

LAUNCH EVENT: NEW FAOSTAT DOMAIN ON FOOD AND DIET

Thursday, 1 February 2024
16:00 – 17:00 (Rome time)

Virtual event

THE FOOD AND DIET DOMAIN — AN INTEGRATED DOMAIN ON FAOSTAT TO DISSEMINATE STATISTICS ON ALL FORMS OF DIETARY DATA

FAOSTAT

Home Data Selected Indicators Compare Data Definitions and Standards FAQ Search an Indicator or Commodity

Data

DOMAINS DOMAINS TABLE

- Production
- Food Security and Nutrition
- Food Balances
- Trade
- Prices
- Cost and Affordability of a Healthy Diet
- Food and Diet**
- Population and Employment
- Land, Inputs and Sustainability
- Investment
- Macro-Economic Indicators
- Food Value Chain
- Climate Change: Agrifood emissions
- Forestry
- SDG Indicators
- World Census of Agriculture

... with four types of data

Food and Diet

- Availability (based on supply utilization accounts)
2023-10-05
- Apparent intake (based on household consumption and expenditure surveys)
2023-12-12
- Intake (based on individual quantitative dietary surveys)
2023-11-30
- Diversity (MDD-W, based on individual qualitative dietary surveys)
2023-10-05

THE FOOD AND DIET DOMAIN CONTAINS ...

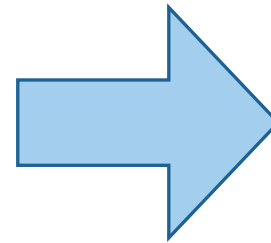
Statistics on **foods, energy, macro- and micronutrients:**

- ✓ Harmonized, where possible
- ✓ In English, French and Spanish
- ✓ Downloadable statistics
- ✓ Visualizations
- ✓ Metadata
- ✓ Full documentation

Common and unique features

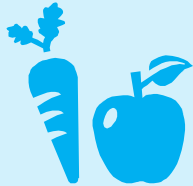
HARMONIZATION OF FOOD GROUPING

Rice	Milk	Lentils	Chicken
Potatoes	Bread	Cheese	Papaya
Spinach	Chickpea	Carbonated Beverages	Carrot
Orange	Cinnamon	Eggs	Etc



For three data types, statistics for foods are displayed using a common **nutrition-sensitive food group classification**, gathering items into 20 groups

HARMONIZATION OF FOOD MATCHING



Food matching between
the food list and food
composition data



Selection of food
composition tables (FCTs)
based on quality

For two data types (SUA and HCES), foods were matched to food composition values using a harmonized approach – following the same guidelines and using only high-quality food composition tables (FCTs)

HARMONIZATION OF NUTRIENT LIST

1. Energy [kcal]
2. Protein [g]
3. Fat [g]
4. Carbohydrate, available [g]
5. Dietary fibre [g]
6. Calcium [mg]
7. Iron [mg]
8. Magnesium [mg]
9. Phosphorus [mg]
10. Potassium [mg]
11. Zinc [mg]
12. Vitamin A [mcg RE]
13. Vitamin A [mcg RAE]
14. Thiamin [mg]
15. Riboflavin [mg]
16. Vitamin C [mg]

1. Total saturated fatty acids [g]
2. Total monounsaturated fatty acids [g]
3. Total polyunsaturated fatty acids [g]
4. Docosahexaenoic acid n3 (DHA) [g]
5. Eicosapentaenoic acid n-3 (EPA) [g]
6. Copper [mg]
7. Selenium [mcg]
8. Vitamin B6 [mg]
9. Vitamin B12 [mcg]
10. Carbohydrate, total [g]



Available for SUA, HCES and individual-level quantitative dietary data



Additional for SUA aquatic items



Additional for HCES, individual quantitative dietary data and SUA aquatic items



Available for individual level quantitative dietary data



**FOOD AND NUTRIENT AVAILABILITY
SUPPLY UTILIZATION ACCOUNTS (SUA)**


FAO SUPPLY UTILIZATION ACCOUNTS (SUA)

The SUA provides a picture of the **food availability** in a given country in a given calendar year for **530 food items**


The uses of SUA include building the food balance sheets (FBS), and consequently, the global monitoring of the prevalence of undernourishment

Data was previously available only for energy, protein and fat

- **Energy and 14 nutrients**
- **9 additional nutrients for aquatic items**
- **Statistics for 186 countries**
- **Between 2010 and 2021**
- **Presented for 20 food groups**
- **Full documentation**

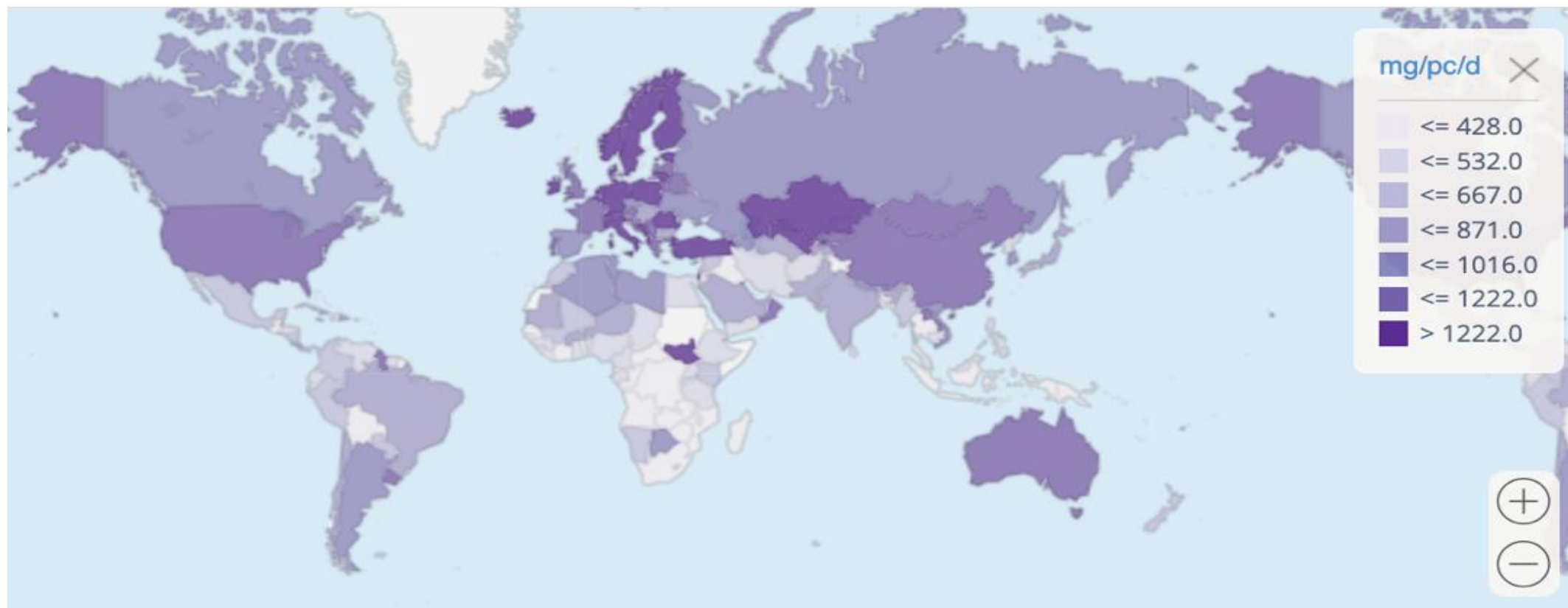

Food and Agriculture
Organization of the
United Nations

GLOBAL NUTRIENT CONVERSION TABLE FOR FAO SUPPLY UTILIZATION ACCOUNTS



CPC Code	CPC Description											Magnesium		
0111	wheat											4.0	112	
23110	wheat and meslin fl											2.0	49	
39120.01	bran of wheat											3.2	525	
23710	uncooked pasta, no											1.5	47	
23140.01	germ of wheat											7.8	275	
F0020	bread											1.7	31	
23140.02	bulgur	1.00	A2	344	9.5	11.3	1.8	65.9	10.4	0	1.3	32	2.7	116
F0022	pastry	1.00	A2	392	18.3	6.5	14.8	57.5	1.6	0	1.4	59	1.4	16
23220.01	starch of wheat	1.00	A	349	13.1	0.2	0.5	86.0	0.0	0	0.2	14	0.6	5
23220.02	wheat gluten	1.00	A2	209	50.1	40.1	2.7	6.0	0.5	0	0.7	62	3.3	32
24230.01	wheat-fermented beverages	1.00	C2	39	92.8	0.4	0.0	3.1	0.0	3.6	0.1	4	0.0	7
0113	rice	0.77	A2	348	12.2	7.7	2.0	72.9	4.0	0	1.2	22	1.6	105
23162	husked rice	1.00	A2	351	12.3	7.9	2.5	72.4	3.8	0	1.2	16	1.4	110
23161.01	rice, milled (husked)	1.00	A2	349	12.5	7.1	0.9	77.4	1.6	0	0.6	19	0.9	31
23161.02	rice, milled	1.00	A2	349	12.5	7.1	0.9	77.4	1.6	0	0.6	19	0.9	31
23161.03	rice, broken	1.00	A2	348	12.8	7.0	0.9	77.3	1.4	0	0.5	11	0.9	31
23220.03	starch of rice	1.00	B	355	11.1	0.4	0.2	87.5	0.6	0	0.3	7	0.5	4
39120.02	bran of rice	1.00	A	393	7.5	13.4	20.4	28.5	20.8	0	9.3	50	14.9	875
21691.01	oil of rice bran	1.00	A	900	0.0	0.0	100.0	0.0	0.0	0	0	0	0.0	0
23120.01	flour of rice	1.00	A2	352	12.2	6.2	1.3	77.8	1.9	0	0.6	9	0.8	37
24230.02	rice-fermented beverages	1.00	A2	110	82.4	0.4	0.0	4.2	0.0	13.0	0	3	0.0	2
23140.03	breakfast cereals	1.00	A2	368	5.0	9.7	2.5	71.9	9.4	0	1.6	30	2.8	100
0115	barley	0.86	A	329	10.7	10.9	1.9	59.4	15.4	0	1.7	33	5.1	109
23140.04	pot barley	1.00	A	329	10.7	10.9	1.9	59.4	15.4	0	1.7	33	5.1	109
23140.05	barley, pearled	1.00	A	330	10.3	8.9	1.4	62.7	15.6	0	1.1	25	2.8	72
39120.03	bran of barley	1.00	C	281	9.3	15.6	4.7	23.2	41.7	0	5.5	73	13.2	525
23120.02	barley flour and grits	1.00	A	336	13.1	9.9	2.3	64.6	8.9	0	1.4	28	3.6	93
24320	malt, whether or not roasted	1.00	B	357	8.2	10.3	1.8	71.2	7.1	0	1.4	37	4.7	97
23999.01	malt extract	1.00	B	310	21.1	6.2	0.0	71.4	0.0	0	1.3	61	1.0	72
24310.01	beer of barley, malted	1.00	A2	44	92.1	0.4	0.0	3.2	0.0	4.2	0.1	5	0.0	8

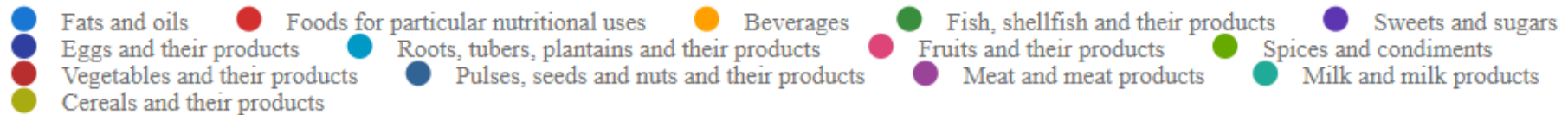
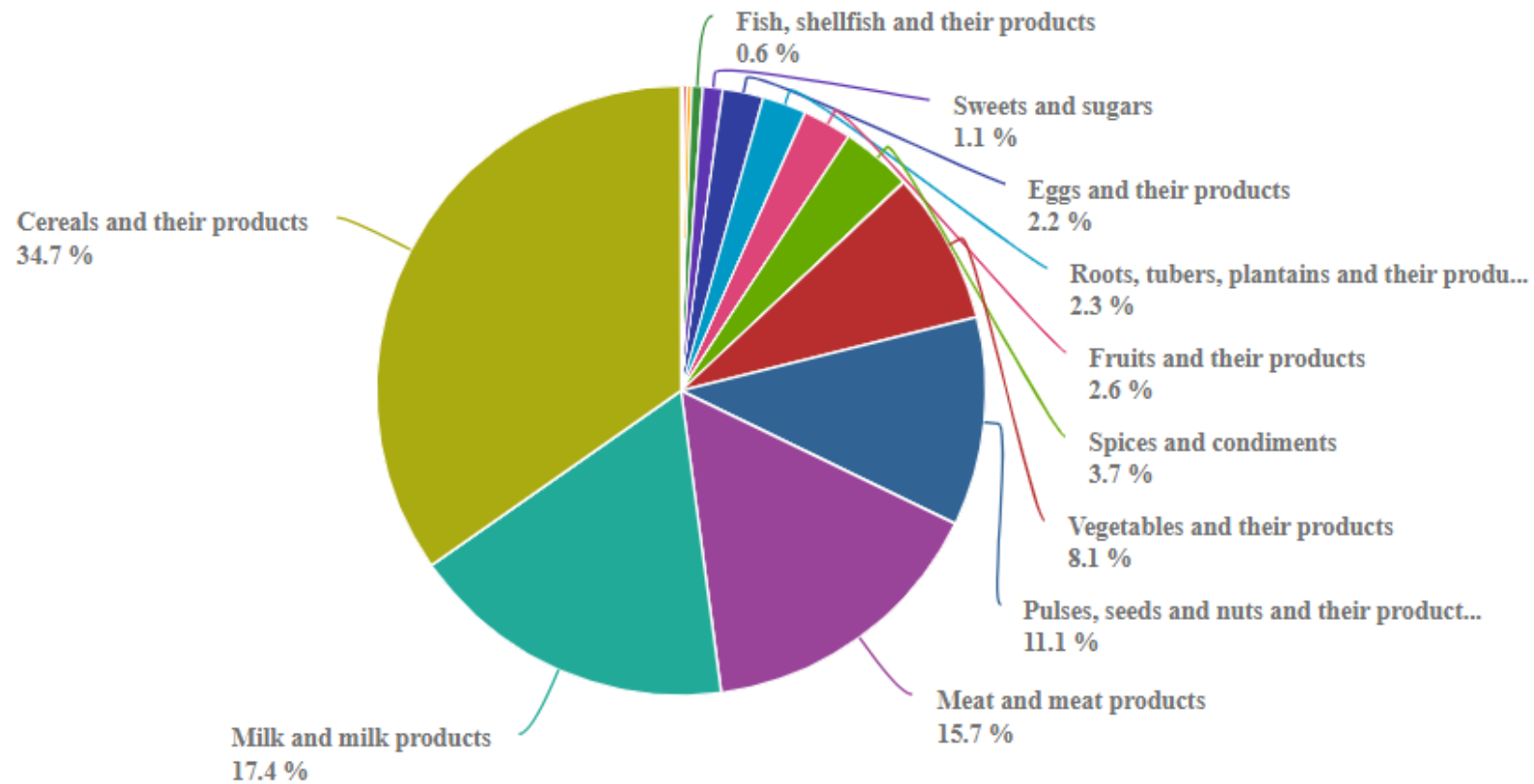
AVAILABILITY OF CALCIUM, BY COUNTRY (2021)



Source: FAO. 2024. Food and diet. In: FAOSTAT. Rome. Cited 1 February 2024. <https://www.fao.org/faostat/en/#data/SUA> (modified to comply with the UN Geospatial Information Section, 2024).

Note: The boundaries and names shown and the designations used on this/these map(s) do not imply the expression of any opinion whatsoever on the part of FAO concerning the legal status of any country, territory, city or area or of its authorities, or concerning the delimitation of its frontiers and boundaries. Dashed lines on maps represent approximate border lines for which there may not yet be full agreement.

AVAILABILITY OF ZINC, BY FOOD GROUP (TÜRKIYE, 2021)





FOOD AND NUTRIENT APPARENT INTAKE

**HOUSEHOLD CONSUMPTION AND
EXPENDITURE SURVEYS**

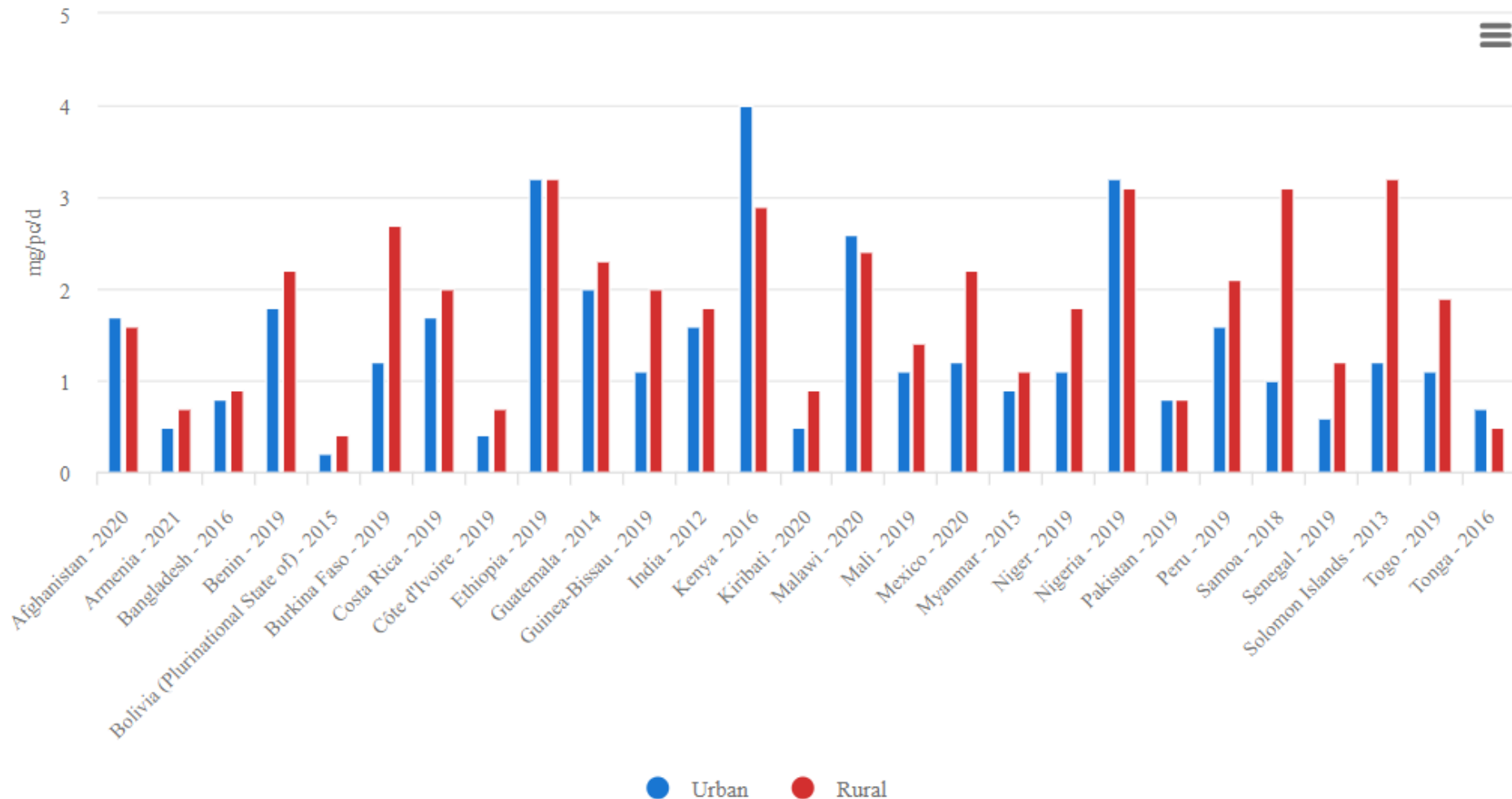
APPARENT INTAKE – HOUSEHOLD CONSUMPTION AND EXPENDITURE SURVEYS



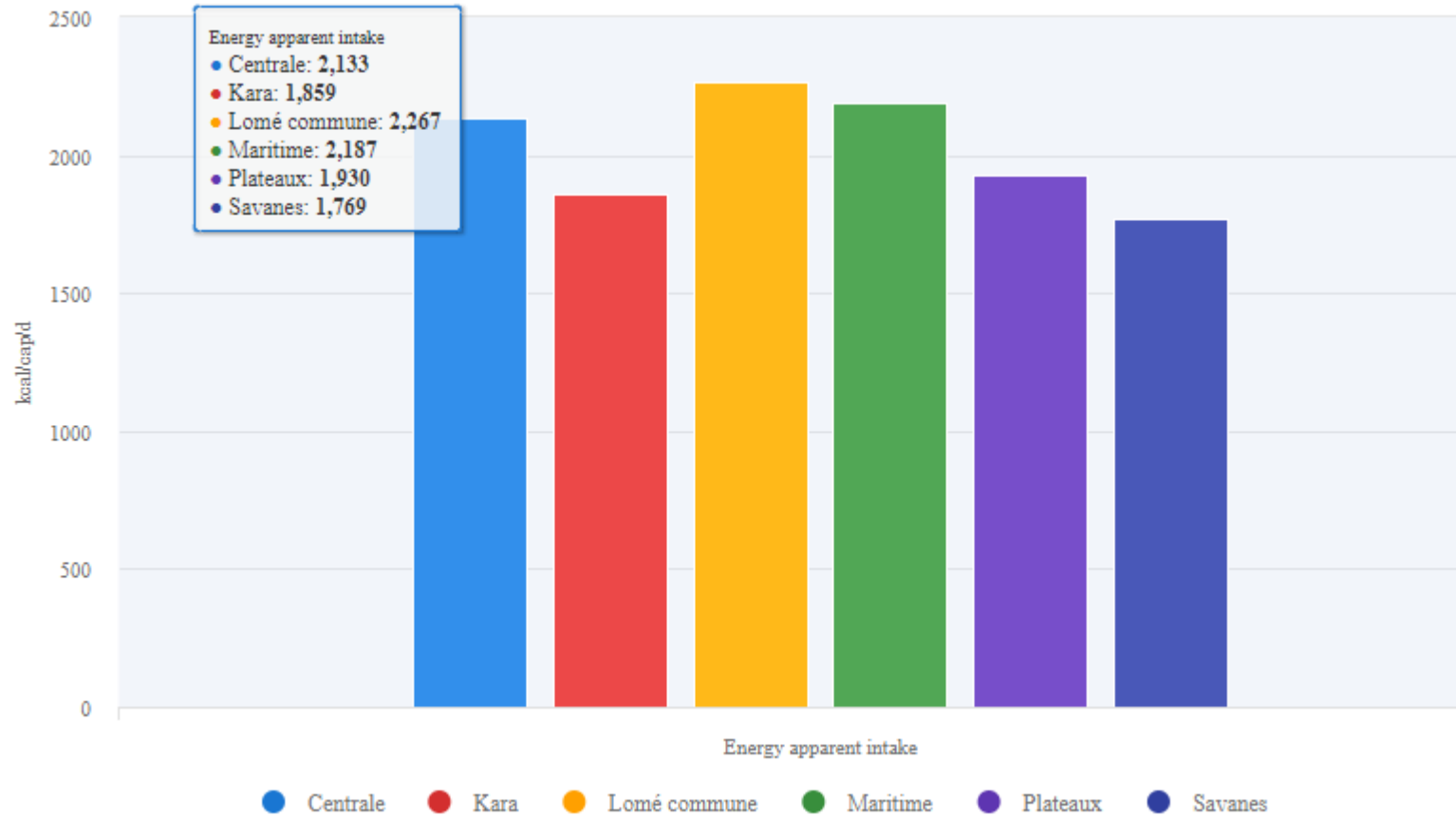
Statistics were computed from Household Consumption and Expenditure Survey (HCES) data. HCES is an umbrella term for household-level surveys developed to inform economic policy, and collect information on food quantities consumed and/or acquired during a reference period

- Statistics for **38 HCES** from **30 countries**
- Between **2010** and **2021**
- **Energy** and **16** selected **nutrients**
- **Presented for 20 food groups**
- Statistics by **geographic** and **income levels**
- Full documentation available

HCES — APPARENT INTAKE OF IRON FROM PULSES, SEEDS AND NUTS, BY SURVEY AND GEOGRAPHIC LEVEL



HCES — APPARENT INTAKE OF ENERGY FOR TOGO (2019), BY DISTRICT





FOOD AND NUTRIENT INTAKE

INDIVIDUAL QUANTITATIVE DIETARY DATA

INTAKE - INDIVIDUAL QUANTITATIVE DIETARY DATA

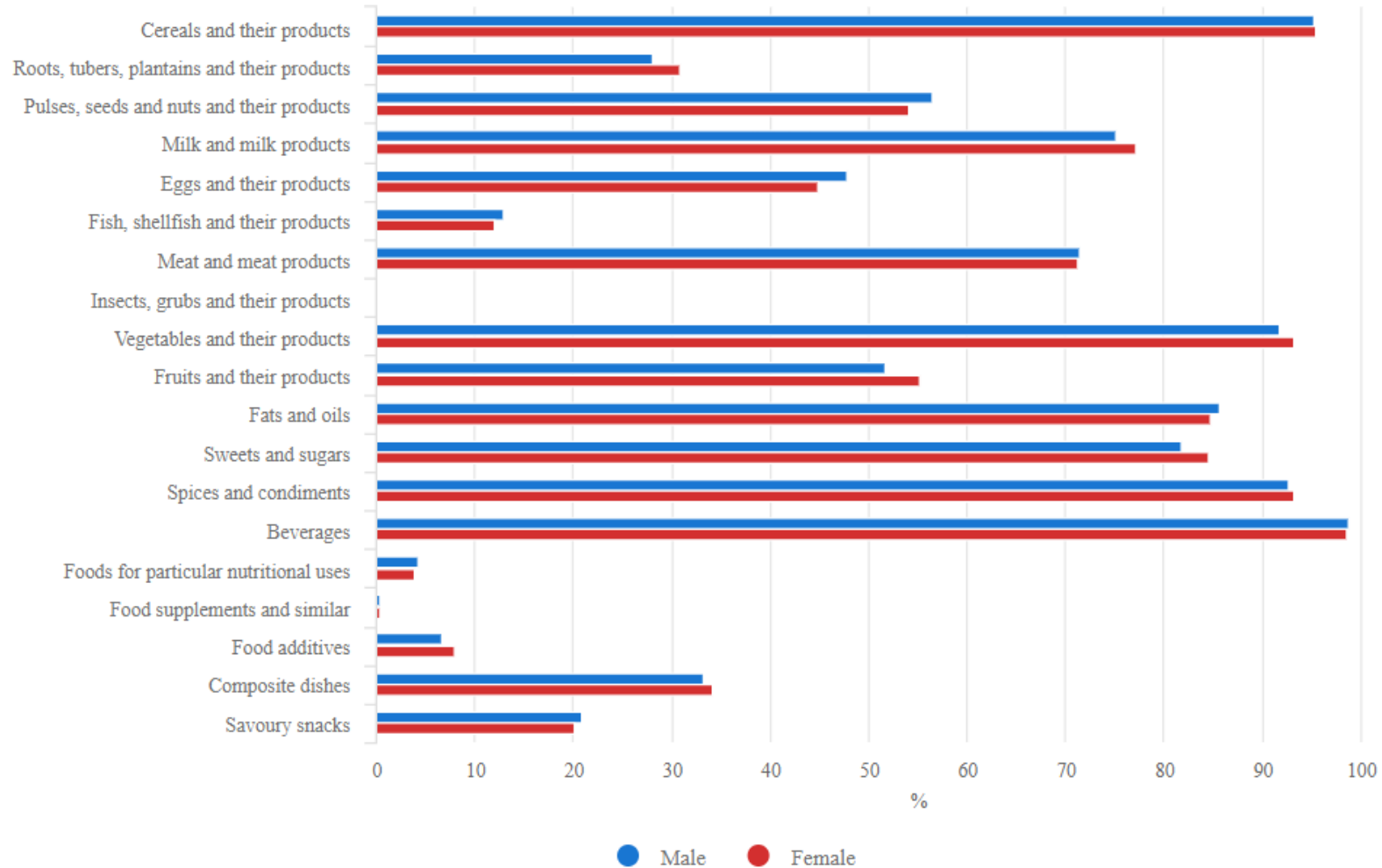
Individual quantitative dietary data tells us **what and how much people eat and drink**. It is very detailed and allows us to understand dietary intakes by age, sex and population groups.

Statistics from datasets:

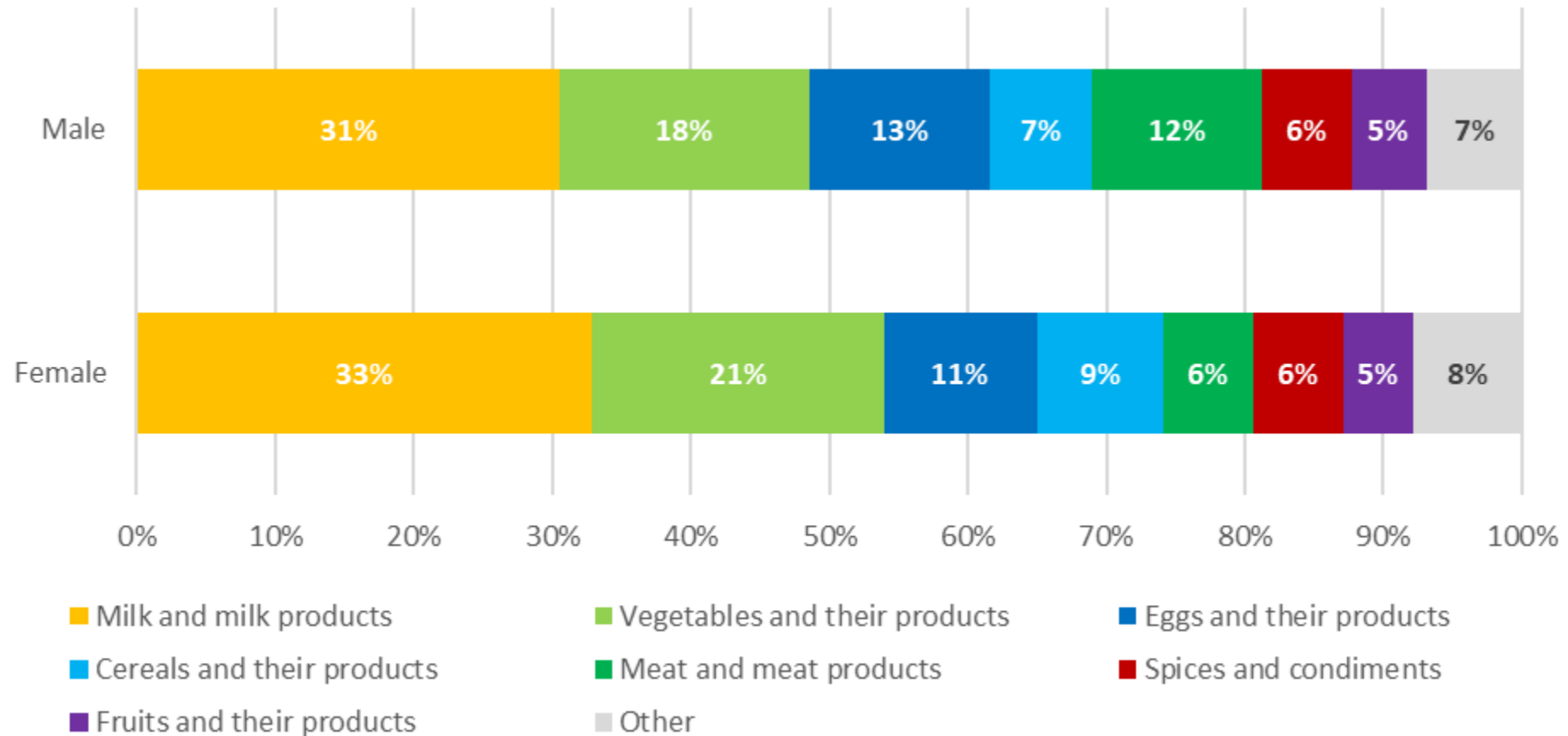
- ✓ Nationally representative (with sampling weights)
- ✓ From five surveys (Equatorial Guinea 2004, Tunisia 1996-1997, Brazil 2008-2009, Brazil 2014, Mexico 2012)
- ✓ Results by age, sex and geographic area



INTAKE — PERCENTAGE OF CONSUMERS BY SEX, MEXICO, 2012



INTAKE — PERCENTAGE CONTRIBUTION OF FOOD GROUPS TO VITAMIN A INTAKE (MEXICO, 2012)





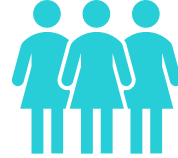
DIETARY DIVERSITY

MINIMUM DIETARY DIVERSITY
FOR WOMEN (MDD-W)

DIVERSITY (MDD-W INDIVIDUAL QUALITATIVE DIETARY SURVEYS)



Minimum Dietary Diversity for Women (MDD-W) is a qualitative indicator that measures the diversity of the diet



For non pregnant women aged 15 to 49



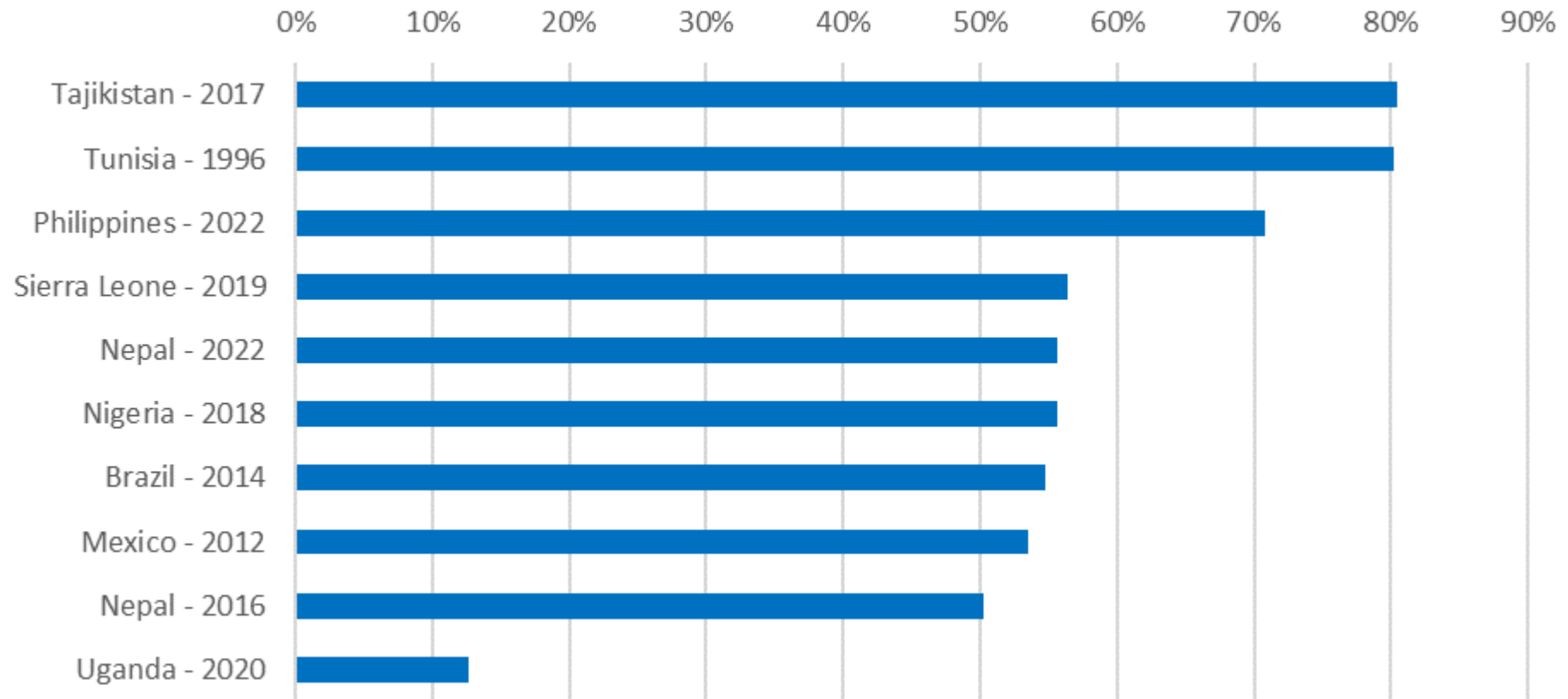
Consuming foods from at least 5 out of 10 defined food groups is a proxy for better micronutrient intake

- Statistics from **10 surveys** from **9 countries**
- Conducted between **1996 and 2022**
- From multiple data sources

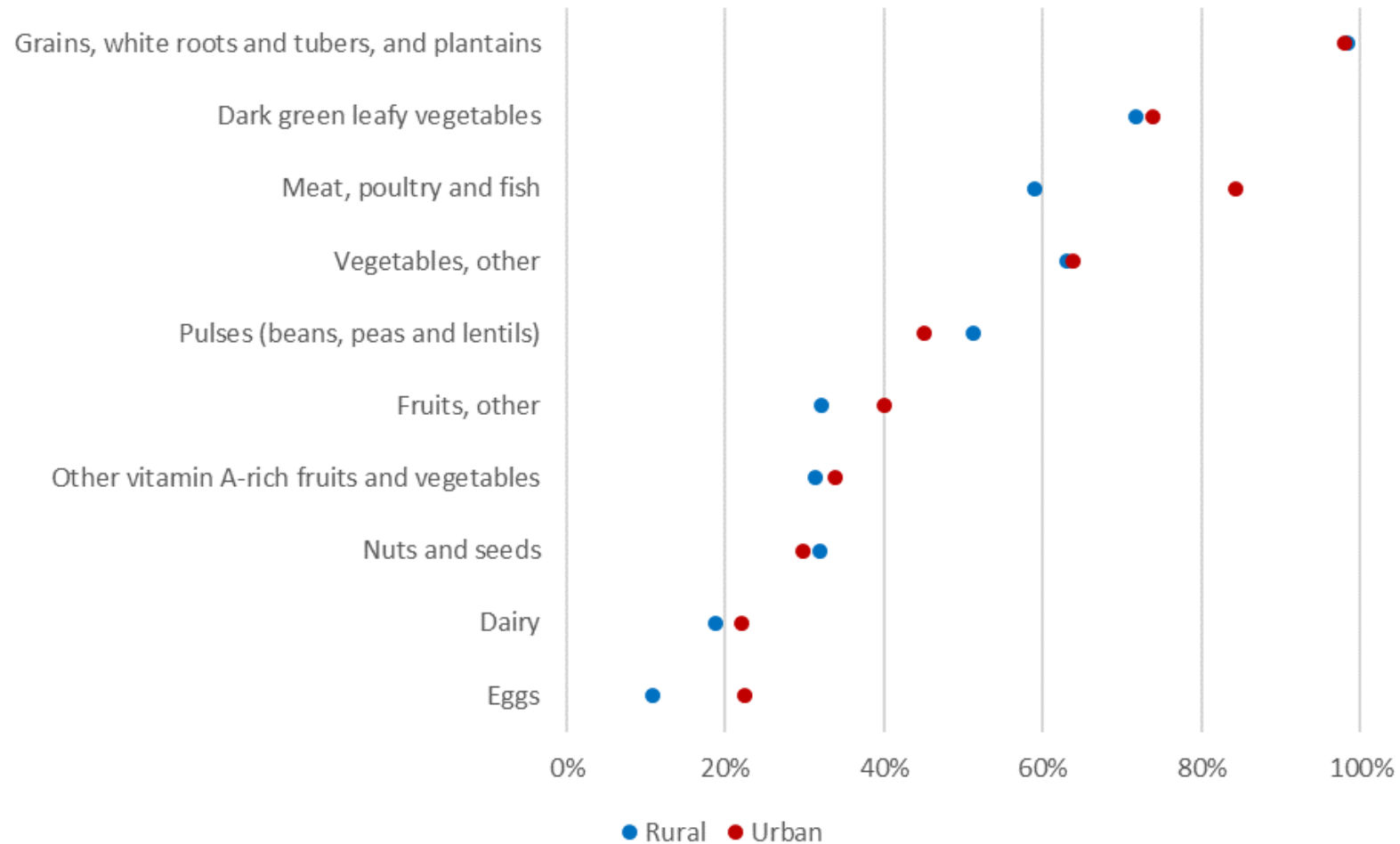
MDD-W 10 Food Groups

- | | |
|--|---|
| 1. Grains, white roots and tubers, and plantains | 6. Eggs |
| 2. Pulses (beans, peas and lentils) | 7. Dark green leafy vegetables |
| 3. Nuts and seeds | 8. Other vitamin A-rich fruits and vegetables |
| 4. Milk and milk products | 9. Other vegetables |
| 5. Meat, poultry and fish | 10. Other fruits |

DIVERSITY — PERCENTAGE OF WOMEN ACHIEVING MDD-W, BY SURVEY



DIVERSITY — PERCENTAGE OF WOMEN CONSUMING EACH OF THE TEN MDD-W FOOD GROUPS (NIGERIA, 2018)



ADDITIONAL KNOWLEDGE PRODUCTS

- Analytical brief
- Global nutrient conversion table for SUA
- Survey specific nutrient conversion tables for HCES
- Food group documentation
- Technical notes

GLOBAL NUTRIENT CONVERSION TABLE FOR FAO SUPPLY UTILIZATION ACCOUNTS



FAOSTAT ANALYTICAL BRIEF 82

Food and diet Statistics on dietary data

Adapted FAO/WHO Global Individual Food consumption data Tool (FAO/WHO GIFT) food group classification used on FAOSTAT food and diet domain

Food group code	Food group	Food group – short name	Subgroup code	NUTRITION subgroup	NUTRITION subgroup – short name	Food group description
1	Cereals and their products	Cereals	101	Rice and rice-based products	Rice	Rice, including secondary commodities and derived products such as semolina, flour, bran, popped rice, rolled grains and porridge, and manufactured rice-based products such as processed rice-based flakes, noodles, bread and imitation milk; excluding manufactured rice-based snacks such as chips.
			102	Maize and maize-based products	Maize	Maize, including secondary commodities and derived products such as semolina, milled grain, maize germ and cornmeal porridge, and manufactured maize-based products such as processed maize-based flakes, maize starch and popcorn; excluding manufactured maize-based snacks such as chips.
			103	Wheat and wheat-based products	Wheat	Wheat, including secondary commodities and derived products such as groats, semolina, flour, bran, wheat grain germ, rolled and popped grains and porridge, and manufactured wheat-based products such as processed wheat-based flakes, puffed grains, pastas, breads and dough-based foods; excluding manufactured wheat-based snacks such as chips.
			104	Sorghum and sorghum-based products	Sorghum	Sorghum, including secondary commodities and derived products such as flour, and manufactured sorghum-based products; excluding manufactured sorghum-based snacks such as chips.

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Thank you



Visit:

<https://www.fao.org/faostat/en/#data>



**PANEL
DISCUSSION**

MODERATOR: LYNNETTE NEUFELD

SPEAKER 1: LOUISE ANDER

SPEAKER 2: GERO CARLETTO

SPEAKER 3: SANDRA CRISPIM