

REFERENCE DATABASE ON NUTRIENT LEVELS IN AUSTRALIAN FOODS: NUTTAB 2006

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What is NUTTAB?

NUTTAB 2006 is an updated compilation of data for key nutrients and foods available in Australia. It is anticipated to replace an older database NUTTAB 95 and its Supplement, Nutritional Values of Australian Foods (1991), and Food for Health (1991). NUTTAB 2006 incorporates a wider range of foods and nutrients than in previous publications as well as updated nutrient values that more closely reflect the composition of foods currently available in Australia.

Where do the NUTTAB data originate from?

Data contained in NUTTAB 06 are primarily analytical data generated through analytical programs undertaken by Food Standards Australia New Zealand (FSANZ) and others from the 1980's onwards. It will include a considerable amount of updated data for processed foods from recent analyses. Data were also provided to FSANZ by the food industry, or in a limited number of cases borrowed from international food composition tables, where foods are imported or likely to be similar to those analysed overseas. Data have also been taken from food labels, or calculated using a recipe approach.

In preparing for the release of NUTTAB 2006, FSANZ staff compiled, reviewed and updated our existing and new nutrient data within our reference databank of analytical values for foods and their nutrients to ensure the data being published are accurate and of high quality.

What changes have been made to the publication?

Last year FSANZ piloted a release of the new NUTTAB 2006 data. In response to stakeholder comments received from this pilot, a number of changes have been made for the upcoming release, including:

- updating data, food and nutrient descriptions;
- addressing formatting issues;
- incorporating additional nutrients of public interest; and
- releasing NUTTAB 2006 in 3 separate versions.

How will NUTTAB be released?

In response to user-demands and in trying to address the majority of issues raised by stakeholders from the pilot, NUTTAB 2006 will be released in 3 separate publication formats:

- 1) The NUTTAB 2006 Food Composition Tables: a PDF document to be placed on the FSANZ website in late 2006. These tables will report 29 nutrients of public interest as well as data derivation codes for approx 1700 foods. Separate tables for foods that contain alcohol, caffeine and iodine will be included as an appendix to this publication.
- 2) The NUTTAB 2006 Online Version: This version will be accessible from the FSANZ website and will include a search function for finding foods. The dataset will contain high quality data for approximately 2500 Australian foods and 160 nutrients.
- 3) The NUTTAB 2006 Electronic Release: This dataset will be available for upload directly into databases once requested from FSANZ. It will contain ancillary information relating to foods and their nutrients (such as food descriptions, time and place of purchase, scientific food name, and conversion factors). Its primary use is likely to be for researchers, regulators and the food industry, when detailed information on nutrient composition is required.

Figure 1: NUTTAB 2006 Food Composition Tables.

The figure displays two pages of the NUTTAB 2006 Food Composition Tables. The top page shows a table with columns for Food ID, Food, Water, Energy, Protein, Fat, Fibre, and various vitamins/minerals. The bottom page shows a similar table with additional columns for Biotin, Pantoic Acid, and other nutrients. Both pages include a footer with a disclaimer: 'No. Not assigned. Fibre: total dietary fibre. Star Eq. Base: Carotene equivalents. Niacin Eq: niacin equivalents. Pantoic: Pantoic acid equivalents. Salt Fat: Mono Fat, Poly Fat: total saturated, monounsaturated and polyunsaturated fatty acids respectively. Omega-3: Long Chain omega-3 fatty acid. All values are expressed per 100 g edible portion.' and a page number 'Page 34c'.



When will NUTTAB be released?

It is anticipated that the Food Composition Tables will be released on the FSANZ website in December 2006, with the Electronic Version and Online Version to be released in early 2007.