



Overview

Data and indicators

Inventory of surveys

Resources

Methodology



User Guidelines

Navigating through the FAO/WHO GIFT dissemination platform

06.06.2019

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

2. Data and indicators section:

#1 - Select the dataset of interest

Title	Start Year	End Year	Indicators	Download		
Italy - INRAN SCAI 2005-2006 - CREA - Alimenti e Nutrizione	3323	Italy	2005	2006	Indicators	Download
Food consumption and iron status survey in two provinces of rural Burkina Faso	960	Burkina Faso	2010	2010	Indicators	Download
The 2009 Food consumption and Vitamin A status survey in Zambia	867	Zambia	2009		Indicators	Download
HarvestPlus Bangladesh Bio-fortified Rice Project - Baseline Dietary Survey	475	Bangladesh			Indicators	Download
HarvestPlus Reaching End Users (REU) Orange-Fleshed Sweet Potato (OFSP) Project	452	Uganda			Indicators	Download

#2 - Filter for the population of interest

National Food Consumption Survey Lao PDR 2016-2017

Back to available datasets

National food consumption dataset from 2016 covering general population in Lao PDR.
See the metadata for more information related to the dataset: [METADATA](#)

Filter data by sex and age

Sex

Male Female All

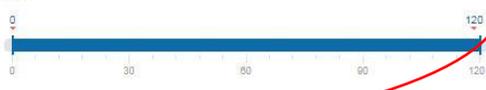
Age Granularity

Year Month

Special Condition

Pregnant Lactating Pregnant and lactating
 Non pregnant and non lactating

Age



Indicators

Food Consumption
Food Safety
Nutrition

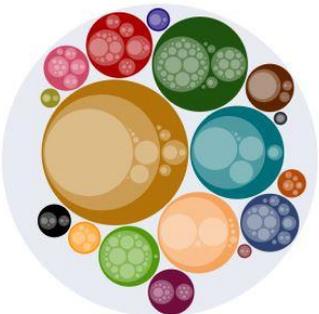
Dietary pattern

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

Daily diet: Average food consumption (in grams per person per day)

Showing details for: 2045 subjects between age 0-120 years

Foods



Beverages



Grams per person

Percentage as g per 100g

Calories per person

#3 - Food consumption indicators

Indicators

Food Consumption
Food Safety
Nutrition

Dietary pattern

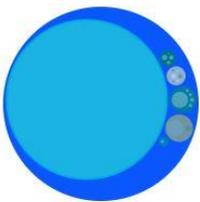
Daily diet: Average food consumption (in grams per person per day)

Showing details for: 2045 subjects between age 0-120 years

Foods



Beverages



Grams per person

Percentage as g per 100g

Calories per person

Navigate through the Food Consumption indicator using the panel with three sub-sections

#4 - Average food group consumption

Indicators

Food Consumption
Food Safety
Nutrition

Dietary pattern

Daily diet: Average food consumption (in grams per person per day)

This indicator shows **the average foods and food group consumption expressed in grams per person per day**. The calculation takes into account all individuals in the population: consumers and non-consumers. Consumers are those individuals who did consume the food of interest during the survey period, and non-consumers are those who did not.

Grams per person

Percentage as g per 100g

Calories per person

Daily diet: grams per person per day

Showing details for: 2045 subjects between age 0-120 years

Foods

Beverages

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

#5 - Average food consumption of sub-groups

Indicators

Food Consumption
Food Safety
Nutrition

Dietary pattern

Daily diet: Average food consumption (in grams per person per day)

This indicator shows **the average foods and food group consumption expressed in grams per person per day**. The calculation takes into account all individuals in the population: consumers and non-consumers. Consumers are those individuals who did consume the food of interest during the survey period, and non-consumers are those who did not.

Grams per person

Percentage as g per 100g

Calories per person

Daily diet: grams per person per day

Showing details for: 2045 subjects between age 0-120 years

Foods

Beverages

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

Indicators

Food Consumption
Food Safety
Nutrition

Dietary pattern

Daily diet: Average food consumption (in grams per person per day)

This indicator shows **the average foods and food group consumption expressed in grams per person per day**. The calculation takes into account all individuals in the population: consumers and non-consumers. Consumers are those individuals who did consume the food of interest during the survey period, and non-consumers are those who did not.

Grams per person

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

Daily diet: grams per person per day

Showing details for: 2045 subjects between age 0-120 years

Foods

Beverages

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

Indicators

Food Consumption
Food Safety
Nutrition

Dietary pattern

Daily diet: Average percentage contribution of different foods to the total consumption

This indicator shows **the average percentage contribution of different foods and food groups to the total consumption in the population**. The calculation takes into account all individuals in the population: consumers and non-consumers. Consumers are those individuals who did consume the food of interest during the survey period, and non-consumers are those who did not.

Percentage as g per 100g

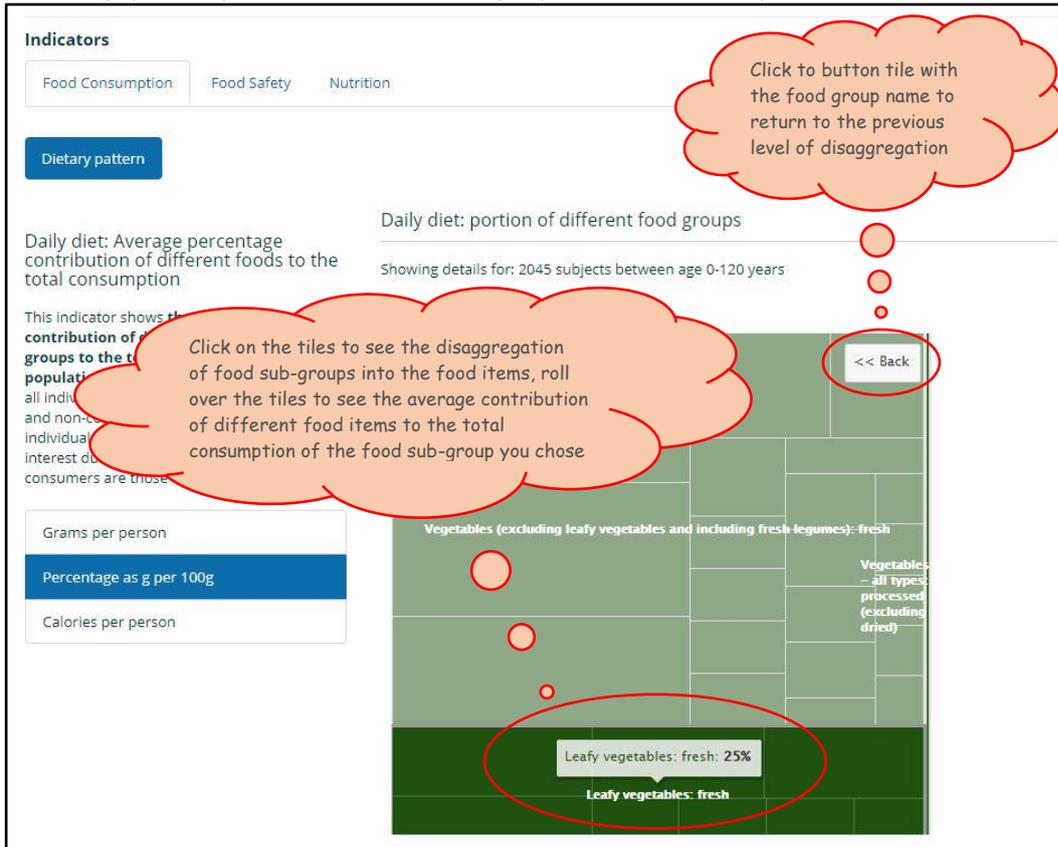
Change the way of looking at the contribution of different foods to the total consumption

Daily diet: portion of different food groups

Showing details for: 2045 subjects between age 0-120 years

Foods

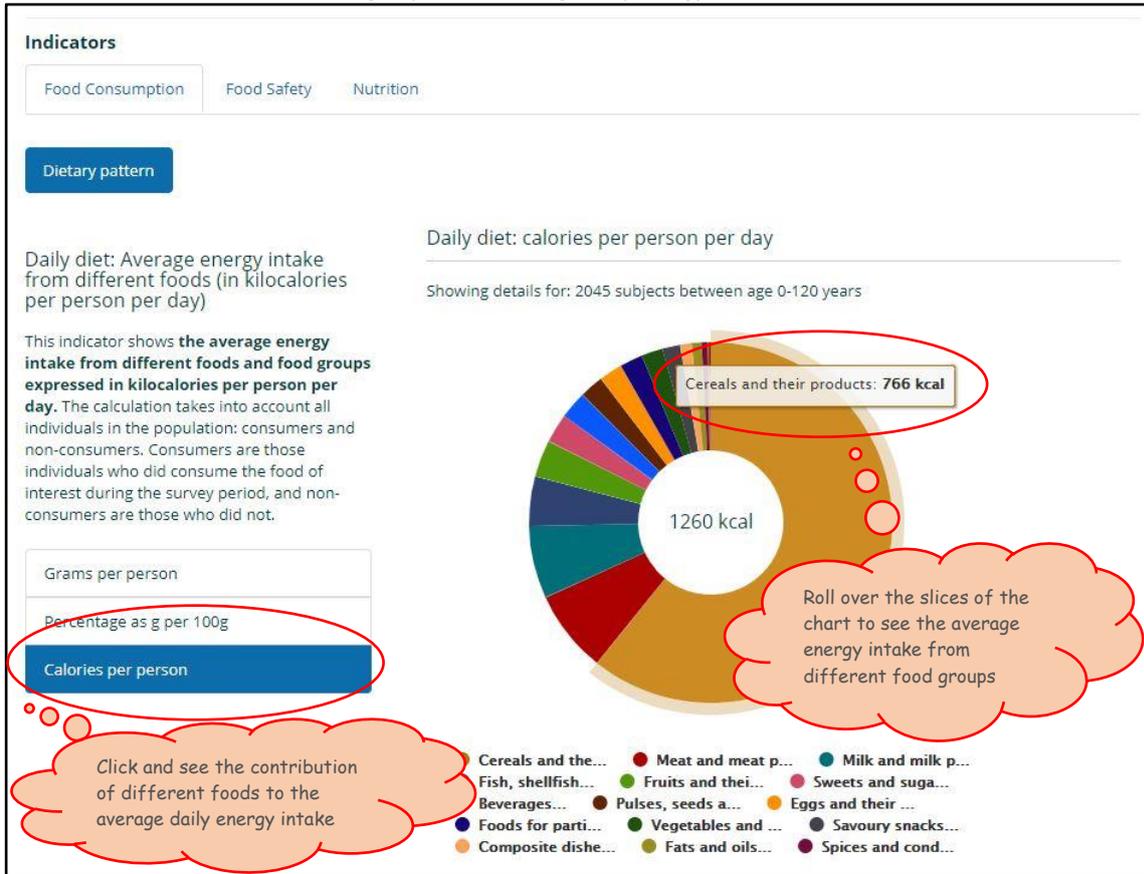
#8 - Average percentage contribution of food sub-groups to the total consumption



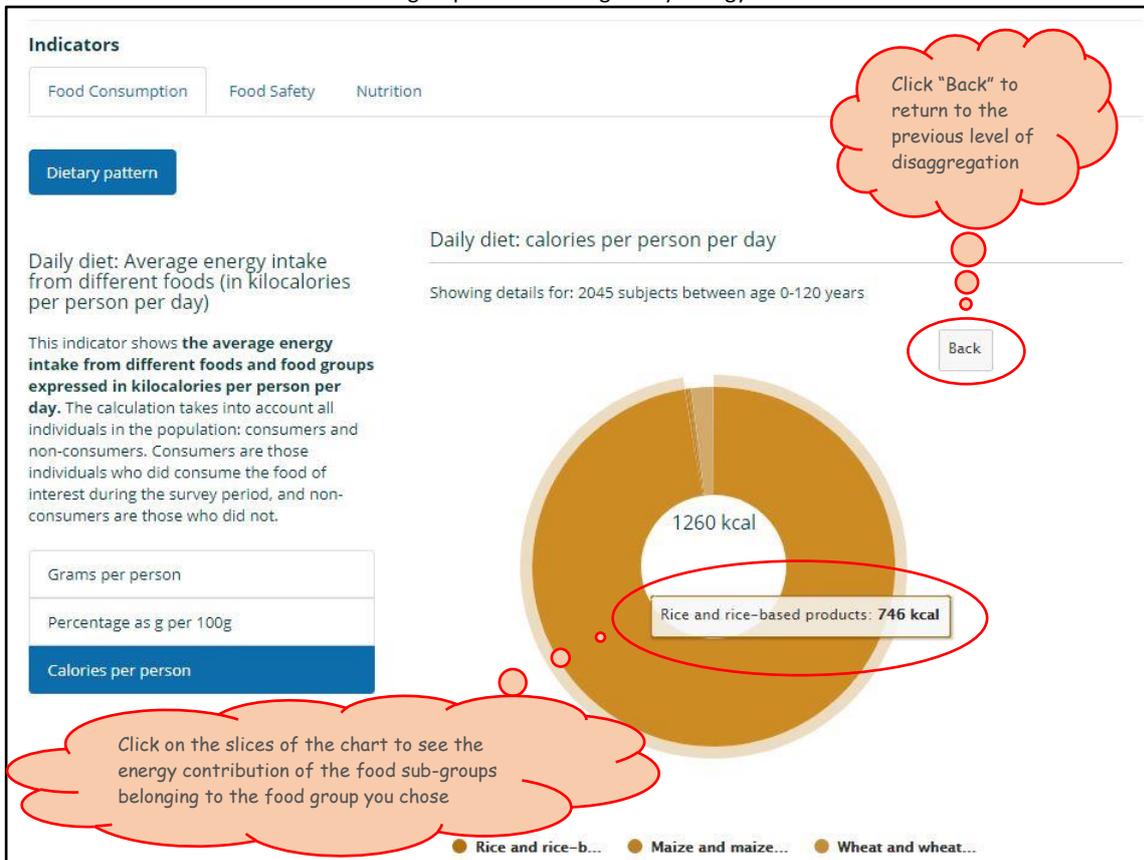
#9 - Average percentage contribution of different food items to the total consumption



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



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



#12 - Food Safety indicators

Indicators

Food Consumption **Food Safety** Nutrition

Move to the "Food Safety" section

Daily portion

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
- > **Pulses, seeds and nuts**
 - > **Nuts and seeds and products based on them**
 - > Pulses (excluding soybeans)

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

Daily portion on days of consumption: NUTS AND SEEDS AND PRODUCTS BASED ON THEM

Showing details for: 960 subjects between age 0-120 years

79% of the population consumed NUTS AND SEEDS AND PRODUCTS BASED ON THEM during the survey days

5% are lower than 9 g/day

50% are higher than 60 g/day

5% are higher than 205 g/day

Total number of days of consumption of NUTS AND SEEDS AND PRODUCTS BASED ON THEM: 993

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

Indicators

Food Consumption **Food Safety** Nutrition

Daily portion

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
- > **Pulses, seeds and nuts**
 - > **Nuts and seeds and products based on them**
 - > Pulses (excluding soybeans)

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

79% of the population consumed NUTS AND SEEDS AND PRODUCTS BASED ON THEM during the survey days

5% are lower than 9 g/day

50% are higher than 60 g/day

5% are higher than 205 g/day

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

Total number of days of consumption of NUTS AND SEEDS AND PRODUCTS BASED ON THEM: 993

#14 - Nutrition indicators

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

Source of **Iron** in the diet

Showing details for: 2045 subjects between age 0-120 years

▲ 1/2 ▼

- Meat and meat products
- Cereals and their products
- Vegetables and their products
- Fish, shellfish and their products
- Foods for particular nutritional uses
- Eggs and their products
- Fruits and their products
- Spices and condiments
- Pulses, seeds and nuts and their products
- Composite dishes
- Milk and milk products
- Sweets and sugars

Annotations:

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

#15 - Sources of nutrients from different food 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

Source of **Iron** in the diet

Showing details for: 2045 subjects between age 0-120 years

▲ 1/2 ▼

- Meat and meat products
- Cereals and their products
- Vegetables and their products
- Fish, shellfish and their products
- Foods for particular nutritional uses
- Eggs and their products
- Fruits and their products
- Spices and condiments
- Pulses, seeds and nuts and their products
- Composite dishes
- Milk and milk products
- Sweets and sugars

Annotations:

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

#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

Source of **Iron** in the diet

Showing details for: 2045 subjects between age 0-120 years

Leafy vegetables: fresh: **0.34 mg**

6 mg

- Vegetables (excluding leafy vegetables and leafy vegetables: fresh)
- Leafy vegetables: fresh
- Vegetables - all types: processed (excluding leafy vegetables: fresh)
- Vegetables - all types: dried
- Vegetables - mixed and unspecified: fresh
- Vegetables - mixed and unspecified: fresh

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

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

Back

#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

Source of **Iron** in the diet

Showing details for: 2045 subjects between age 0-120 years

Morning glory: **0.09 mg**

6 mg

- Morning glory
- Pumpkin leaves
- Green amaranth leaves
- Indian mustards
- Water clovers
- Chinese cabbages
- White cabbage
- Leafy vegetables
- Melientha grass
- Crisp lettuces
- Climbing wattle
- Water mimosas
- Balsam pear leaves
- Sweet potato leaves
- Malabar nightshades

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

Back

#18 – Macronutrient contribution to the total energy intake

Indicators

Food Consumption Food Safety **Nutrition**

Sources of nutrients in the diet: **Macronutrient contribution to 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).

Macronutrients contribution to the total energy intake

Showing details for: 2045 subjects between age 0-120 years

Macronutrient	Actual (%)	Recommended Range (%)
Carbohydrates	71%	55-75%
Protein	14%	10-15%
Fats	15%	15-30%

Legend:

- Carbohydrates - actual
- Protein - actual
- Fats - actual
- Carbohydrates - recommended
- Protein - recommended
- Fats - recommended

Thought bubbles:

- 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

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.

Thought bubble:

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

#20 - Download dataset and metadata

National Food Consumption Survey Lao PDR 2016-2017

National food consumption dataset from 2016 covering general population in Lao PDR.
See the metadata for more information related to the dataset: [METADATA](#)

Filter data by sex and age

Sex: Male Female

Special Condition: Pregnant Non pregnant and lactating

Age Granularity: Year Month

Age:

Indicators

Food Consumption | Food Safety | **Nutrition**

Sources of nutrients in the diet: **Macronutrient contribution to 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

Showing details for: 2045 subjects between age 0-120 years

Annotations:

- Back to available datasets** (button)
- METADATA** (link)
- You can also check and download the metadata of the survey by clicking in "Metadata"** (thought bubble)
- If you are interested in doing further analysis of the data, go back to the available datasets to download the microdata of the survey** (thought bubble)

#21 - Download microdata of food consumption for further analysis

Home | Overview | **Data and indicators** | Inventory of surveys | Resources | Methodology

Explore the available data

Select the survey of interest among the available data in the FAO/WHO GIFT database.
For each survey, you can:

- Visualize ready-to-use indicators in the areas of food consumption, food safety and nutrition;
- Download the microdata of food consumption for further analysis.

Advanced Search: select datasets which contain information according to your criteria

Results

Title	Number of subjects	Country	Start Year	End Year	Indicators	Download
Italy - INRAN SCAI 2005-2006 - CREA - Alimenti e Nutrizione	3323	Italy	2005	2006	Indicators	Download
Food consumption and iron status survey in two provinces of rural Burkina Faso	960	Burkina Faso	2010	2010	Indicators	Download
The 2009 Food consumption and Vitamin A status survey in Zambia	867	Zambia	2009	2009	Indicators	Download
HarvestPlus Bangladesh Bio-fortified Rice Project - Baseline Dietary Survey	475	Bangladesh	2007	2008	Indicators	Download
HarvestPlus Reaching End Users (REU) Orange-Fleshed Sweet Potato (OFSP) Project	452	Uganda	2007	2007	Indicators	Download

Annotations:

- Advanced Search:** select datasets which contain information according to your criteria (text)
- Use the advanced search to refine your search for datasets** (thought bubble)
- Click on "Download" to obtain the microdata for the survey of interest** (thought bubble)

#22 - Sign in to download the microdata for the survey of interest

Download

Sign in

Email

Password

Trouble signing in? **Sign In**

[Terms of Service](#) [Privacy Policy](#)

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

The dataset you are going to download was shared through FAO/WHO GIFT by:

Lao Tropical and Public Health Institute (Lao TPHI)

We thank them for their generous contribution

By downloading these dataset you accept to:

- comply with all applicable laws, including, without limitation, privacy laws, intellectual property laws, anti-spam laws;
- not publicly represent or imply that FAO is participating in, or has sponsored, approved or endorsed the manner or purpose of your use of the database;
- provide the following acknowledgment to the contributor whenever publishing or presenting publicly this data or its derivatives:

Lao Tropical and Public Health Institute (Lao TPHI); Lao PDR; 2018; "The National Food Consumption Survey Lao PDR 2016-2017"

Or shortly:

Lao PDR; Lao TPHI; 2016-2017

Short description of the intended use of the data:

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

Name	Type	Compressed size
consumption_user.csv	Microsoft Excel Comma S...	
FAO_WHO_GIFT_Code_book.xlsx	Microsoft Excel Worksheet	
FAO-WHO Data acknowledgment....	Text Document	
subject_user.csv	Microsoft Excel Comma S...	

Open the .zip folder you have downloaded to see the microdata files

3. Inventory of existing surveys section:

#1 Inventory map



#2 Filter identified surveys



#3 – Surveys identified in each country

FAO/WHO GIFT Individual quantitative food consumption data inventory

Numbers of surveys displayed on the map: 193

Click to see the surveys identified in each country

Uganda

- Uganda - 2006 - Makerere University - Metadata
- HarvestPlus Reaching End Users (REU) Orange-Fleshed Sweet Potato (OFSP) Project - Metadata - Download Microdata
- The 2008 Uganda Food Consumption Survey - Metadata

Click on the dots to see the surveys identified in each country. You can download the metadata and, depending on the availability, the microdata of the survey

Legend:

- Data available in FAO/WHO GIFT
- Data soon to be inserted in FAO/WHO GIFT
- Existing data potentially suitable to be inserted in FAO/WHO GIFT
- Planned food consumption surveys
- All data by Country

Filter Coverage: All

Type Of Area: All

Filter Clear

#4 - Metadata of survey

GIFT metadata

HarvestPlus Reaching End Users (REU) Orange-Fleshed Sweet Potato (OFSP) Project

Export Metadata

- General Information
- Survey Information
- Sampling Information
- Sampled Population Information
- Data Analysis Information
- Food Consumption Information
- Food composition Information
- Additional Information

A pop-up window opens when you click on "Metadata". You can check the information of the survey in the window or click on "Export Metadata" to download it as a .csv file

**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