

# PortFIR®: Multi Format Availability of Portuguese Food Composition DataBase

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## Introduction

The Portuguese Food Composition DataBase (PFCDB) is the reference table of food composition in Portugal.

Created in 1961, it has been available on printed support since then.

Since 2007 the demand for digital supported information originated a CD-Rom (book in PDF and Excel file with complete data).

In 2010 an online tool was created on INSA website, beyond the PDF and CD.

## Objectives

To make freely available an online table format of the PCFDB to both general public and researchers, permanently updated.

## Methods

The PortFIR® platform is an online resource of food data aiming to congregate different types of information from different sources.

In Food Composition area, a table download was created.

This table is composed of the PFCDB ingredient and recipes containing the components content for each food.

## Conclusions

This new release of the PFCDB in Excel® file allows for all kinds of users to access food composition information, easily updated by INSA, in a more friendly, helpful and usable format than the printed book.

This format could be useful namely for nutritionists and general public to elaborate diets and for industry for labelling, allowing the data treatment accordingly to their needs.

The future upgrade of the PFCDB publication will be based on the results of the most recent national food intake survey and on the survey on the PFCDB users' satisfaction and needs, currently being performed.

## Results

Since the end of 2016, the online PFCDB is available in the PortFIR® website. Available for download in Excel® format, the Food Composition table contains in rows the different food items and in columns the components and the unit of the component value, per 100 g of the edible matrix. Currently, it includes 1109 food items, raw and/or processed ingredients and recipes, grouped according to the FoodEX2 classification, and 43 components, including energy, macronutrients and micronutrients.

1961

2006

2007

2016

1109 single foods

334 recipes

40 soups  
269 dishes  
25 desserts