HealthPromotionBoard

Current status of FCD system - Singapore -

18 July 2011 ASEANFOODS Workshop and Meeting Mahidol University, Thailand • Database system:

Food Composition System Singapore (FOCOS)

- Sources of data:
- Local lab analysis
- Borrowed data (US, Aus, M'sia etc)
- Calculated from recipes
- Coding: Numeric (e.g. 01070007)
- "01": food group
- "07": sub-food group
- "0007": serial running number

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Food groups	HealthPromotionBoard
 Cereal grains and products 	- Beverages
 Vegetables and vegetable products 	 Miscellaneous (herbs, spices, sauces etc)
 Nuts, seeds, pulses and products 	 Composite foods (analyzed locally)
- Fruits and fruit products	- Healthier Choice Symbol products
 Meat and meat products 	- Recipes
- Egg and egg products	
- Fish and fish products	
- Milk and dairy products	
- Sugars, sweets and confectionary	
- Oils and fats	
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• Nutrients (food)

Water Energy Protein Total fat Saturated fat Saturated fat Polyunsaturated fat Starch Total sugars Dietary fibre Cholesterol Vitamin A Beta-carotene Retinol

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Type of ingredient	Factor	Type of ingredient	Factor
Egg whole	6.38	Barley	5.83
Gelatin and collagen	5.55	Beans	6.25
Groundnuts	5.46	Maize	6.31
Meat	6.25	Oats	5.83
Milk products	6.38	Rice	5.95
Almonds	5.18	Rye products	5.83
Other nuts	5.30	Wheat whole	5.83
		Wheat bran	6.31
		Wheat macaroni	5.70
		Wheat flours (except	5.70
		wholemeal)	
		All other foods	6.25

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Vitamin B1

Vitamin B2

Vitamin C

Calcium

Sodium

Potassium

Selenium

Trans fat

Omega-3

Folate Vitamin D

Vitamin B6 Vitamin B12

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Phosphorus

Limited info:

Iron

Zinc

- Expression of nutrient values (for locally analysed items)
- Energy calculated from total carbohydrate, protein and fat (4-4-9)
- Carbohydrate: sum of starch and sugars
- Fat: sum of fatty acids

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- Vitamin A: sum of retinol and one-sixth betacarotene
- Protein calculated from nitrogen (Pearson's composition and analysis of foods, 9th edition)

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- Quality assurance/control
- Appointed lab must have accreditation for test methods, awarded by recognised accreditation body
- Participation in proficiency programmes e.g. FAPAS, FOSFA, AOCS proficiency series

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- Sampling and preparation
- Typically 3-5 samples, from various parts of the island
- If product-specific, different batch (based on manufacture date) will be sampled
- Samples stored in cool box
- Different samples mixed and homogenised in blender (composite dishes may first require manual separation and grinding of ingredients)

- Sampling and preparation
- Homogenised samples divided into portions, sealed and stored in freezer (-18 deg C)
- Portions divided for the following analysis:
- Moisture, protein, fat, starch, sugars, dietary fibre, metals
- Oil extraction for fatty acids, cholesterol
- Retinol, beta-carotene, vitamin B1, vitamin B2
- Vitamin C
- Extra portions kept as retention samples

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Module	Active Record Count	Deleted Record Count	New Count	
Food Composition Module	3982	195	54	
Health Supplement Module	414	11	62	1-2 ×
Recipe Analysis Module	10506	26	15	C Marcor /
Diet Analysis Module	0	0	0	19 34
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Food Name	noodles		Food Code			
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Food Item Profile Nutrien	t Profile Pyramid Profile	Special Data Graphic F	Profile History Profile			
Food Code Food Group/SubGroup * Food Name	13010172 MIXED ETHNIC DISHES, Fried hokkien noodles, w		ORE - Cereal based dishes Physical Description		of yellow noodle and	thick rice 🔺
					h added prawns and	
Scientific Name			Alternate Name	[
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* Country of Origin	Singapore -		* Source of Information for Nutrient Profile	ALS 2/ DON	174/ RN 23	
* Laboratory Analysis?	€ Yes C No		Remarks			
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Food Composition Module (FCM) : Fried hokkien noodles, with prawn

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	Nutrient Name	*Amount per 100g	• •	nit	Trace	*Data Type		*Imputation	*Source of Information	*INFOODS ta	19
	Water	74.80	9	•		Chemical analysis (Singapore)	Ŧ	None +	ALS 2/ DON 174/ RN 23	WATER	
	Energy	118	kcal	٠		Chemical analysis (Singapore)	•	None -	ALS 2/ DON 174/ RN 23	ENERC/kcal/	ĺ
	Protein	4.10	g	٠		Chemical analysis (Singapore)	•	None •	ALS 2/ DON 174/ RN 23	PROCNT	
	Total fat	4.30	9	•		Chemical analysis (Singapore)	•	None -	ALS 2/ DON 174/ RN 23	FAT	
	Saturated fat	1.66	9	٠		Chemical analysis (Singapore)	٠	None •	ALS 2/ DON 174/ RN 23	FASAT	
	Monounsaturated fat	1.74	9	•		Chemical analysis (Singapore)	•	None -	ALS 2/ DON 174/ RN 23	FAMS	
	Polyunsaturated fat	0.62	g			Chemical analysis (Singapore)	Ŧ	None -	ALS 2/ DON 174/ RN 23	FAPU	
	Cholesterol	30	mg	٠		Chemical analysis (Singapore)	•	None -	ALS 2/ DON 174/ RN 23	CHOLE	
	Carbohydrate	15.70	g	٠		Chemical analysis (Singapore)	•	None -	ALS 2/ DON 174/ RN 23	CHOAVL	
	Starch	11.80	g	•		Chemical analysis (Singapore)	•	None 🔻	ALS 2/ DON 174/ RN 23	STARCH	
	Sugar	3.90	9	٠		Chemical analysis (Singapore)	Ŧ	None -	ALS 2/ DON 174/ RN 23	SUGAR	
	Dietary fibre	1	9	٠		Chemical analysis (Singapore)	•	None •	ALS 2/ DON 174/ RN 23	FIBTG	
	Vitamin A	12	mcg			Chemical analysis (Singapore)	•	None -	ALS 2/ DON 174/ RN 23	VITA	

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d Composition Module (FCN	۹) : Chicken, breast, raw, l	lean only			
notes mandatory field]					chicken. All skin removed.
d Item Profile Nutrient Profile Pyramid P	Profile Special Data Graphic Profile	History Profile			Scientific Name Gallus gallus Alternate Name
ood Code 05010016					* Edible Portion 62 % Refuse 38 % Bone and skin
od Group/SubGroup MEAT AND MEAT	T PRODUCTS - Poultry (chicken, duc				* Country of Origin Australia
od Name Chicken, breast,	raw, lean only	Physical Description Uncod chicket	oked flesh from breast port en. All skin removed.	tion of the	* Laboratory Analysis? C Yes r No Remarks
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ientific Name Gallus gallus		Alternate Name Refuse Description			
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					Nuts and seeds Organ meat
ood category)	None	•			Poultry Soya bean curd
ooking method	None -	Yield Fact	tor	Add Delete	Pyramid SubGroup 2 Chicken
~					Duck Other poultry
Retention Factor (Food	Category)	Cooking method	Yield	Factor	evine journy
Chicken, brown, simmer, wo	o/drippings Stew		75		Pyramid Default Serving
Chicken, brown, simmer, wo	o/drippings Steam		90		
Chicken, simmered, wo/drip	opings Boil		91		Submit Cancel
Chicken, simmered, wo/drip			91		
Cincken, similarea, woyarip	pings boune boil		24		
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Multi-vitamins and minerals

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Thiamin 50

Thiamin 50

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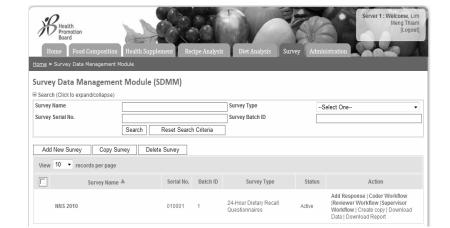
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ipe Item Profile Ingredient Profile Nutrient Profile /iew Details	,,		
Nutrient Name	Unit	Per Serving	Per 100g
Vater	g	49.11895	36.35414
inergy	kcal	134.65839	99.66398
rotein	g	3.55791	2.63329
otal fat	g	11.111	8.22353
aturated fat	g	4.26206	3.15445
Ionounsaturated fat	g	4.95982	3.67088
Polyunsaturated fat	g	1.45627	1.07782
Cholesterol	mg	66.99	49.58094
Carbohydrate	g	4.79664	3.55011
tarch	g	0.29835	0.22082
ugar	q	4.49829	3,32929

mcg



5	ASEANFOODS Workshop 2011	18-21 July 2011	26

ASEANFOODS Workshop 2011

B-Carotene

434.24781

586.72264

18-21 July 2011

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18-21 July 2011

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4-Hour Dietary R	ecall Questionnaire	S									
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1130 Dry war	Minced pork dumplir bolled, noodles sliced c	vith 1 Plate-	330	330	330	Prepared by Food Outlet	0			0027	[Edit

27



Step 1

Our current database of over 1,000 food items includes local dishes such as 'char kway teow', 'nasi lemak' and 'roti prata'. It also includes desserts such as 'chendol', 'ice kachang' and 'almond jelly'.

Select a food item and find out its nutrient value by following the step-by-step process below.

Select	~	
OR		2
Canadal Saarah Van	nay key in the food item to do a ge	annal annach franz all tha fanda

O Matches ANY Words or Close Matches

O Matches EXACT Words



Energy and Nutrient Composition of Foods You have selected the following food item(s): 1. Noodles, fish ball, dry (Click on food name to view picture) Alternate Name N/A Description Yellow noodles with fish ball and chye sim, served with chili sauce

Edible Portion	: 100%
Per Serving	: 327 g

The analysis (per serving) follows: Noodles, fish ball, dry Energy (kcal) 370 Protein (g) 19 Total fat (g) 8 Saturated fat (g) Dietary fibre (g) 3.9 Carbohydrate (g) 55 Cholesterol (mg) 43 Sodium (mg) 1,645 ASEANFOODS Workshop 2011 30 18-21 July 2011

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