

Development and Sustainability of Eastern Mediterranean Region and South African National Food Composition Databases

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Background

Complete, harmonised, open access **food composition data** (FCD) is essential for dietary monitoring and Public Health Nutrition

FCD in the countries of the **Eastern Mediterranean Regional Office** (EMRO) and South Africa is often missing, incomplete, outdated or unreliable, particularly for fat, sugar and salt content of processed foods.

The improvement of regional FCD is essential to improve the quality of results from **nutrition surveillance systems**, which help to inform nutrition programs and policies.

Outcomes

45 FCD compilers from **13 countries** attended workshops and training exchanges.

Training included: **Value documentation; Food composition data tools:** FoodCASE, Diet Assess and Plan (DAP), Nutritics, nutritools.org; **Food classification** and description of composite dishes: LanguaL and FoodEX2; **Recipe calculation; EuroFIR e-learning tools** and case studies: nutritools.org; **Laboratory food analysis** for vitamins, minerals, dietary fibre, amino acids, and fatty acids profile.

FCD from **6 countries: Tunisia, Morocco, Iran, Iraq, Pakistan and South Africa** was standardized using EuroFIR thesauri. Data is now available as **open access** on the EuroFIR **FoodExplorer** platform.

Aims and Approaches

Quadram Institute Bioscience (**QIB**), and EuroFIR, working with **World Health Organization's** (WHO) EMRO to develop more comprehensive, open access, national FCD in **Iran, Iraq, Pakistan, Kuwait, Tunisia, Morocco, Sudan, Egypt, Jordan, Mauritania and South Africa**

A series of workshops and training activities that supported production of new data that better reflect foods that are currently consumed in these countries.

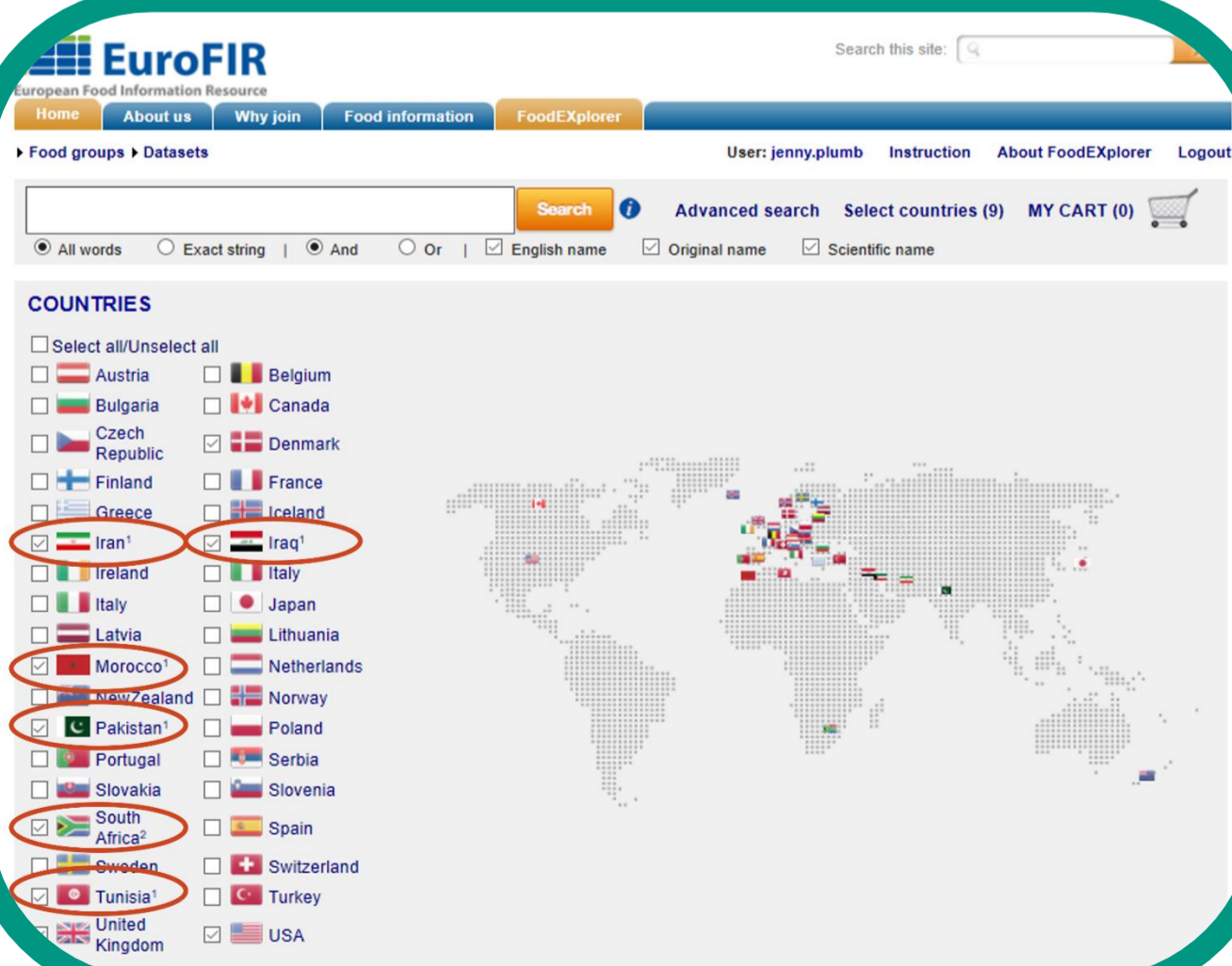
Workshops provided training on: design of sampling and analytical protocols; analytical methods; data compilation tools and data management tools.

Food Data included in national datasets within FoodExplorer

| | Iran | Iraq | Pakistan | Tunisia | Morocco | South Africa |
|---------------|------|------|----------|---------|---------|--------------|
| N° Foods | 91 | 62 | 209 | 228 | 183 | 381 |
| N° Components | 36 | 14 | 19 | 44 | 23 | 28 |
| N° Datapoints | 3243 | 850 | 3762 | 37152 | 4209 | 7106 |



FoodExplorer, showing open access national datasets
<http://www.eurofir.org/FoodExplorer/datasets.php>



Conclusions

Updated and searchable datasets from **Tunisia, Morocco, Iran, Iraq, Pakistan and South Africa** are freely available and will contribute to improved quality of data for use in research and public health monitoring in the region.

All FoodExplorer datasets are available to individuals and students from countries that are eligible for **Overseas Development Aid**.

Improved knowledge of the production of FCD in EMR leading to higher quality food data for stakeholders.

WHO-EMRO is funding further updates of FCD tables and analysis in these countries, with the focus on identifying TFA, SFA, salt and sugar in addition to micronutrients.

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