

An Analysis of Available European Food Composition Databases to Enable the Development of a Technology-Based Dietary Assessment Tool

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DIETARY DEAL is an EU-project led by MTU, tasked to develop an open-source dietary assessment tool (DAT) to harmonise collection and analysis of dietary data across Europe⁽¹⁾. A key component of all DATs is integrated food composition databases (FCD) containing energy and nutrient information (per 100g food) for translation of food intake data into nutrient estimates.

This preliminary research aimed to identify and quantify available FCD in European countries for inclusion in the new DAT.

Search terms such as [European Food Composition Databases], [Available Food Composition Databases in Europe] and [Recent European Food Composition Databases Published] were used to search ScienceDirect and PubMed between 3rd-7th March 2022. Websites including the European Food Safety Authority, the European Food Information Resource Network and the Food and Agriculture Organisation of the United Nations were also used. Data on FCDs were collected and compiled into an Excel spreadsheet for each European country including availability, accessibility format and language.

Of the 50 European countries examined, 30 had available FCDs (60%) of which 21 were accessible with free and open access (70%). A total of 18 out of 30 countries (60%) had a format that would be easy to incorporate into the tool. From the available FCDs, 23 out of 30 (77%) were translated or originally in the English language.

The compilation of available European FCDs and other relevant information is necessary to enable the development of an open-source online researcher-led dietary assessment tool.

1. Joint Project Initiative (2022) Available at: <https://www.healthydietforhealthylife.eu/index.php/news-archive/107-calls-site-restyling/calls-intimic-hdhl/634-era-net-hdhl-intimic-2021#>