

PortFIR[®] Food Composition Calculation Tool

Paulo Fernandes, M. Graça Dias, Luísa Oliveira

Departamento de Alimentação e Nutrição, Instituto Nacional de Saúde Doutor Ricardo Jorge, IP
Avenida Padre Cruz, 1649-016 Lisboa, Portugal
paulo.fernandes@insa.min-saude.pt

Introduction

PortFIR[®] (Portuguese Food Information Resource), is a program aiming to implement excellence networks on Nutrition and Food Safety. PortFIR[®] fosters knowledge sharing and developing a web platform with sustainable databases of recognized quality, about composition, contamination and consumption of food.

Currently, the main content of PortFIR[®] website (<http://portfir.insa.pt/>) is based on the Portuguese Food Composition DataBase (PFCDB).

The Calculation Tool is the most recent feature of the PortFIR[®] platform.

Objectives

To make freely available a calculation tool for the nutritional evaluation of food intake, both for consumer self-assessment and for assisting nutritionists and other professionals, allowing the creation of customized recipes and meals.

Methods

The PortFIR[®] Calculation Tool was developed to use the PFCDB ingredients and recipes and combine it with food portions and yield and retention factors associated to food processing, according to EuroFIR recipe calculation method.

Conclusions

The PortFIR[®] Calculation Tool is a freely available resource that can support consumers, nutritionists, other health professionals and food business operators to assess the nutritional composition of the food consumed and/or prepared.

Also, it allows visualising the contribution of each component of the diet to the total nutrient and energy intake, enabling the users to make healthier choices.

Results

The PortFIR[®] calculation tool enables users to compose their daily diet and evaluate its nutritional value as well as the contribution of each diet component for the total intake of nutrients and energy. For each meal, it is possible to choose ingredients and/or recipes from the PFCDB or to create recipes from the ingredients contained in the PFCDB and insert the amounts consumed/used. The calculation of the recipes nutritional composition considers the yield and retention factors associated to the specific food processing. Currently it is possible to combine 1109 food items, raw and/or processed ingredients and recipes, applying 34 cooking methods.



1109 single foods
34 cooking methods

