Appendix 22

Sources of Food and Nutrient Data

The following list identifies the sources of data used by the Nutrition Coordinating Center (NCC) at the University of Minnesota for updating and expanding the NCC Food and Nutrient Database. Based on the type of information each source provides, the list is divided into three categories: sources of nutrient values/data, sources of food weights, yields and portion sizes, and sources of ingredient information for recipes and manufactured products. Each category is further divided based on type of publication. A list of journals used most frequently by NCC database scientists for database maintenance is also included.

Nutrient Values/Data

USDA Publications

The USDA Handbook 8 and its revisions listed below have been replaced by the online versions of the USDA National Nutrient Database for Standard Reference (SR). Much of the nutrient data that appears in the USDA provisional tables prior to 2002 also have been incorporated into the SR database.


Agriculture Handbook No. 8 Revisions:
- 8-1 Dairy and Egg Products. 1976.
- 8-2 Spices and Herbs. 1977.
- 8-3 Baby Foods. 1978.
- 8-4 Fats and Oils. 1979.
- 8-5 Poultry Products. 1979.
- 8-6 Soups, Sauces and Gravies. 1980.
- 8-7 Sausages and Luncheon Meats. 1980.
- 8-8 Breakfast Cereals. 1982.
- 8-12 Nut and Seed Products. 1984.
- 8-14 Beverages. 1986.
- 8-16 Legumes and Legume Products. 1986.
- 8-17 Lamb, Veal and Game Products. 1989.
- 1989 Supplement
- 1990 Supplement
- 1991 Supplement
- 1992 Supplement

only limited database updates with this version of Standard Release. The comprehensive revision will be incorporated into NDSR 2016.


- Provisional Table on the Content of Omega-3 Fatty Acids and Other Fat Components in Selected Foods. 1986.

- Provisional Table on the Content of Stearic Acid, Total Fat, and Other Fatty Acids in Selected Foods. 1988.

- Provisional Table on the Dietary Fiber Content of Selected Foods. 1988.
• Provisional Table on the Fatty Acid and Cholesterol Content of Selected Foods. Revised 1988.

• Provisional Table on the Nutrient Content of Bakery Foods and Related Items. 1981.

• Provisional Table of the Nutrient Content of Beverages. 1982.

• Provisional Table on the Nutrient Content of Canned and Frozen Vegetables. 1979.

• Provisional Table on the Nutrient Content of Canned, Dried, and Frozen Fruit. 1981.

• Provisional Table on the Nutrient Content of Fast Foods. 1984.

• Provisional Table on the Selenium Content of Foods, HNIS/PT-109, December 1992.


• Provisional Table on the Vitamin K Content of Foods. 1994. (Available on USDA Nutrient Data Laboratory Home Page: http://www.ars.usda.gov/nutrientdata)


• Supplement to Provisional Table, Folacin Content of Foods. 1979.

• Table of Amino Acids in Fruits and Vegetables. 1983.


1 Flavonoid and Proanthocyanidin content of selected foods available via provisional table at an additional cost.


Other Publications


Atkinson F, Foster-Powell K, Brand-Miller JC. International Tables of Glycemic Index and Glycemic Load Values: 2008. Diabetes Care. 2008; 31:2281-2283. (Tables available online only @ http://care.diabetesjournals.org/content/31/12/2281/suppl/DC1)


• Leung, Woot-tsuen Wu, et.al. Food Composition Table for Use in Latin America. The Institute of Nutrition of Central America and Panama and National Institutes of Health, Bethesda, Maryland. 1961.

• Leverton, R.M. and Odell, G.V. The Nutritive Value of Cooked Meat. Oklahoma Agriculture Experiment Station Publication MP-49. Oklahoma State University. 1959.


• Seed Oil Fatty Acids (SOFA) Online Database available at http://sofa.mri.bund.de/


• Souci-Fachmann-Kraut Online Database. Online version of the above publication (available with subscription at http://www.sfk-online.net).


**Journals of Primary Importance for Nutrient Databases:**

• American Journal of Clinical Nutrition
• Analytical Chemistry
• British Journal of Nutrition
• Cereal Chemistry
• Cereal Foods World
• European Journal of Clinical Nutrition
• Food Australia
• Food Chemistry
• Food Science and Technology International
• Food Technology
• International Journal of Food Sciences and Nutrition
• International Journal of Food Science and Technology
• Journal of Agricultural and Food Chemistry
• Journal of AOAC International
• Journal of the American Dietetic Association
• Journal of the American Oil Chemists Society
• Journal of the Canadian Dietetic Association
• Journal of Food Composition and Analysis
• Journal of Food Science
• Journal of Medicinal Food
• Journal of Nutrition
• Journal of Nutritional Biochemistry
• Journal of the Science of Food and Agriculture
• Lipids

**Indices**

Many other journals occasionally contain information relevant to nutrient databases. These journals can be located using the following indices:

• Agricola Database
• Medline Database
• PubMed
• Food Science and Technology Abstracts
• Applied Science and Technology Abstracts

**Manufacturers’ Information**

Nutrient information is available from many food manufacturers. Since product formulations may be changed periodically and new products may be introduced, manufacturers’ nutrient data are obtained either by accessing their websites or by contacting them directly for updated information. Major grocers’ websites which provide manufacturers’ nutrient label information are also used when manufacturers’ nutrient information is not readily available.
Food Weights, Yields and Portion Sizes

USDA Publications

- Agriculture Handbook No. 8 Revisions and Nutrient Database for Standard Reference (See section I).


Other Publications


Manufacturers' Information
Food weights, yields and portion sizes are available for many processed foods on manufacturer’s websites or by contacting them. Information is also found on food labels.

Sources of Ingredient Information for Recipes and Manufactured Products

Recipes
- Agriculture Handbook No. 8 Revisions (See Section I).

Manufactured Products
• Manufacturers' information.