

# Food Composition Table of Pakistan

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## Background

Pakistan Food Composition Table was revised in year 2001 and published in paper format. After that despite of many efforts by people in the field, situation did not improve and nutritionist, surveying agencies and others were bound to use old data.



In year 2013, I applied for Food Composition Data and Management Course and was admitted to course but Wageningen University could not accommodate me because of limited funds with them. A phone call from Infoods Office, Rome, Italy (Dr Ruth Charrondiere) felt like a dream come true. Therefore with the help of FAO, I successfully completed the course and became part of new world, 'InFoods; list members'. The course was very knowledgeable and trainers were simply awesome.

## Programme implementation and improve evidence base

In a meeting with Ruth Charrondiere, we decided that I will do something even if I am not getting much funds for development of updating food composition table of Pakistan. With her support, I came in contact with FAO, Pakistan, send them emails and spoke to them about the need for revising FCT Pakistan. FAO, Pakistan was convinced but due to emergency situation created by flood in the country, they were preoccupied.

I enrolled two students in year 2014; one Ph.D. and one M.Phil with titles, "Updating Food Composition Table of Pakistan through combination method" and "Nutritional profiling of selected wheat varieties of Sindh, Pakistan" respectively. We collected literature from libraries of various Universities, scrutinized them against set criteria and compiled all the existing data, therefore, identified the gaps which should be filled. Also, in M.Phil. project we were able to establish and validate AOAC methods for some nutrients.

## Success

This is on its way, and we are working on more components while we have good news as well that FAO, Pakistan with the Ministry of Planning and Development of Pakistan has planned to revise food composition table of Pakistan and dietary guidelines - hooray! I was part of first meeting on this issue held on 30 March 2015 and it was resolved that government and FAO will support the revision of food composition table of Pakistan.

Thanks to INFOODS, Wageningen University, FAO-Pakistan, Planning Commission of Pakistan and my University for this trust and providing opportunity to learn and implement.

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