

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The USDA Handbook 8 and its revisions listed below have been replaced by the online versions of the USDA National Nutrient Database for Standard Reference (SR).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, Beltsville Human Nutrition Research Center FoodData Central: Foundation Foods. (Internet). Release Date October 2024. Available from <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. 2024. USDA Food and Nutrient Database for Dietary Studies 2021-2023. Food Surveys Research Group Home Page, <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>)¹.

- 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>)¹.
- 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., 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.

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

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- Czech Food Composition Database, Version 7.16 (Available at <http://www.nutridatabase.cz/en/>).
- Danish Food Composition Databank, FRIDA REL.3 (Available at <https://frida.fooddata.dk/index.php?lang=en>).
- Dignan, C.A., Burlingame, B.A., Kumar, S., Aalbersberg, W. *The Pacific Islands Food Composition Tables*. Food and Agriculture Organization of the United Nations, Rome. 2004.
- Dutch Food Composition Database (NEVO) 2023/8.0 (Available at <https://www.rivm.nl/en/dutch-food-composition-database>)
- 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.
- Foster-Powell, K, Holt, S.H.A., and Brand-Miller, J.C. *International Table of Glycemic Index and Glycemic Load Values: 2002*. *American Journal of Clinical Nutrition*. 2002;76:5-56. (Online updates available at www.glycemicindex.com).
- Harvard T.H. Chan School of Public Health Nutrition Department's Downloadable Nutrient Tables. (<https://www.hsph.harvard.edu/nutrition-questionnaire-service-center/nutrient-tables-download-page/>).
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- 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.
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- 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.

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- PDR for Nutritional Supplements. 2nd Edition. Physicians' Desk Reference, Inc., Montvale, New Jersey. 2008.
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- 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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- The VP Foundation. *The Low Oxalate Cookbook – Book Two*. The Vulvar Pain Foundation, Graham, North Carolina. 2005.
- 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
- Current Developments in 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
- Meat Science
- 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. 2024. USDA Food and Nutrient Database for Dietary Studies 2021-2023. Food Surveys Research Group Home Page, <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.
- U.S. Department of Agriculture, Agricultural Service. 2024. USDA Food and Nutrient Database for Dietary Studies 2021-2023. Food Surveys Research Group Home Page, <http://www.ars.usda.gov/nea/bhnrc/fsrg>.
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- Rombauer, I. S., Becker, E., and Rombauer Becker, M.R. All New All Purpose Joy of Cooking. Scribner Book Company, New York. 1997.
- 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

- Alexander, R.J. Sweeteners: Nutritive. Eagan Press, St. Paul, Minnesota. 1997.
- 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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- 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.