

## Components in FOODfiles 2004

Component	INFOODS <sup>†</sup> Tagname	Units/ 100 g e.p.	Description/synonym/method
Water	WATER	g	Water/moisture; oven drying
Energy	ENERC	kJ	Energy, calculated (see Table 3 for factors)
Energy	ENERC_KCAL	kcal	Energy, calculated (see Table 3 for factors)
Protein	PROCNT	g	Protein, calculated from total nitrogen, except where noted in Appendix I; FAO/WHO conversion factors
Total fat	FAT	g	Total fat/total lipid; several methods depending on food matrix
Carbohydrate, available	CHOAVL	g	Available carbohydrate; sum of mono-, di- and oligosaccharides, starch and glycogen; or enzymic digestion and colorimetry; non-starch
Fibre, tot. (NSP)	PSACNS	g	Polysaccharide/fibre by Englyst method
Ash	ASH	g	Ash determination by Muffle Furnace method
Sodium	NA	mg	Sodium; wet ashing, ICPOES/ICPMS
Magnesium	MG	mg	Magnesium; wet ashing, ICPOES/ICPMS
Phosphorus	P	mg	Phosphorus; wet ashing, ICPOES/ICPMS
Potassium	K	mg	Potassium; wet ashing, ICPOES/ICPMS
Calcium	CA	mg	Calcium; wet ashing, ICPOES/ICPMS
Manganese	MN	µg	Manganese; wet ashing, ICPOES/ICPMS
Iron	FE	mg	Iron; wet ashing, ICPOES/ICPMS
Copper	CU	mg	Copper; wet ashing, ICPOES/ICPMS
Zinc	ZN	mg	Zinc; wet ashing, ICPOES/ICPMS
Selenium	SE	µg	Selenium; fluorometry
Retinol	RETOL	µg	Retinol, HPLC
Beta-carotene	CARTBEQ	µg	Beta-carotene equivalents; equals µg Beta-carotene + 2 µg other provitamin A carotenoids; HPLC
Tot. vit A equiv.	VITA	µg	Total vitamin A equivalents/retinol equivalents; equals µg retinol + 1/6 µg Beta-carotene equivalents; HPLC
Thiamin	THIA	mg	Thiamin; HPLC, fluorescence detection of thiochrome
Riboflavin	RIBF	mg	Riboflavin; HPLC, fluorescence detection
Niacin	NIA	mg	Niacin; HPLC, UV detection
Pot. niacin from trypt.	NIATRP	mg	Amino acid analysis
Vitamin B6	VITB6C	mg	Vitamin B6; HPLC, fluorescence detection
Folate, total	FOL	g	Folate, total; radioassay and tri-enzyme microbiological
Vitamin B12	VITB12	µg	Vitamin B12; microbiological
Vitamin C	VITC	mg	Vitamin C; HPLC and titration <sup>9</sup>

\* Klensin, J.C., Feskanich, D., Lin, V., Truswell, A.S., and Southgate, D.A.T. (1989). *Identification of Food Components for INFOODS Data Interchange*. United Nations University Press, Tokyo. The up-to-date listing can be found on the World Wide Web [<http://www.fao.org/infoods/infoods/infoods.htm>]

Component	INFOODS <sup>*</sup> Tagname	Units/ 100 g e.p.	Description/synonym/method
Vitamin D	VITD	µg	Vitamin D; HPLC
Vitamin E	VITE	mg	Vitamin E; HPLC
Cholesterol	CHOLE	mg	Cholesterol, GC
SFA	FASAT	g	Sum of individual saturated fatty acids; GC of methyl esters
MUFA	FAMS	g	Sum of individual monounsaturated fatty acids; GC of methyl esters
PUFA	FAPU	g	Sum of individual polyunsaturated fatty acid; GC of methyl esters
Dry matter	DRYMAT	g	Oven drying
Nitrogen	NT	g	Total nitrogen; determination by instrumental combustion method
Glucose	GLUS	g	Glucose; soluble sugars, GC
Fructose	FRUS	g	Fructose; soluble sugars, GC
Sucrose	SUCS	g	Sucrose; soluble sugars, GC
Lactose	LACS	g	Lactose; soluble sugars, GC
Maltose	MALS	g	Maltose; soluble sugars, GC
Total available sugars	SUGAR	g	Sum of individual mono- and disaccharides; GC
Starch	STARCH	g	Starch; enzymic digestion and colorimetry
Tot. niacin equivalent	NIAEQ	mg	Sum of niacin and niacin from tryptophan
Non-starch polysacch. insoluble	PSACNSI	g	Polysaccharide/insoluble fibre by Englyst method
Non-starch polysacch. soluble	PSACNSS	g	Polysaccharide/soluble fibre by Englyst method
Density	DEN	kg/l	Density, measured

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