

# Development of NUTTAB 2006

## Background Information

NUTTAB 2006 is a food composition publication containing data on the nutrient content of foods available in Australia. It is intended to replace our previous publications, NUTTAB 95 and its 1997 Supplement, Nutritional Values of Australian Foods (1992), and Food for Health (1991). This publication incorporates a wider range of foods and nutrients than in previous publications as well as updated nutrient values that reflect the composition of foods currently available in Australia.

In preparing NUTTAB 2006, FSANZ reviewed previously published nutrient data and new nutrient data from analytical programs, and published papers for quality and relevance. This process involved investigating what foods are currently available in Australia, and cross-checking food names, food descriptions and nutrient composition, to ensure the data being published are accurate and of high quality. As part of this process FSANZ has undertaken cross-checks against industry data for major foods to identify inconsistencies with nutrient levels in currently available foods.

## Data Origin

Nutrient data presented in NUTTAB 2006 have been obtained from a range of sources. The majority of data contained in NUTTAB 2006 are analysed values generated from analytical programs commissioned by FSANZ and others since the 1980s onwards. However, some data contained in NUTTAB 2006 are based on borrowed data from overseas food tables, data supplied by the food industry, data taken from food labels, imputed values from similar foods or values calculated using a recipe approach. The derivation of the data is shown for each food published in each version of NUTTAB 2006 and represents where the majority of data are derived. More detailed information on the derivation of each individual nutrient can be found in the sampling information included in the NUTTAB 2006 Online and Electronic Versions.

For some foods, particularly major foods such as breads, a number of analytical programs may have been conducted. Therefore the results presented in NUTTAB 2006 usually reflect the average results from a range of programs. However, where changes have occurred to the formulation of a product, processing or growing conditions, or where improved analytical methods are now available, only newer data are reported.

Samples analysed have generally been composite samples of a range of brands available at the time of analysis, and therefore nutrient values will not reflect a specific branded item, unless otherwise stated in the name of the food. Nutrient levels in foods can vary substantially over time and between brands and varieties due to factors such as season, origin, formulation changes and natural variation.

While FSANZ has made considerable effort to ensure the quality of the data in NUTTAB 2006, it is not possible to guarantee that the data are free from error.