

## 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The USDA Handbook 8 and its revisions listed below have been replaced by the online versions of the USDA National Nutrient Database for Standard Reference (SR).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.

- Composition of Foods--Raw, Processed, Prepared. Agriculture Handbook No. 8. 1963.

#### **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.
- 8-9 Fruits and Fruit Juices. 1982.
- 8-10 Pork Products. 1983. (Revised). 1992.
- 8-11 Vegetables and Vegetable Products. 1984.
- 8-12 Nut and Seed Products. 1984.
- 8-13 Beef Products. (Revised). 1990.
- 8-14 Beverages. 1986.
- 8-15 Finfish and Shellfish Products. 1987.
- 8-16 Legumes and Legume Products. 1986.
- 8-17 Lamb, Veal and Game Products. 1989.
- 8-18 Baked Products. 1992.
- 8-19 Snacks and Sweets. 1991.
- 8-20 Cereal Grains and Pasta. 1989.
- 8-21 Fast Foods. 1988.
- 1989 Supplement
- 1990 Supplement
- 1991 Supplement
- 1992 Supplement

- U.S. Department of Agriculture (USDA), Agricultural Research Service. FoodData Central: Foundation Foods. Version Current: April 2022. <http://fdc.nal.usda.gov/>
  - U.S. Department of Agriculture, Agricultural Research Service, 2018. USDA National Nutrient Database for Standard Reference, Legacy (2018), April 2018 and slightly revised, July 2018 (Available on USDA Nutrient Data Laboratory Home Page: <http://www.ars.usda.gov/nutrientdata>).
  - U.S. Department of Agriculture, Food Patterns Equivalents Database 2009-2010: Methodology and User Guide. (Available on USDA Food Surveys Home Page: <http://www.ars.usda.gov/Services/docs.htm?docid=23870>).
  - U.S. Department of Agriculture, Agricultural Research Service. 2018. USDA Food and Nutrient Database for Dietary Studies 2019-2020. Food Surveys Research Group Home Page, [www.ars.usda.gov/nea/bhnrc/fsrg](http://www.ars.usda.gov/nea/bhnrc/fsrg)
- U.S. Department of Agriculture, Agricultural Research Service. 2018. USDA Food and Nutrient Database for Dietary Studies 2019-2020. Food Surveys Research Group Home Page, [www.ars.usda.gov/nea/bhnrc/fsrg](http://www.ars.usda.gov/nea/bhnrc/fsrg)
- The Chemical Composition of American Food Materials, Bulletin No. 28. 1896. (Available on USDA Nutrient Data Laboratory Home Page: <http://www.ars.usda.gov/nutrientdata>).
  - Energy Value of Foods. Agriculture Handbook No. 74. 1973. (Available on USDA Nutrient Data Laboratory Home Page: <http://www.ars.usda.gov/nutrientdata>).
  - The Fortification of Foods: A Review. Agriculture Handbook No. 598. 1982.
  - Iron Content of Food. Home Economics Research Report No. 45. 1983.
  - Key Foods. (Available on USDA Nutrient Data Laboratory Home Page: <http://www.ars.usda.gov/nutrientdata>).
  - Nutritive Value of American Foods in Common Units. Agriculture Handbook No. 456. 1975.
  - Nutritive Value of Foods. Home and Garden Bulletin No. 72, Revised, October 2002. (Available on USDA Nutrient Data Laboratory Home Page: <http://www.ars.usda.gov/nutrientdata>).
  - Oxalic Acid Content of Selected Vegetables. 1984. (Available on USDA Nutrient Data Laboratory Home Page: <http://www.ars.usda.gov/nutrientdata>).
  - Oxygen Radical Absorbance Capacity (ORAC) of Selected Foods – 2007. (Available on USDA Nutrient Data Laboratory Home Page: <http://www.ars.usda.gov/nutrientdata>).
  - Pantothenic Acid, Vitamin B6 and Vitamin B12 in Foods. Home Economics Research Report No. 36, 1969.
  - 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 D Content of Foods. 1991. HNIS/PT-108, October 1991. (Available on USDA Nutrient Data Laboratory Home Page: <http://www.ars.usda.gov/nutrientdata>).
- Provisional Table on the Vitamin K Content of Foods. 1994. (Available on USDA Nutrient Data Laboratory Home Page: <http://www.ars.usda.gov/nutrientdata>).
- Selected Foods Containing Trans Fatty Acids. (Available on USDA Nutrient Data Laboratory Home Page: <http://www.ars.usda.gov/nutrientdata>).
- The Sodium Content of Your Food. Home and Garden Bulletin No. 233. 1980.
- Sugar Content of Selected Foods: Individual and Total Sugars. Home Economics Research Report No. 48, 1987. (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.
- USDA Circular 183, Factors for Converting Percentages of Nitrogen in Foods and Feeds into Percentages of Protein. Revised 1941. (Available on USDA Nutrient Data Laboratory Home Page: <http://www.ars.usda.gov/nutrientdata>).
- USDA Database for the Choline Content of Common Foods, Release 2 (2008). (Available on USDA Nutrient Data Laboratory Home Page: <http://www.ars.usda.gov/nutrientdata>).
- USDA Database for the Flavonoid Content of Selected Foods – Release 3.3, March 2018. (Available on USDA Nutrient Data Laboratory Home Page: <http://www.ars.usda.gov/nutrientdata>)<sup>1</sup>.

- USDA Database for the Proanthocyanidin Content of Selected Foods – Release 2.1 (March 2018). (Available on USDA Nutrient Data Laboratory Home Page: <http://www.ars.usda.gov/nutrientdata>)<sup>1</sup>.
- USDA Table of Nutrient Retention Factors, Release 6 (2007). (Available on USDA Nutrient Data Laboratory Home Page: <http://www.ars.usda.gov/nutrientdata>).
- USDA-NCC Carotenoid Database for U.S. Foods - 1998. (Available on USDA Nutrient Data Laboratory Home Page: <http://www.ars.usda.gov/nutrientdata>).
- USDA-Iowa State University Database on the Isoflavone Content of Foods, Release 1.3 - 2002. (Available on USDA Nutrient Data Laboratory Home Page: <http://www.ars.usda.gov/nutrientdata>).
- USDA Database for the Isoflavone Content of Selected Foods, Release 2.1 – November 2015. (Available on USDA Nutrient Data Laboratory Home Page: <http://www.ars.usda.gov/nutrientdata>).

## Other Publications

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- Chan, W., Brown, J. and Buss, D.H. Miscellaneous Foods. Fourth Supplement to McCance and Widdowson's The Composition of Foods. (5th Edition). The Royal Society of Chemistry, Cambridge, UK. 1994.
- Chan, W., Brown, J., Church, S.M. and Buss, D.H. Meat Products and Dishes. Sixth Supplement to McCance and Widdowson's The Composition of Foods. (5th Edition). The Royal Society of Chemistry, Cambridge, UK. 1996.
- Chan, W., Brown, J., Lee, S.M. and Buss, D.H. Meat, Poultry and Game. Fifth Supplement to McCance and Widdowson's The Composition of Foods. (5th Edition). The Royal Society of Chemistry, Cambridge, UK. 1995.
- Clements RS, Darnell B. Myo-inositol content of common foods: development of a high-myo-inositol diet. *The American Journal of Clinical Nutrition* 1980;33(9):1954-1967.
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- Ensminger, A.H., Ensminger, M.E., Konlande, J.E., and Robson, J.R.K. Foods and Nutrition Encyclopedia, 2nd Edition. CRC Press, Boca Raton, Florida. 1994.

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

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- Harvard T.H. Chan School of Public Health Nutrition Department's Downloadable Nutrient Tables. (Available after registration at <https://regepi.bwh.harvard.edu/health/nutrition.html>).
- Holland, B. et. al. McCance and Widdowson's The Composition of Foods. 5th Edition. The Royal Society of Chemistry, Cambridge, UK. 1991.
- Holland, B., Brown, J. and Buss, D.H. Fish and Fish Products. Third Supplement to McCance and Widdowson's The Composition of Foods. (5th Edition). The Royal Society of Chemistry, Cambridge, UK. 1993.
- Holland, B., Unwin, I.D. and Buss, D.H. Cereals and Cereal Products. Third Supplement to McCance and Widdowson's The Composition of Foods. (4th Edition). The Royal Society of Chemistry, Nottingham, UK. 1988.
- Holland, B., Unwin, I.D. and Buss, D.H. Fruit and Nuts. First Supplement to McCance and Widdowson's The Composition of Foods (5th Edition). The Royal Society of Chemistry, Cambridge, UK. 1992.
- Holland, B., Unwin, I.D. and Buss, D.H. Milk Products and Eggs. Fourth Supplement to McCance and Widdowson's The Composition of Foods. (4th Edition). The Royal Society of Chemistry, Cambridge, UK. 1989.
- Holland, B., Unwin, I.D. and Buss, D.H. Vegetables, Herbs and Spices. Fifth Supplement to McCance and Widdowson's The Composition of Foods. (4th Edition). The Royal Society of Chemistry, Cambridge, UK. 1991.
- Holland, B., Welch, A.A. and Buss, D.H. Vegetable Dishes. Second Supplement to McCance and Widdowson's The Composition of Foods. (5th Edition). The Royal Society of Chemistry, Cambridge, UK. 1996.
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- Leung, Woot-tsun 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.
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- PDR for Nonprescription Drugs, Dietary Supplements, and Herbs. 30th Edition. Thomson Healthcare, Inc., Montvale, New Jersey. 2009
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- Souci-Fachmann-Kraut Online Database. Online version of the above publication (Available with subscription at <https://www.sfk.online/#/home>).
- Swiss Food Composition Database, V5.3 (Available at <https://www.naehwertdaten.ch/en/>).
- Danish Food Composition Databank, FRIDA REL.3 (Available at <https://frida.fooddata.dk/index.php?lang=en>).
- Slovak Food Composition Database (Available at <http://www.pbd-online.sk/en>).
- Czech Food Composition Database, Version 7.16 (Available at <http://www.nutridatabaze.cz/en/>).
- Canadian Nutrient File, Health Canada 2015 (Available at [www.healthcanada.gc.ca/cnf](http://www.healthcanada.gc.ca/cnf))
- Australian Food Composition Database, (Available at <https://www.foodstandards.gov.au/science/monitoringnutrients/afcd/Pages/default.aspx>).
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- Standing Committee on the Scientific Evaluation of Dietary Reference Intakes, Food and Nutrition Board, Institute of Medicine. Dietary Reference Intakes: Applications in Dietary Assessment. National Academy Press, Washington, D.C. 2001.
- Standing Committee on the Scientific Evaluation of Dietary Reference Intakes, Food and Nutrition Board, Institute of Medicine. Dietary Reference Intakes for Calcium, Phosphorous, Magnesium, Vitamin D, and Fluoride. National Academy Press, Washington, D.C. 1997.
- Standing Committee on the Scientific Evaluation of Dietary Reference Intakes, Food and Nutrition Board, Institute of Medicine. Dietary Reference Intakes for Energy, Carbohydrate, Fiber, Fat, Fatty Acids, Cholesterol, Protein, and Amino Acids. National Academy Press, Washington, D.C. 2002.
- Standing Committee on the Scientific Evaluation of Dietary Reference Intakes, Food and Nutrition Board, Institute of Medicine. Dietary Reference Intakes for Thiamin, Riboflavin, Niacin, Vitamin B6, Folate, Vitamin B12, Pantothenic Acid, Biotin, and Choline. National Academy Press, Washington, D.C. 2000.
- Standing Committee on the Scientific Evaluation of Dietary Reference Intakes, Food and Nutrition Board, Institute of Medicine. Dietary Reference Intakes for Vitamin A, Vitamin K, Arsenic, Boron, Chromium, Copper, Iodine, Iron, Manganese, Molybdenum, Nickel, Silicon, Vanadium, and Zinc. National Academy Press, Washington, D.C. 2001.

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- Standing Committee on the Scientific Evaluation of Dietary Reference Intakes, Food and Nutrition Board, Institute of Medicine. Dietary Reference Intakes: Guiding Principles for Nutrition Labeling and Fortification. National Academy Press, Washington D.C. 2003.
- Standing Committee on the Scientific Evaluation of Dietary Reference Intakes, Food and Nutrition Board, Institute of Medicine. Dietary Reference Intakes: Proposed Definition of Dietary Fiber. National Academy Press, Washington, D.C. 2000.
- Standing Committee on the Scientific Evaluation of Dietary Reference Intakes, Food and Nutrition Board, Institute of Medicine. Dietary Reference Intakes: Water, Potassium, Sodium, Chloride, and Sulfate. National Academy Press, Washington, D.C. 2004.
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- U.S. Department of Health and Human Services and U.S. Department of Agriculture. *2015-2020 Dietary Guidelines for Americans*. 8<sup>th</sup> Edition. December 2015. (Available at <https://health.gov/dietaryguidelines/2015/guidelines/>).
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- Wang, G., Parpia, B., and Wen, Z. The Composition of Chinese Foods. ILSI Press, Washington, D.C. 1997.

### **Journals and Magazines of Primary Importance for Nutrient Databases:**

- Advances in Food and Nutrition Research
- American Journal of Clinical Nutrition
- American Society for Nutrition
- Analytical Chemistry
- British Journal of Nutrition
- Cereal Chemistry
- Cereal Foods World
- Clinica Chimica Acta
- Comparative Biochemistry and Physiology



- Critical Reviews in Food Science and Nutrition
- Environmental Nutrition
- European Journal of Clinical Nutrition
- European Journal of Nutrition
- Foods
- Food Australia
- Food Chemistry
- Food Engineering
- Food Product Design
- Food Research International
- 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 Dairy Science
- Journal of the American College of Nutrition
- 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 Nutrition and Food Sciences
- Journal of Nutritional Biochemistry
- Journal of the Science of Food and Agriculture
- Lipids
- Nutrition
- Nutrition and Cancer
- Nutrition Research
- Nutrition Reviews
- Nutrition Today
- Plant Foods for Human Nutrition
- Plant Physiology
- Today's Dietitian

## **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).
- Average Weight of a Measured Cup of Various Foods. Home Economics Research Report No. 41. 1977.
- U.S. Department of Agriculture, Agricultural Research Service. 2018. USDA National Nutrient Database for Standard Reference, Legacy (2018), April 2018 and slightly revised, July 2018. (Available on USDA Nutrient Data Laboratory Home Page: <http://www.ars.usda.gov/nutrientdata>).
- U.S. Department of Agriculture, Agricultural Research Service. 2018. USDA Food and Nutrient Database for Dietary Studies 2019-2020. Food Surveys Research Group Home Page, [www.ars.usda.gov/nea/bhnrc/fsrg](http://www.ars.usda.gov/nea/bhnrc/fsrg)
- Foods Commonly Eaten in the United States: Quantities Consumed Per Eating Occasion and in a Day, 1994-96.
- Food Yields at Different Stages in Preparation. Agriculture Handbook No. 102. 1975. (Available on USDA Nutrient Data Laboratory Home Page: <http://www.ars.usda.gov/nutrientdata>).
- Nutritive Value of American Foods in Common Units. Agriculture Handbook No. 456. 1975.
- Nutritive Value of Foods. Home and Garden Bulletin No. 72, Revised October 2002. (Available on USDA Nutrient Data Laboratory Home Page: <http://www.ars.usda.gov/nutrientdata>).
- Procedures for Calculating Nutritive Values of Home-Prepared Foods. ARS 62-13. 1966.
- The Sodium Content of Your Food. Home and Garden Bulletin No. 233. 1980.

### **Other Publications**

- Dahl, J.O. and Breland, J.H. Food Standards Handbook for Quantity Cookery.
- Food Portion Sizes. Her Majesty's Stationery Office, London. 1988.
- Food: A Handbook of Terminology, Purchasing and Preparation. 11th Edition. American Association of Family and Consumer Sciences. Goodheart-Willcox Publishers, Chicago, IL. 2006.

- Meat Buyer's Guide by the National Association of Meat Purveyors. Available from the National Association of Meat Purveyors, 8365-B Greensboro Drive, McLean, VA 22102.

## **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).
- Better Homes and Gardens New Cook Book, 12th Edition. Meredith Corporation, Des Moines, Iowa. 2002.
- USDA Food and Nutrient Database for Dietary Studies 2015-2016 (2018). (Available on USDA Food Surveys Research Group website <https://www.ars.usda.gov/northeast-area/beltsville-md-bhnrc/beltsville-human-nutrition-research-center/food-surveys-research-group/docs/fndds/>).
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- USDA. Procedures for Calculating Nutritive Values of Home-Prepared Foods. ARS 62-13. 1966.
- "Food, Friends, and Recipe Inspiration" Allrecipes. <https://www.allrecipes.com/>
- "Home" Food Network. <https://www.foodnetwork.com/>
- "Recipes, Food Ideas And Videos" Food. <https://www.food.com/>
- "Recipes, Menu Ideas, Videos & Cooking Tips" Epicurious. <https://www.epicurious.com/>

## **Manufactured Products**

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- Atwell, William A. Wheat Flour. Eagan Press, St. Paul, Minnesota. 2001.
- Chandan, R. Dairy-Based Ingredients. Eagan Press, St. Paul, Minnesota. 1997.
- Francis, F.J. Colorants. Eagan Press, St. Paul, Minnesota. 1999.
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- Inglett, M. and Inglett, G. Food Products Formulary. Volume 4: Fabricated Foods. AVI Publishing Co, Westport, Connecticut. 1982.
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- Nelson, Amy L. High-Fiber Ingredients. Eagan Press, St. Paul, Minnesota. 2001.
- Nelson, Amy L. Sweeteners: Alternative. Eagan Press, St. Paul, Minnesota. 2000.
- Stauffer, C.E. Emulsifiers. Eagan press, St. Paul, Minnesota. 1999.
- Stauffer, C.E. Fats and Oils. Eagan Press, St. Paul, Minnesota. 1996.
- Thomas, D.J. and Atwell, W.A. Starches. Eagan Press, St. Paul, Minnesota. 1999.
- Tressler, D. and Sultan, W. Food Products Formulary. Volume 2: Cereals, Baked Goods, Dairy and Egg Products. AVI Publishing Co, Westport, Connecticut. 1975.
- Tressler, D. and Woodroof, J. Food Products Formulary. Volume 3: Fruit, Vegetable and Nut Products. AVI Publishing Co, Westport, Connecticut. 1976.
- Manufacturers' information.