

Dietary Manager 2011 data base

1) How many foods are included in your data base?

We have 7637 foods from USDA REL 24 on our data base

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2) Number of nutrients ?

150 "nutrients" including Cr & Choline - also allows for GI  
refuse factor and costs

3) Sources of data

A) 7637 foods from the USDA tables 23.1

These are freely available on the internet

Some descriptions have been changed into South African English

Ground Beef NOT changed to beef minced

B) about 200 comes from product labels

C) Food suppliers have given us some of their own analysis

We do not do any analysis

4) How do you define South African?

Most food cultivars are imported

Most food companies are international

5) Fortified Maize products is South African

Eg breads are South African these are added

Via product labels

But I cannot see much difference

Mapani worms are NOT on the data base

(The user is free to add them or any other food)

Mague is (and we got the analysis from the product label)

Sportron vitamins are added (2006)

Other pharmaceutical products are the same world wide

6) Only foods that are commercially available are included

The user may add own "ethnic foods"

But I think the standard deviation around the mean

On seasonal, annual & regional bases may be too large.

7) Biotin, soluble fibres, "added Sugar" - Sucrose

are difficult to get.

8) Missing values default to zero

9) So statistically the recalls are marginally understating the means

All international research will have the same shortcomings

So the results and conclusions should be consistent

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