: FAO, 1982, 265 pp.

**NAL Call Number:** TX531.F61

**ISBN:** 9251012776

**Web site:** <http://www.fao.org/docrep/003/x6879e/x6879e00.HTM>

### **Irish Food Composition Database**

University College, Cork, Ireland, College of Science, Engineering and Food Science

**Web site:** <http://www.ucc.ie/en/ifcdb/>

### **McCance and Widdowson's The Composition of Foods Integrated Dataset (CoF IDS), 6<sup>th</sup> Summary Edition**

Food Standards Agency of the United Kingdom

Cambridge, England: The Royal Society of Chemistry, 2002. 537 pp.

**NAL Call Number:** TX531.M332 2002

**ISBN:** 0854044280

**Web site:** <http://www.food.gov.uk/science/dietarysurveys/dietsurveys/>

### **Pacific Islands Food Composition Tables, 2<sup>nd</sup> Edition**

C.A. Dignan, B. Burlingame, S. Kumar, and W. Aalbersberg

Food and Agriculture Organization of the United Nations

Rome, Italy: Food and Agriculture Organization of the United Nations, 2004, 135 pp.

**NAL Call Number:** TX360.O3 P33 2004

**ISBN:** 9251051380

**Full text:** <http://www.fao.org/docrep/007/y5432e/y5432e00.HTM>

**Ordering Information:** <http://www.fao.org/docrep/007/y5432e/y5432e0w.htm#bm32>

## **III. Books and Miscellaneous Publications (in alphabetical order)**

### **Bowes & Church's Food Values of Portions Commonly Used, 19th edition**

J.A.T. Pennington and J. Spungen

Philadelphia: Lippincott, Williams & Wilkins, 2009. 480 pp.

**NAL Call Number:** TX551 .P385

**ISBN:** 0781781345

### **Compiling Data for Food Composition Data Bases**

W.M. Rand, J.A.T. Pennington, S.P. Murphy, and J.C. Klensin

Tokyo, Japan: United Nations University Press, 1991. 77 pp.

**NAL Call Number:** TX531.C65 1991

**ISBN:** 9280807722

**Full text:** <http://www.unu.edu/unupress/unupbooks/80772e/80772E00.htm>



### **Food Composition**

J.M. Holden, J.M. Harnly, and G. Beecher  
In Present Knowledge in Nutrition, 9<sup>th</sup> Edition, Volume 1.  
Washington, DC: ILSI Press, 2006. 526 pp.  
**ISBN:** 1578812003

### **Food Composition Data: A User's Perspective**

W.M. Rand, C.T. Windham, B.W. Wyse, and V.R. Young  
Tokyo, Japan: United Nations University Press, 1987, 236 pp.  
**ISBN:** 9280806335  
**Full text:** <http://www.unu.edu/unupress/unupbooks/80633e/80633E00.htm>

### **Food Composition Data: Production, Management and Use, 2<sup>nd</sup> Edition**

H. Greenfield and D.A.T. Southgate  
Rome, Italy: Food and Agriculture Organization of the United Nations, 2003, 302 pp.  
**NAL Call Number:** TX531 .G84 2003  
**ISBN:** 9789251049495  
**Full text** (Parts 1 & 2): <ftp://ftp.fao.org/docrep/fao/008/y4705e/y4705e00.pdf>  
**Online Ordering:**  
[http://www.fao.org/icalog/search/dett.asp?aries\\_id=104617&ch\\_lang=en](http://www.fao.org/icalog/search/dett.asp?aries_id=104617&ch_lang=en)

### **Food Composition Study Guide, Volumes 1 and 2**

U.R. Charrondiere, B. Burlingame, S. Berman, and I. Elmadfa  
Rome, Italy: Food and Agriculture Organization of the United Nations, 2009, 224 pp.  
**Description:** Accompanies H. Greenfield and D.A.T. Southgate, **Food Composition Data: Production, Management and Use** (see previous). May be used for self-study or in conjunction with a food composition course, for evaluation or as a refresher course.

#### **Volume 1: Questions and Exercises**

**E-ISBN:** 978-92-5-106366-8 (PDF)  
**Full text** (PDF 2 MB):  
<http://www.fao.org/infoods/StudyGuideQuestionsExercises.pdf>

#### **Volume 2: Answers**

**E-ISBN:** 978-92-5-106365-1 (PDF)  
**Full text** (PDF 2.3 MB): <http://www.fao.org/infoods/StudyGuideAnswers.pdf>

### **Identification of Food Components for INFOODS Data Interchange**

J.C. Klensin, D. Feskanich, V. Lin, A.S. Truswell, and D.A.T. Southgate  
Tokyo, Japan: United Nations University Press, 1989, 106 pp.  
**NAL Call Number:** TX341.F622 Suppl. no. 16  
**ISBN:** 928080734x  
**Full text:** <http://www.unu.edu/unupress/unupbooks/80734e/80734E00.htm>



## **INFOODS Food Composition Data Interchange Handbook**

J.C. Klensin

Tokyo, Japan: United Nations University Press, 1992, 170 pp.

**NAL Call Number:** TX531.K58 1992

**ISBN:** 9280807749

**Full text:** <http://www.unu.edu/unupress/unupbooks/80774e/80774E00.htm>

## **INFOODS Publications**

**Web site:** [http://www.fao.org/infoods/publications\\_en.stm](http://www.fao.org/infoods/publications_en.stm)

## **Nutrient Content of the U.S. Food Supply, 2005**

H.A.B. Hiza, L. Bente, and T. Fungwe

U.S. Department of Agriculture, Center for Nutrition Policy and Promotion. Home Economics Research Report No. 58. Washington, D.C. 2008.

**Full text** (PDF1.5 MB):

<http://www.cnpp.usda.gov/Publications/FoodSupply/FoodSupply2005Report.pdf>

## **Nutrient Content of the U.S. Food Supply, 1909-2004: A Summary Report**

H.A.B. Hiza and L. Bente

U.S. Department of Agriculture, Center for Nutrition Policy and Promotion. Home Economics Research Report No. 57. Washington, D.C. 2007.

**Full text** (PDF1295 KB):

<http://www.cnpp.usda.gov/publications/foodsupply/FoodSupply1909-2004Report.pdf>

## **Nutrient Value of Alaska Native Foods**

Elizabeth Nobmann

Anchorage, AK: Alaska Area Native Health Service, 1993, 31 pp.

**Full text:** <http://consortiumlibrary.org/aml/publications/akfood.pdf>

## **IV. Conference Proceedings**

The proceedings of the following conferences contain a large volume of information on the development and status of food composition databases.

### **National Nutrient Databank Conference**

**Web site:** <http://www.nutrientdataconf.org/>

**Description:** Held annually in the United States. List of proceedings available on the conference Web site.



## **International Food Data Conference**

**Web site:** [http://www.fao.org/infoods/food\\_data\\_conf\\_en.stm](http://www.fao.org/infoods/food_data_conf_en.stm)

**Description:** Held internationally every other year. Previously called the *International Food Data Base Conference*.

### Proceedings:

Quality and accessibility of food-related data: proceedings of the First International Food Data Base Conference (Sydney, Australia, 1993). Arlington, VA: AOAC International. 1995. 311 pp.

**NAL Call Number:** TX345.I634 1993

The Second International Food Data Base Conference: Food Composition Research – The Broader Context. Lahti, Finland, August 28-30, 1995. *Food Chemistry*. 1996; 57(1): 127-131.

**NAL Call Number:** TX501.F6

Proceedings of the Third International Food Data Base Conference: Back to Basics. Rome, Italy, July 5-7, 1999. *Journal of Food Composition and Analysis*. 2000;13(4): 283-762.

**NAL Call Number:** TX501.J68

Proceedings to subsequent conferences are published in special issues of the *Journal of Food Composition and Analysis* (**NAL Call Number:** TX501.J68).

## **International Conference on Diet and Activity Methods**

**Web site:** <http://www.icdam.org>

**Description:** Held internationally every third year. Archives and proceedings available on the conference Web site. Previously called the *International Conference on Dietary Assessment Methods*.

## **V. Journals and Newsletters (in alphabetical order)**

Many journals or newsletters are now available on the internet. Depending on the arrangements made by your organization, you may have access to full text articles. Otherwise reprints can be obtained by traditional methods.

### ***The American Journal of Clinical Nutrition***

American Society for Nutrition

**Web site:** <http://www.ajcn.org/>



**Archivos Latinoamericanos de Nutricion**

Latin American Nutrition Society

**Web site:** [http://www.scielo.org.ve/scielo.php?pid=0004-0622&script=sci\\_serial](http://www.scielo.org.ve/scielo.php?pid=0004-0622&script=sci_serial)

**British Food Journal**

Emerald Group Publishing Limited

**Web site:** <http://www.ingentaconnect.com/content/mcb/070>

**Cereal Foods World**

AACC International

**Web site:** <http://www.aaccnet.org/>

**European Journal of Clinical Nutrition**

Nature Publishing Group

**Web site:** <http://www.nature.com/ejcn/index.html>

**Food Chemistry**

Elsevier

**Web site:** <http://www.sciencedirect.com/science/journal/03088146>

**Food Technology**

Institute of Food Technologists

**Web site:** <http://members.ift.org/IFT/Pubs/FoodTechnology/>

**Journal of the American Dietetic Association**

American Dietetic Association; Elsevier

**Web site:** <http://www.adajournal.org/>

**Journal of Agricultural and Food Chemistry**

American Chemical Society

**Web site:** <http://pubs.acs.org/journals/jafcau/index.html>

**Journal of Food Composition and Analysis**

International Network of Food Data Systems (INFOODS); Elsevier

**Web site:** <http://www.sciencedirect.com/science/journal/08891575>

**Journal of Food Science**

Institute of Food Technologists

**Web site:** <http://members.ift.org/IFT/Pubs/JournalofFoodSci/>

**The Journal of Nutrition**

American Society for Nutrition

**Web site:** <http://jn.nutrition.org/>



### **Nutrition Action Health Letter**

Center for Science in the Public Interest

**Web site:** <http://www.cspinet.org/nah/index.htm>

### **Nutrition and Food Science**

Emerald Group Publishing Limited

**Web site:** <http://info.emeraldinsight.com/products/journals/journals.htm?id=nfs>

### **Nutrition Today**

Lippincott, Williams and Wilkins

**Web site:** [www.nutritiontodayonline.com/](http://www.nutritiontodayonline.com/)

### **Trends in Food Science & Technology**

Elsevier

**Web site:** <http://www.sciencedirect.com/science/journal/09242244>

## **A. Selected Journal Articles (in reverse chronological order)**

Various articles and presentations by the staff of USDA's Nutrient Data Laboratory are available on its Web site: <http://www.ars.usda.gov/Aboutus/docs.htm?docid=6253>.

**USDA's Nutrient Databank System – A tool for handling data from diverse sources.** D.B. Haytowitz, L.E. Lemar, P.R. Pehrsson. *Journal of Food Composition and Analysis*, 22(5): 433-441. 2009.

**Full text:**

[http://www.ars.usda.gov/SP2UserFiles/Place/12354500/Articles/JFCA22\\_433-441.pdf](http://www.ars.usda.gov/SP2UserFiles/Place/12354500/Articles/JFCA22_433-441.pdf)

**Applications of food composition data: data sources and considerations for use.** J.A.T. Pennington. *Journal of Food Composition and Analysis*, 21(Suppl. 1): S3-S12. 2008.

**The National Food and Nutrient Analysis Program: a decade of progress.**

D.B. Haytowitz, P.R. Pehrsson, and J.M. Holden. *Journal of Food Composition and Analysis*, 21(Suppl. 1): S94-S102. 2008.

**Full text:**

[http://www.ars.usda.gov/SP2UserFiles/Place/12354500/Articles/JFCA21\\_S94-S102.pdf](http://www.ars.usda.gov/SP2UserFiles/Place/12354500/Articles/JFCA21_S94-S102.pdf)

**Food composition data: the foundation of dietetic practice and research.**

J.A.T. Pennington, et al. *Journal of the American Dietetic Association*, 107(12): 2105-2113. 2007.

**Identifying food components: INFOODS tagnames and other component identification systems.** U.R. Charrondiere and B. Burlingame. *Journal of Food Composition and Analysis*, 20(8): 713-716. 2007.



**Consequences of changes in the Dietary Reference Intakes for nutrient databases.** S.E. Gebhardt and J.M. Holden. *Journal of Food Composition and Analysis*, 19(Suppl. 1): S91-S95. 2006.

**Full text:** [http://www.ars.usda.gov/SP2UserFiles/Place/12354500/Articles/jfca19\\_S91-S95.pdf](http://www.ars.usda.gov/SP2UserFiles/Place/12354500/Articles/jfca19_S91-S95.pdf)

**The effect of improved food composition data on intake estimates in the United States of America.** J.K.C. Ahuja, J.D. Goldman, and B.P. Perloff. *Journal of Food Composition and Analysis*, 19(Suppl.1): S7-S13. 2006.

**The history of food composition databases.** S.M. Church. *Nutrition Bulletin*, 31(1): 15-20. 2006.

**Quality-control materials in the USDA National Food and Nutrient Analysis Program (NFNAP).** K.M. Phillips, et al. *Analytical and Bioanalytical Chemistry*, 384(6): 1341-1355. 2006.

**Full text:**

[http://www.ars.usda.gov/SP2UserFiles/Place/12354500/Articles/AnalBioanlChem\\_QC\\_Paper.pdf](http://www.ars.usda.gov/SP2UserFiles/Place/12354500/Articles/AnalBioanlChem_QC_Paper.pdf)

**Development of a database of critically evaluated flavonoids data: application of USDA's data quality evaluation system.** J.M. Holden, et al. *Journal of Food Composition and Analysis*, 18: 829-844, 2005.

**Full text:** [http://www.nal.usda.gov/fnic/foodcomp/Data/Other/jfca18\\_829-884.pdf](http://www.nal.usda.gov/fnic/foodcomp/Data/Other/jfca18_829-884.pdf)

**Fostering quality data in food composition databases: visions for the future.** B. Burlingame. *Journal of Food Composition and Analysis*, 17(3-4): 251-258. 2004.

**The identification of key foods for food composition research.** D.B. Haytowitz, P.R. Pehrsson, and J.M. Holden. *Journal of Food Composition and Analysis*, 15(2): 183-194. 2002.

**Full text:** [http://www.nal.usda.gov/fnic/foodcomp/Data/Other/JFCA15\\_183-194.pdf](http://www.nal.usda.gov/fnic/foodcomp/Data/Other/JFCA15_183-194.pdf)

**Development of a multi-nutrient data quality evaluation system.** J.M. Holden, S.A. Bhagwat, and K.Y. Patterson. *Journal of Food Composition and Analysis*, 15:339-348. 2002.

**Full text:** [http://www.nal.usda.gov/fnic/foodcomp/Data/Other/jfca15\\_339-348.pdf](http://www.nal.usda.gov/fnic/foodcomp/Data/Other/jfca15_339-348.pdf)

**Element and radionuclide concentrations in food: FDA Total Diet Study 1991-1996.** S.G. Capar and W.C. Cunningham. *Journal of AOAC International*, 83(1):157-177. 2000.



**Adapting methods for determining priorities for the analysis of foods in diverse populations.** D.B. Haytowitz, P.R. Pehrsson, and J.M. Holden. *Journal of Food Composition and Analysis*, 13(4):425-433. 2000.

**Full text:** [http://www.nal.usda.gov/fnic/foodcomp/Data/Other/jfca13\\_425-433.pdf](http://www.nal.usda.gov/fnic/foodcomp/Data/Other/jfca13_425-433.pdf)

**Historical changes in the mineral content of fruits and vegetables.** A.M. Mayer. *British Food Journal*, 99(6):207-211. 1997.

**Procedures for estimating nutrient values for food composition databases.** S.F. Schakel, I.M. Buzzard, and S.E. Gebhardt. *Journal of Food Composition and Analysis*, 10 (2):102-114. 1997.

**Full text:** [http://www.nal.usda.gov/fnic/foodcomp/Data/Other/jfca10\\_102-114.pdf](http://www.nal.usda.gov/fnic/foodcomp/Data/Other/jfca10_102-114.pdf)

**From the composition of foods using chemical analysis...to micronutrients and beyond.** A.F. Walker. *British Journal of Nutrition*, 78(suppl.):S73-S80. 1997.

## VI. Web Sites

### A. Analytical Methods

**AOAC (Association of Analytical Communities) International**

**Web site:** <http://www.aoac.org>

**AOCS (American Oil Chemists' Society)**

**Web site:** <http://www.aocs.org/tech/methods.cfm>

**USDA Food Composition and Methods Development Laboratory**

**Web site:** <http://www.ars.usda.gov/ba/bhnrc/fcmdl>

### B. Nutrient Content of Foods

These Web sites allow you to look up the nutrient content of various foods. Many are based on the USDA National Nutrient Database for Standard Reference, but may contain additional data added by their developers and provide various presentations allowing the user to assess his/her diet.

**USDA National Nutrient Database for Standard Reference, Release 22**

USDA, Agricultural Research Service (ARS), Nutrient Data Laboratory

**Web site:** <http://www.ars.usda.gov/nutrientdata/sr> (updated annually)

**Search page:** <http://www.nal.usda.gov/fnic/foodcomp/search/>

**Description:** Allows users to look up foods in the latest release of the USDA National Nutrient Database for Standard Reference.



### **What's In The Foods You Eat Search Tool, 3.0**

USDA, ARS, Food Surveys Research Group

**Web site:** <http://www.ars.usda.gov/Services/docs.htm?docid=17032>

**Description:** Offers nutrient profiles for 13,000 foods commonly eaten in the U.S. Based on the Food and Nutrient Database for Dietary Studies used to process and analyze *What We Eat in America*, NHANES dietary intake data. Underlying food composition data are from the USDA National Nutrient Database for Standard Reference.

### **MyPyramid Tracker**

USDA, Center for Nutrition Policy and Promotion

**Web site:** <http://www.mypyramidtracker.gov/>

**Description:** Uses an online assessment tool to assess diet quality and physical activity status based on principles of the 2005 *Dietary Guidelines for Americans*. Also provides related nutrition messages and links to nutrient and physical activity information.

### **Nutrition Analysis Tool 2.0 (NAT)**

University of Illinois, Department of Food Science and Human Nutrition

**Web site:** <http://www.nat.uiuc.edu/mainnat.html>

**Description:** Analyzes nutrient information in a variety of foods using a free, Web-based program. Database is composed of foods from USDA Agricultural Handbook #8 and information from food companies.

### **NutritionData**

Condé Nast Digital

**Web site:** <http://www.nutritiondata.com>

**Description:** Computes the nutrient content of foods or recipes, and lets the user track and share food consumption data. Nutrient information comes from USDA's National Nutrient Database for Standard Reference and is supplemented by listings provided by restaurants and food manufacturers.

### **CalorieKing Food Database**

CalorieKing Wellness Solutions, Inc.

**Web site:** <http://www.calorieking.com/foods/>

**Description:** Contains nutrient data on generic, brand-name, and fast-food items for more than 50,000 foods. Developed by the publishers of *The Doctor's Pocket Calorie, Fat & Carbohydrate Counter*.



## C. Miscellaneous Resources

### Food Composition

USDA, National Agricultural Library, Food and Nutrition Information Center

**Web site:**

[http://fnic.nal.usda.gov/nal\\_display/index.php?info\\_center=4&tax\\_level=1&tax\\_subject=279](http://fnic.nal.usda.gov/nal_display/index.php?info_center=4&tax_level=1&tax_subject=279)

**Description:** Lists multiple food composition resources by topic area, including those from USDA's Nutrient Data Laboratory and USDA's Agricultural Research Service Food Surveys Research Group, in addition to other resources on individual nutrients, international food composition resources, and information on individual foods.

### Nutrient Content of the U.S. Food Supply

USDA, Center for Nutrition Policy and Promotion

**Web site:** <http://65.216.150.148/ifs/>

**Description:** Provides per capita estimates for nutrient content of the U.S. food supply from 1909 through 2005 using an interactive database.

### Nutrient Changes Over Time: Frequently Asked Questions

USDA, National Agricultural Library, Food and Nutrition Information Center

**Web site:** <http://fnic.nal.usda.gov/nutrientchanges>

**Description:** Answers questions related to changes in nutrient content of crops over time, including the effect of soil and other agricultural factors on nutrient content.

## VII. Contacts for Assistance

### Food and Nutrition Information Center

National Agricultural Library, ARS, USDA

10301 Baltimore Avenue, Room 105

Beltsville, MD 20705

Phone: (301) 504-5414

Fax: (301) 504-6409

Contact: <http://fnic.nal.usda.gov/contact>

**Web site:** <http://fnic.nal.usda.gov>

**Food companies, grocery chains, and restaurant franchises** - Contact the company's consumer affairs department concerning nutrient and energy (caloric) content of their products. Check food labels for addresses and Web sites.



## **Nutrient Data Laboratory**

Beltsville Human Nutrition Research Center

USDA-ARS

10300 Baltimore Avenue

Building 005, Room 107, BARC-West

Beltsville, MD 20705

Phone: (301) 504-0630

Fax: (301) 504-0632

Contact: <http://www.ars.usda.gov/main/docs.htm?docid=4445>

**Web site:** <http://www.ars.usda.gov/nutrientdata>

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This resource list was compiled by David Haytowitz, MSc., Nutritionist, Nutrient Data Laboratory, Beltsville Human Nutrition Research Center, ARS, USDA.

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Locate additional FNIC publications at <http://fnic.nal.usda.gov/resourcelists>.

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National Agricultural Library, Room 105

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