User Guidelines

Navigating through the FAO/WHO GIFT dissemination platform

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1. Navigate through the website using the panel. We will focus on two sections: “Data and Indicators” and “Inventory of surveys”

![Image of FAO/WHO GIFT website]

Navigate through the website using the panel above. We will focus on two sections: “Data and Indicators” and “Inventory of Surveys”

2. Data and indicators section:

#1 - Select the dataset of interest

![Image of advanced search results]

Use the advanced search to look for the dataset of interest among the ones available in the platform.

Select one of the datasets and click on “Indicators”
#2 - Filter for the population of interest

Select the population of interest or continue browsing indicators calculated on the whole study population.

#3 - Food consumption indicators

Navigate through the Food Consumption indicator using the panel with three sub-sections.
#4 - Average food group consumption

Roll over the bubbles to see the average consumption of different food groups.

#5 - Average food consumption of sub-groups

Click on the bubbles to see the disaggregation of food groups into the sub-groups, roll over the bubbles to see the average consumption of different sub-groups.

Click to any area outside the bubbles to return to the higher level of disaggregation.
#6 - Average food consumption of different food items

Click on the bubbles to see the disaggregation of food sub-groups into the food items, roll over the bubbles to see the average consumption of different food items.

Click to any area outside the bubbles to return to the higher level of disaggregation.

Mind that the values refer to the average consumption for the select sample, so if only few people consumed the given food, the average can seem very little.

#7 - Average percentage contribution of food groups to the total consumption

Roll over the tiles to see the average contribution of different food groups to the total diet expressed in percent.

Change the way of looking at the contribution of different foods to the total consumption.
#8 - Average percentage contribution of food sub-groups to the total consumption

Click on the tiles to see the disaggregation of food sub-groups into the food items, roll over the tiles to see the average contribution of different food items to the total consumption of the food sub-group you chose.

Click to button tile with the food group name to return to the previous level of disaggregation.

#9 - Average percentage contribution of different food items to the total consumption

Click on the tiles to see the disaggregation of food sub-groups into the food items, roll over the tiles to see the average contribution of different food items to the total consumption of the food sub-group you chose.

Click to button tile with the food group name to return to the previous level of disaggregation.
#10 - Contribution of different foods groups to the average daily energy intake

Click and see the contribution of different foods to the average daily energy intake

Roll over the slices of the chart to see the average energy intake from different food groups

Click "Back" to return to the previous level of disaggregation

#11 - Contribution of different foods sub-groups to the average daily energy intake

Click on the slices of the chart to see the energy contribution of the food sub-groups belonging to the food group you chose
#12 - Food Safety indicators

Indicators

Move to the "Food Safety" section

Acute food consumption: Percentage of consumers and daily portions size among consumers on consumption days (in grams per person per day)

This indicator shows the percentage of individuals in the population who consumed the food or food group of interest during the survey period (consumers) and the average daily foods and food group consumption expressed in grams per person per day among these individuals calculated based on the consumption days only. Consumption days are those days on which the food of interest was consumed.

Select a food:
- Cereals
- Roots, tubers and plantains
- Nuts, seeds and nuts
- Nuts and seeds and products based on them
- Pulses (excluding soybeans)

#13 – Percentage of consumers and daily portions size among consumer in consumption days

Indicators

See the percentage of the population that consumed the food you have selected

See how much of this food is consumed by the 95th percentile of consumers (those individual who consume the most)

Select the food group, food sub-group or food item of interest. Click on the arrow to open a more detailed list

Acute food consumption: Percentage of consumers and daily portions size among consumers on consumption days (in grams per person per day)

This indicator shows the percentage of individuals in the population who consumed the food or food group of interest during the survey period (consumers) and the average daily foods and food group consumption expressed in grams per person per day among these individuals calculated based on the consumption days only. Consumption days are those days on which the food of interest was consumed.
#14 - Nutrition indicators

Food sources of micronutrients in the diet (in grams per person per day).
This indicator shows the contribution of different foods and food groups to the average dietary intake of different micronutrients expressed in grams per person per day.

Select a nutrient:
- Calcium
- Folate
- Iron
- Vitamin A
- Zinc

Move to the "Nutrition" section to go to "Sources of Nutrients in the diet" to see which foods contribute more to the average daily intake of different nutrients.

Roll over slices of the pie chart to see the amount of nutrient coming from different food groups.

#15 - Sources of nutrients from different food groups

Food sources of micronutrients in the diet (in grams per person per day).
This indicator shows the contribution of different foods and food groups to the average dietary intake of different micronutrients expressed in grams per person per day.

Select a nutrient:
- Calcium
- Folate
- Iron
- Vitamin A
- Zinc

Roll over slices of the pie chart to see the amount of nutrient coming from different food groups.
#16 - Sources of nutrients from different food sub-groups

## Indicators
- Food Consumption
- Food Safety
- Nutrition

### Sources of nutrients in the diet
- Macronutrient contribution to total energy intake

Food sources of micronutrients in the diet (in grams per person per day)
This indicator shows the contribution of different foods and food groups to the average dietary intake of different micronutrients expressed in grams per person per day.

Select a nutrient:
- Calcium
- Folate
- Iron
- Vitamin A
- Zinc

Click on the slices of the chart to see the amount of nutrients coming from food sub-groups belonging to the food group you chose.

Click "Back" to return to the previous level of disaggregation.

#17 - Sources of nutrients from different food items

## Indicators
- Food Consumption
- Food Safety
- Nutrition

### Sources of nutrients in the diet
- Macronutrient contribution to total energy intake

Food sources of micronutrients in the diet (in grams per person per day)
This indicator shows the contribution of different foods and food groups to the average dietary intake of different micronutrients expressed in grams per person per day.

Select a nutrient:
- Calcium
- Folate
- Iron
- Vitamin A
- Zinc

Click again to see the amount of nutrients coming from different food items belonging to the food group you chose.

Click "Back" to return to the previous level of disaggregation.
#18 – Macronutrient contribution to the total energy intake

Macronutrient contribution to total energy intake

This indicator shows the average percentage contribution of macronutrients (fat, carbohydrate and protein) to total energy intake. The values are shown with reference to the recommended by WHO proportions of macronutrients in the diet (see methodology section for references).

Go to the “Macronutrient contribution to total energy intake” section to see the average proportions of dietary energy coming from fat, protein and carbohydrate.

Check the average contribution of the three macronutrients to the total energy intake, and compare their contribution with the recommended values given on the outer part of the graph.

#19 - Interpretation of indicators

Mind that all indicators should be interpreted cautiously, taking in consideration the survey information and the methodology. Click on "survey information" to see the metadata of the survey and on "methodology" to go to the Methodology section of the platform.

Cautionary notice

Please bear in mind that the following indicators are derived from the data selected as per the filters here above. Interpretation should be done in consideration of all limitations highlighted in the survey information and in the methodology section of this platform.
If you are interested in doing further analysis of the data, go back to the available datasets to download the microdata of the survey.

You can also check and download the metadata of the survey by clicking on "Metadata".

Use the advanced search to refine your search for datasets.

Click on "Download" to obtain the microdata for the survey of interest.
#22 - Sign in to download the microdata for the survey of interest

Register or sign in with your email account to download the microdata of the survey of interest.

#23 – Description of the intended use of the data and dataset acknowledgement

Provide a short description of the intended use of the data and agree to the terms of use to download the microdata of interest.

#24 – Microdata files

Open the .zip folder you have downloaded to see the microdata files.
3. Inventory of existing surveys section:

#1 Inventory map

- Zoom in the map to see the existing individual quantitative food consumption surveys identified by country.

#2 Filter identified surveys

- Use filters to see which datasets are available in FAO/WHO GIFT.
- Use filters to select the coverage and type of area of interest.
Now enjoy exploring by yourself!

Are you a data owner?

Please contact fao-who-gift@fao.org if your institution is interested in sharing individual quantitative food consumption data through FAO/WHO GIFT