Tanzania Food Composition Tables

Lukmanji Z., Hertzmark E., Mlingi N., Assey V., Ndossi G., Fawzi W., Tanzania food composition Tables. MUHAS- TFNC, HSPH, Dar es Salaam Tanzania-2008

1.1 Introduction

1.1.1 Overview

The Tanzania Food Composition Tables (TFCT) are considered to be an extended version of the food items already available in the TFCT compiled by Marealle in the early 1970s and later reviewed and updated in the 1980s by West et al. (1,2). Other food composition tables in use were the one compiled by Platt (3). While these food composition tables are still in use however, they are limited to raw foods and in terms of the types of foods they list. Hence there was a need to develop comprehensive food composition tables for Tanzania. The TFCT gives information on 47 nutrients2 of over 400 commonly consumed foods and local dishes based on recipes collected from several sources in Tanzania. These data are based on the World Food Dietary Assessment System (WFDAS) developed3 at the University of California at Berkeley, in 1994 (4, 5). WFDAS is available on the FAO website and is designed to facilitate rapid dietary assessments (4, 5).We hope that these food tables will be an important reference for all those involved in assessing energy and nutrient intake, determining the effects of dietary intake on health and disease outcome, developing of dietary guidelines, planning menus for schools, prisons, orphanage centers and hospitals, as well as for nutrition education, counseling and health promotion of communities in Tanzania and neighboring countries. In addition, it will be an excellent guide for food industries when developing new healthy foods.

1.1.2 Objectives

The aim of the Tanzania Food Composition Tables, a national comprehensive food database, is to provide values for the amount of energy and nutrients (e.g. protein, fat, vitamins and minerals) that a food item contains and to facilitate scientific research and studies in diet related disease and in developing new healthy foods.

1.1.3 Users and Uses

Data on food composition are essential for a variety of purposes in many fields. The following list indicates some of the potential users and uses of TFCT. Clinical practice—enable dieticians to analyze diets, develop meals, and plan menus to ensure

1. That patients' nutritional needs are met. Agricultural sector—ensure that the foods produced provide sufficient nutrients.
2. Health educators and policy-makers—translate nutrient information into messages to the public • about foods that promote good health. Trade, export and legislation— to ensure that the nutrient content of foods and food products do not carry any health risks and in line with specified regulations of Codex Alimentarius Food manufacturers and producers—to calculate nutrient values for food labeling purposes, and
3. To formulate new products to meet specific nutrient composition.