

FOOD COMPOSITION TABLE FOR BANGLADESH

Nazma Shaheen¹, Abu Torab MA Rahim¹, Md. Mohiduzzaman¹, Cadi Parvin Banu¹, Md. Latiful Bari², Avonti Basak Tukun¹, MA Mannan³, Lalita Bhattacharjee³ and Barbara Stadlmayr⁴

¹Institute of Nutrition and Food Science, University of Dhaka, Dhaka-1000, Bangladesh.

²Centre for Advanced Research in Sciences, University of Dhaka, Dhaka-1000, Bangladesh.

³Food and Agriculture Organization of the United Nations, Dhaka, Bangladesh.

⁴Food and Agriculture Organization of the United Nations, Rome, Italy.



Background

The first food composition table (FCT) for Bangladesh - Deshio Khaddyodrobbeyer Pushtiman - was published in 1977. This FCT was a combination of borrowed and analytical data mostly generated from obsolete analytical methods with little data documentation in regards to references and component description. Since then, many Bangladeshi foods have been analyzed and several ad hoc FCTs were published. However, little attention was given to developing a systematic and well documented Food Composition Database (FCDB) for Bangladesh until 2011 when the new FCT was developed. This was a policy response to the long standing demand from agriculture, education, health and nutrition sectors to inform and orient food and nutrition programs. The new national FCDB and FCT for Bangladesh reflects a fulfilled vision of a truly national database starting from scratch in a SAARCFODS meeting in 2010 to its published first edition launched in 2013.

Improved evidence basis

The nutrient composition of 381 foods representing 15 food groups including 20 key foods and 11 multi-ingredient recipes was generated and compiled following updated methodologies, international standards and guidelines. The FCDB and FCT documentation have been made available for public use to improve the quality of data in food compositional databases. As a compositional information package and with its harmonization with other databases, the FCDB has also been exchanged with other countries. The incorporation into the user and archival database of updated nutrient composition of 72 and 400 fish species respectively that are part of the diets around the world has made a noteworthy contribution to the global fish database.

2015 INFOODS Success Story Prize

Programme implementation

Simplified food composition database (FCDB) and FCT documentation have been published for public use. Five thousand copies of easy- to- use FCT books for the end users were printed and disseminated to enable clear understanding and interpretation of food consumption and nutritive values. Trainings on FCT use have been conducted for government ministries, departments, universities, think tank institutions and non-government organizations, notably BBS, HKI, BRAC University, BIDS, FPMU, IPHN, NIPORT, World Fish Centre and ICDDR,B.

Success

The computerized FCDB and printed tables are serving as a valuable input to national and regional food compositional activities. A Desirable Dietary Pattern and dietary guidelines for Bangladesh have been established using this revised FCDB to calculate the energy and nutrients in the diets. The updated FCT has been used in formulating improved recipes for complementary feeding of children aged 6-23 months and establishing guidelines for complementary feeding in Bangladesh. It has also been used in the recent years in the calculation of nutrients from food consumption data obtained from special dietary and household food consumption surveys. A high demand for the use of Bangladesh FCT in the cost of diet analysis by development partners overseas is noted.

Source

The FCT for Bangladesh is maiden global branded tool containing updated analytical data on the composition of twenty prioritized key foods and valid and reliable secondary data on Bangladeshi foods. The published FCTB can be downloaded freely both in PDF and excel format at the INFOODS website (<http://www.fao.org/infoods/infoods/tables-and-databases/asia/en/>).