Nutrition

Course: **Food composition data**

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This course explains the importance of food composition tables and databases, food description (selection and nomenclature), food components (analysis, calculation, conversion and units), covers the aspects of quality and food biodiversity, as well as compilation principles.

🕐 Up to 10 hours of learning, depending on learning needs

🌐 Available in English

You will learn about

- Basic principles of food composition data
- Food description (selection and nomenclature)
- Food components (definition, selection calculation, conversion and analysis)
- INFOODS tagnames and their application
- Quality consideration
- Compilation

Who is the course for?

The course is designed to be primarily used in universities, as it is important that future generations of nutritionists, food scientists, dieticians, chemists analysing food components, food composition data compilers, health professionals and agronomists appreciate food composition data and use them adequately in their respective fields to improve data quality, availability and usage worldwide. It can also be used by self-learners interested in food composition, or in conjunction with food composition courses, or within institutes for capacity development in food composition.

Key partners

This course was developed by the Food and Agriculture Organization of the United Nations (FAO) in partnership with the International Network of Food Data Systems (INFOODS)

FAO ⓔlearning Center

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How to access the course

1. Go to the e-learning center: **www.fao.org/elearning**, and select the category "Nutrition"
2. Register and log-in with your user name and password.

[☺] Registration is fast and easy.