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Background

The food composition program in Australia is largely governed by regulatory requirements of Food Standards Australia New Zealand with analytical priorities developed for food monitoring rather than from data user needs. The program was strongly focused on growing the analytical data during the early 1930s and again during the late 1970s. The later period also saw a time of heightened database user interest with a historic overview of the program provided in 1981. Since this time user understanding of the correct use of the data appears to be decreasing. In Australia, there is a need for more use focused engagement in food composition.

Improve evidence basis

Due to the decreased interest in food composition from data users Dr Probst has actively worked towards reestablishing this interest.

To achieve this, to date she has:

- attended the first Australian food composition training course and in discussion with Jayashree Arcott and Heather Greenfield about involvement in a repeat course.
- led the development and publication of a two part continuing education quiz in the Nutrition and Dietetics Journal (DOI: 10.1111/1747-0080.12027 and DOI: 10.1111/1747-0080.12000) to encourage data users to test their knowledge.
- established a Food Composition Interest Group via the Dietitians Association of Australia and am on the food composition advisory committee of Food Standards Australia New Zealand.
- written a two part history of the Australian program. This history was aimed to demonstrate to food composition data users what has been happening over time in the Australian program. Leading on from this review I transcribed the paper-based data tables from Australia to a database format within the FoodWorks software program allowing an analysis of dietary intake data to be conducted using food data from 1940 onward (in a software package rather than on paper).
- run focus group discussions with data users to determine the barriers to correct use of food composition data, written this up for review with PLoS ONE.
- worked with my PhD students and colleagues to develop a wholegrains and an added sugars database to analyse Australian food intake data. I am presently working with colleagues on developing the first Australian phytochemical database.

Programme implementation

- **Continuing education quiz:** I have used this quiz in my teaching of food composition and plan to further food composition training in Australia via tailored online modules for data users.
- **Historic review paper: The first p**ublished in Trends in Food Science and Technology (doi:10.1016/j.tifs.2014.12.005) focused on the program itself and the second at the National Nutrient Data Conference in Portland USA in 2014 focused on people (currently in press with the Procedia journal).
- Data tables from 1940 onward available in FoodWorks software
- Wholegrain database: published in the Journal of Food Composition and Analysis (doi:10.1016/j.jfca.2014.04.012)
- Added sugar values for all foods in current AUSNUT database and 5000 foods of the FoodSwitch database.

Successes

- Planned involvement in 2nd Australian Food Composition training course
- Wholegrain database: media interest and subsequent use in various projects led by the Australian food industry
- Databases for wholegrains, added sugar and in the future phytochemicals

Source

- Australian regional food composition program