

FOOD COMPOSITION DATA

FOOD COMPOSITION DATA ARE THE BASIS OF ALMOST ALL ASPECTS OF NUTRITION

Food Composition Data are essential to calculate nutrient intakes or to formulate diets and food labels. This information is used to understand the relationship between **nutrient intake** and disease, to prepare **dietary guidelines** and to define **nutrient requirements**. On this basis it is possible to determine nutrition adequacy, and formulate nutrition, and agriculture health policies.

Food Composition Data are key to improve nutrition, health and food security of all populations.

FAO/INFOODS E-LEARNING COURSE ON FOOD COMPOSITION DATA

The **FAO/INFOODS e-Learning Course on Food Composition Data** aims to close the knowledge gap on food composition of nutritionists and all those generating, compiling or using food composition data.

The course is available for free on the web (www.fao.org/infoods/infoods/training/en) and on CD-Rom. It provides a comprehensive basic knowledge and understanding of essential issues related to food composition.

It is an interactive, learner-centred course organized into 14 lessons, for a total of about 10 hours of self-paced learning.

The e-learning course offers a wealth of examples, exercises and case studies based on best practices.

