

Brazilian Food Composition Table, USP

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Background

Version 6.0 of the Brazilian Food Composition Table, USP (TBCA) will be available on the Internet by the end 2015. It will provide information on 4,000 foods consumed in Brazil, including over 1,750 data on proximate composition (PC) in addition to other components.

Programme implementation

The table is the result of almost three decades of the dedicated work of Professors from the University of São Paulo (USP), Faculty of Pharmaceutical Sciences, Department of Food and Experimental Nutrition which began in 1989. Under leadership of Franco Maria Lajolo, encouraged by INFOODS and especially by Nevin Scrimshaw from the United Nations University and by Ricardo Bressani from LATINFOODS an Integrated Project on Food Composition was created in Brazil. The Project was later incorporated by BRASILFOODS and currently counts on the participation of both the Food Research Centre (FoRC) and Food and Nutrition Research Center (NAPAN) at USP, under coordination of Franco M Lajolo and Elizabete Wenzel de Menezes. A total of twenty Brazilian researchers and professionals were brought together informally to work on the Project to discuss and perform studies in order to encourage the production of data on chemical food composition in the country.

2015 INFOODS Success Story Prize

Improve evidence base

The profile of the data shown in each new version of the TBCA reflects how development in the field has evolved in Brazil both in terms of analysis and compilation. Version 1.0 was released in 1998 with PC data on 300 foods. The 2001 Version 3.0 presented PC data on 696 foods in addition to data on resistant starch, dietary fiber (DF), fatty acids, cholesterol, and carotenoids. Version 4.0 (2005) presented 1,205 PC data, a search tool by food name, information provided in household measure, and relevant field-related literature. Version 5.0 (2008) included glycemic response and carbohydrate profile data (www.intranet.fcf.usp.br/tabela).

Success

Over the years, BRASILFOODS has developed actions to improve the quality of food composition data including collaborative studies, training of students and professionals on analytical methods for DF among other components, national and international fundraising for research projects that can generate data, development of tools to support data compilation such as the Data Compilation Form that has been translated and adapted to be used in Latin America, postgraduate level study program on compilation in Brazil and in Latin America by FAO, compilation exercises in the undergraduate Nutrition Program using FAO/e-learning course, capacity building in the production and/or compilation and management of the database for postgraduate students, Presidency of LATINFOODS (2004-2006) and coordinator of LATINFOODS Compilation Committee, participation in carbohydrate-related actions at FAO, organization of the 7th IFDC (2007), promotion of the ongoing work at national and international conferences with the aim of updating professionals in this field. Every positive development made to date is the result of the joint effort of several partners and students that have been essential to the process. Future versions of the TBCA will include data on biodiverse Brazilian foods and those reported in food consumption surveys with complete nutrient profiles. In addition, a computer system to support decision-making by nutritionists is under development. BRASILFOODS is responsible for various activities that include the production of bioactive component data.

Source

Brazilian Food Composition Tables: <http://www.intranet.fcf.usp.br/tabela/>