

FoodData Central

Foundation Foods

Documentation and User Guide

April 2022

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Suggested Citation

U.S. Department of Agriculture (USDA), Agricultural Research Service. FoodData Central: Foundation Foods. Version Current: April 2022. Internet: fdc.nal.usda.gov.

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Issued April 2022

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Preface

The food supply, and the scientific understanding of relationships between dietary intakes and health, have evolved over the years. USDA's food composition data resources also have evolved to meet the needs of diverse users, including researchers, policymakers, academicians and educators, nutrition professionals, product developers, and others. In recent years, the rapidly escalating pace of change in the food supply and the growing variety of uses for food data have greatly enhanced the need for transparent and easily accessible information about the nutrients and other components of foods and food products. This need required a new approach to analyzing, compiling, and presenting food profile information in a scientifically rigorous way. FoodData Central is USDA's response to this need.

This integrated data system contains—in one place—five distinct types of food and nutrient composition data, each with a unique purpose. Three of these data types are well-established and familiar to many users: The **National Nutrient Database for Standard Reference (Legacy)**, the **Food and Nutrient Database for Dietary Studies**, and the **USDA Global Branded Food Products Database**. The other two data types—**Foundation Foods** and **Experimental Foods**—provide data that have never previously been available.

- **Foundation Foods** includes values for nutrients and other food components on a diverse range of foods and ingredients as well as extensive underlying metadata. These metadata include the number of samples, sampling location, date of collection, analytical approaches used, and if appropriate, agricultural information such as genotype and production practices. The enhanced depth and transparency of Foundation Foods data can provide valuable insights into the many factors that influence variability in nutrient and food component profiles. The goal of Foundation Foods will be to, over time, expand the number of basic foods and ingredients and their underlying data. Foundation Foods will be a primary focus of efforts as FoodData central expands and develops in coming years.
- **Experimental Foods** contains foods produced, acquired or studied under unique conditions, such as alternative management systems, experimental genotypes, or research/analytical protocols. The foods in this data type may not be commercially available to the general public or the data may expand information about the specific food. Experimental Foods are for research purposes and may not be appropriate as a reference for the consumer or for diet planning. Experimental Foods data are currently available through links to relevant agricultural research data sources, such as the [AgCROS](#), and will include data from multiple sources. The data in Experimental Foods include (or link to) variables such as genetics, environmental inputs and outputs, supply chains, economic considerations and nutrition research. These data will allow users to examine a range of factors used that may affect the nutritional profiles of foods and resulting dietary intakes as well as the sustainability of agricultural and dietary food systems.

1. Introduction

1.1 About Foundation Foods Found in FoodData Central

Foundation Foods is a new food composition data type in the U.S. Department of Agriculture's (USDA) FoodData Central system. Foundation Foods contains expanded nutrient and food component profiles and metadata on a range of foods and ingredients. The data include the individual data points behind the mean values and metadata that include the number of samples, location, dates on which samples were obtained, analytical methods used, and, if appropriate, agricultural information such as cultivar and production practices. The enhanced clarity and transparency of these data allow users to see the variability in the nutrient and food component values provided as well as the potential effects of the production site, procedures, season, climate, post-harvest processing, analytical methods, and other factors. Some of the data have been acquired through the historical National Food and Nutrient Analysis Program (NFNAP) (Haytowitz and Pehrsson, 2017). Other data will be from market and/or agriculturally acquired foods. The goal of Foundation Foods will be to, over time, expand the number of basic foods and ingredients and their underlying data.

1.2 Foundation Foods Highlights

1.2.1 Updated Nutrient Profiles

Macronutrients (protein, fat, and carbohydrate) are the energy sources in the human diet. The inaugural version of Foundation Foods included 73 foods that appear in the final release of the National Nutrient Database for Standard Reference (SR Legacy). Since then, new acquisitions are added to Foundation Foods on a regular basis. Nutrient profiles will now be focused on variability of individual samples and not weighted by market share. All individual sample analysis is available in FoodData Central.

1.2.2 Expanded Information on Foods

A key feature of Foundation Foods is the ability to see the specific values associated with each independent sample and hence the variability of the analyzed values for each component. For samples obtained at retail locations, Foundation Foods contains metadata on sample acquisition, including city and state of purchase or manufacture, purchase date, expiration date (if applicable), product lot number, and UPC code (when available). For samples obtained from agricultural locations, metadata include information such as location (GPS coordinates), cultivar, weather, agricultural practices (e.g., conventional or organic farming), and analytical methodology.

For SRLegacy, aliquots from composited samples were sent to USDA qualified laboratories and collaborators for analysis. Although this approach generated useable mean values, sample-to-sample variability was lost.

Therefore, the generated statistical parameters reflected the variability of the analytical samples, not the individual samples composited for analysis. Historically, the goal of the analyses was to generate a reliable mean across up to 150 nutrients for highly consumed foods (per the NHANES What We Eat in America surveys) that reflected the composition the consumer was statistically likely to encounter and were re. Moving forward, newer data as well as future data will be reported for independent samples analyzed from a single acquisition. In some cases, multiple sales units from the same location may be needed to supply sufficient material for analysis. These will be treated as a single independent sample.

2 Details on Information in Foundation Foods

The data for Foundation Foods are organized into three major categories: Food Descriptions, Nutrient Data, and Weights. These reflect the earlier approach to providing nutrient profile data but may change as Foundation Foods evolves. In addition, support files are included that contain supplemental information related to these categories. File formats and related information are contained in the [Download Field Descriptions](#), available on the FoodData Central website. Abbreviations used in describing Foundation Foods are listed in Appendix B.

Data for agricultural products may be presented in forms not typically consumed but still representative of foods in the U.S. food supply. For example, data for common dry beans of different cultivars, growing locations, and climate conditions are presented on a 0% moisture basis rather than as sold.

2.1 Food Descriptions

The Food Descriptions category provides a full description of each food, including the name of the food, the brand name (if applicable), as well as the food's characteristics (e.g., raw or cooked, enriched or not, and color). Other fields in the Food Description file include:

- Scientific name.
- Common name, including alternative names for the product (e.g., dried beans), Uniform Retail Meat Identity Standard identification numbers, and USDA commodity codes as appropriate.
- Identification of food groups (see the [Download Field Descriptions](#) for more details) based on assignments in SR Legacy. These groupings are currently maintained to provide historical reference and continuity. It is anticipated that a current investigation in the area of ontology will result in changes in the food grouping systems.
- Amounts and physical descriptions, where appropriate, of refuse (inedible materials, such as seeds, bone, and skin). Refuse amounts are expressed as a percentage of the total weight of the item as acquired and are used to compute the weight of the edible portion. Most of the refuse data are obtained from measurements made for NFNAP samples.
- Factor used to calculate protein content from nitrogen content.
- Factors used to calculate number of kilocalories (kcal) from protein, fat, and carbohydrate, by difference.

Footnotes are provided for a few items where information about food description could not be accommodated in existing fields.

For details on the format of the Food Description file, see [Download Field Descriptions](#).

2.2 Nutrient Data

All nutrient values in Foundation Foods are based on analyses conducted by USDA under NFNAP or provided by other USDA units or external organizations. New Foundation Foods, as opposed to those pulled from SR, will not have all nutrients but will be targeting important nutrients in that food. A

unique code or FDC_ID number identifies individual samples for each food contained in each of the data types. Currently, an FDC_ID number is assigned randomly when new or updated versions of foods are published in FoodData Central. However, when market and agricultural acquisition foods are presented through a Foundation Food, their FDC_IDs are labeled as FDC Source ID to better distinguish them as sources for the current Foundation Food. The structure of this information is described in [Download Field Descriptions](#). Details on each of these analyses can be accessed through the documentation available with each dataset's download or through the "drill-down" capabilities (i.e., the ability to move from general information about a food to more detailed information) on the FoodData Central web site. In some cases, foods analyzed for or before SR Legacy may also appear in Foundation Foods. For connectivity with SR Legacy foods, static NDB numbers will also appear as appropriate.

The raw analytical data are stored internally, as received. Before publishing to the public, they are rounded to scientifically appropriate significant figures, allowing ease in downloading, API, and data display.

The source values, including protein, fat, and carbohydrates for energy, nitrogen for protein, and individual carotenoids and retinol for vitamin A, are stored in the data files to allow calculation of other nutrients and may have more significant digits than are presented in the reports and data files. A similar situation occurs when kilojoules (kJ) are calculated from kcal. Therefore, small rounding errors may occur.

Foundation Foods does not provide data on all nutrients. This is because of the uniqueness of the data:

- Some nutrients are not found in certain foods (e.g., cholesterol in plant foods, protein in oils).
- Some nutrients in a food have not yet been analyzed. Data analyses are continually conducted and as data on nutrients are obtained, values will be added to food profiles.

2.2.1 Proximates

"Proximate component" refers to the following macronutrients: water (moisture), protein, total lipid (fat), total carbohydrate, and ash. Except for a few food items, nutrient profiles contain values for the proximate components and at least one other nutrient.

The values for protein are calculated from the amount of total nitrogen in the food using the nitrogen-to-protein conversion factors recommended by Jones (1941) for most food items. The factor applied to each food item is provided in the NFactor field in the Food Description table. If a specific factor is not available, the default value of 6.25 is used for the nitrogen-to-protein conversion factor. Protein values in Foundation Foods are now listed as "calculated." This differs from the approach taken in SR Legacy, which denotes protein as "analytical."

Total lipid values used on food labels represent the amount of triglyceride that would produce the amount of lipid fatty acids determined using gas chromatography, as required by the Nutrition Labeling and Education Act of 1990 (NLEA). The term "NLEA fat" is commonly used to refer to total fatty acids expressed as triglycerides.

Carbohydrate content, referred to as "carbohydrate by difference" in the tables, is expressed as the

difference between 100 and the sum of the percentages of water, protein, total lipid (fat), ash, and alcohol (when present). Values for carbohydrate by difference include total dietary fiber content. “Sugars, total NLEA” refers to the sum of the values for individual monosaccharides (galactose, glucose, and fructose) and disaccharides (sucrose, lactose, and maltose), which are those sugars analyzed for nutrition labelling. Because the analyses of total dietary fiber, total sugars, and starch content are conducted separately and reflect the analytical variability inherent in the measurement process, the sum of these carbohydrate fractions may not equal the carbohydrate-by-difference value or may even exceed it.

2.2.2 Energy

Food energy is expressed in kcal and is no longer expressed in kJ as of October 2020. The data represent physiologically available energy, which is the value remaining after digestive and urinary losses are deducted from gross energy (Merrill and Watt, 1973). Energy values are calculated when fat and protein values are available for a food. Carbohydrate content, referred to as “carbohydrate by difference” in the tables, is expressed as the difference between 100 and the sum of the percentages of water, protein, total lipid (fat), ash, and alcohol (when present). Energy values on food labels may or may not include fiber in the carbohydrate and energy calculations because manufacturers have that option when reporting on labels. However, for Foundation Foods, fiber is often included in carbohydrate and energy distinctions when carbohydrate by difference is calculated.

Most energy values are calculated using the Atwater general factors of 4, 9, and 4 for protein, fat, and carbohydrates, respectively. These general calculations are represented in FoodData Central as “Metabolizable Energy (Atwater General Factor)” and is identified in download files and API with nutrient ID: 2047.

Other energy values are calculated using Atwater specific factors per food as outlined in the USDA Handbook 74. These specific calculations are represented in FoodData Central as “Metabolizable Energy (Atwater Specific Factor)” and is identified in download and API with nutrient ID: 2048.

In October 2020, energy values represented by “Energy”, represented in the download and API with ID:1008, will no longer display in FoodData Central’s Foundation Foods, but will continue to display for the other food data types. In the database, this representation will continue to exist for previous API applications that require the field to function. API developers should work to implement the new Energy specifications.

2.2.3 Minerals

Individual values for mineral data are reported in the database and include boron, calcium, cobalt, copper, fluoride, iron, magnesium, manganese, molybdenum, nickel, phosphorus, potassium, selenium, sodium, sulfur, and zinc. In other cases, such as the values for fluoride, selenium, and other minerals in NFNAP, samples for drinking water, select beverages, and grain-based products, respectively, regional and national averages are presented and should be used as such, as concentrations in local foods and beverages may vary widely.

2.2.4 Vitamins

Vitamins reported in the database include ascorbic acid, thiamin, riboflavin, niacin, pantothenic acid, vitamin B₆, vitamin B₁₂, folate, choline, vitamin A, vitamin D, vitamin E, and vitamin K. Many of the values were obtained in small sample sizes, often of composited samples.

Folate

Foundation Foods currently provides folate values in micrograms (µg) of dietary folate equivalents (DFEs), and, in some cases, total folate. Future FoodData Central updates may present different forms of folate, including folic acid, food folate, and total folate, for some foods. Foundation Foods' DFEs are provided in accordance with the Institute of Medicine (IOM's) *Dietary Reference Intakes (DRI) for Thiamin, Riboflavin, Niacin, Vitamin B₆, Folate, Vitamin B₁₂, Pantothenic Acid, Biotin, and Choline* report (IOM, 1998). DFE concentrations differ from total folate concentrations only for foods containing synthetic folic acid added for enrichment or fortification. The calculation of DFEs reflects the greater bioavailability of synthetic folic acid than of naturally occurring food folate. To calculate DFEs for any single food, separate values are needed for naturally occurring food folate and added synthetic folic acid. The calculation is as follows:

$$\mu\text{g DFE} = \mu\text{g food folate} + (1.7 \times \mu\text{g folic acid})$$

Choline

Total choline, free choline (Cho), glycerophosphocholine (GPC), phosphocholine (PCho), phosphatidylcholine (PtdCho), and sphingomyelin (SM) from releases 1 and 2 of the USDA Database for the Choline Content of Common Foods (USDA, 2008) as well as newer values determined since the publication of those tables have been incorporated into Foundation Foods. Because metabolic pathways exist for the interconversion of Cho, GPC, PCho, PtdCho, and SM, total choline content is defined as the sum of the contents of these choline-contributing metabolites. Betaine values are not included in the calculation of total choline because the conversion of choline to betaine is irreversible (Zeisel et al., 2003).

Vitamin A

Values for vitamin A in µg of retinolic acid equivalents (RAEs) and µg of retinol are reported. One µg RAE is equivalent to 1 µg all- *trans*-retinol, 12 µg all-*trans*-β-carotene, or 24 µg other provitamin A carotenoids. Vitamin A activity values in RAE are calculated from the content of retinol and individual carotenoids (β-carotene, α-carotene, and β-cryptoxanthin) using well-established factors (IOM, 2001). Content of individual carotenoids (β-carotene, α-carotene, β-cryptoxanthin, lycopene, and lutein plus zeaxanthin) is reported in Foundation Foods.

Vitamin D

Vitamin D values in Foundation Foods are provided in micrograms. The biological activity of vitamin D is 40 international units per microgram (IU/μg). Where available, values for specific isomers of vitamin D are reported, but only in μg. Cholecalciferol (vitamin D₃) is the form that is naturally present in animal products and most commonly added to fortified foods. Ergocalciferol (vitamin D₂) is the form found in plants and is added to some fortified foods, such as soy milk. In Foundation Foods, vitamin D content is the sum of vitamin D₂ and vitamin D₃ concentrations. Vitamin D may also be present as 25-hydroxycholecalciferol in some foods, such as fish, meat, and poultry, and this value is reported when analytical data is available. The biological activity of 25-hydroxycholecalciferol has not been definitively determined, so it is not included in calculations of total vitamin D activity.

Vitamin E

The *Dietary Reference Intakes (DRI) for Vitamin C, Vitamin E, Selenium, and Carotenoids* report (IOM, 2000) defines vitamin E as the naturally occurring form (*RRR*-α-tocopherol) and three synthetic forms of α-tocopherol. Foundation Foods provides vitamin E values in mg of α-tocopherol (nutrient 323) in accordance with this DRI report. Although β-, γ-, and δ-tocopherol do not contribute to vitamin E activity, they are included in Foundation Foods when analytical data are available.

Vitamin K

Data on vitamin K₁ (phylloquinone), dihydrophylloquinone, and menaquinone-4 are presented individually in Foundation Foods. Dihydrophylloquinone is a form of vitamin K that is created during the commercial hydrogenation of plant oils. Menaquinone-4 is formed from vitamin K₁ and/or the synthetic form of vitamin K in animal feed and is found primarily in meats and meat products.

2.2.5 Lipid Components

Fatty acid values are expressed in g per 100 g of food. Logically, the sum of the fatty acids may not add up to the value for total lipid. Total lipid values used on food labels represent the amount of triglyceride that would produce the amount of lipid fatty acids determined using gas chromatography, as required by the NLEA.

The basic format for describing individual fatty acids is that the number before the colon indicates the number of carbon atoms in the fatty acid chain, and the number after the colon indicates the number of double bonds. For unsaturated fatty acids, additional nutrient numbers have been added to accommodate the reporting of many specific positional and geometric isomers. Of the specific isomers, two basic classifications are considered: omega double bond position and *cis/trans* configuration of double bonds.

Omega-3 (n-3) and omega-6 (n-6) isomers are denoted in shorthand nomenclature as n-3 and n-6. The

n- number indicates the position of the first double bond from the methyl end of the carbon chain. The letter *c* indicates a *cis* bond, and the letter *t* indicates a *trans* bond. For polyunsaturated fatty acids, *cis* and *trans* configurations at successive double bonds may be indicated. For example, linoleic acid is an 18-carbon omega-6 fatty acid with two double bonds, both in *cis* configuration. When data are isomer specific, linoleic acid is described as 18:2 n-6 *c,c*. Other isomers of 18:2, for which nutrient numbers have now been assigned, include 18:2 *c,t*, 18:2 *t,c*, 18:2 *t,t*, 18:2 *t* not further defined, and 18:2 *i*. 18:2 *i* is not a single isomer but includes isomers other than 18:2 n-6 *c,c* with peaks that cannot be easily differentiated in the particular food item. Systematic and common names for fatty acids are provided in Table 1.

Table 1. Systematic and Common Names for Fatty Acids

| Fatty acid | Systematic name | Common name of most frequent isomer |
|------------------------------------|------------------------|--|
| Saturated fatty acids | | |
| 4:0 | Butanoic acid | Butyric acid |
| 6:0 | Hexanoic acid | Caproic acid |
| 8:0 | Octanoic acid | Caprylic acid |
| 10:0 | Decanoic acid | Capric acid |
| 12:0 | Dodecanoic acid | Lauric acid |
| 13:0 | Tridecanoic acid | |
| 14:0 | Tetradecanoic acid | Myristic acid |
| 15:0 | Pentadecanoic acid | |
| 16:0 | Hexadecanoic acid | Palmitic acid |
| 17:0 | Heptadecanoic acid | Margaric acid |
| 18:0 | Octadecanoic acid | Stearic acid |
| 20:0 | Eicosanoic acid | Arachidic acid |
| 22:0 | Docosanoic acid | Behenic acid |
| 24:0 | Tetracosanoic acid | Lignoceric acid |
| Monounsaturated fatty acids | | |
| 14:1 | Tetradecenoic acid | Myristoleic acid |
| 15:1 | Pentadecenoic acid | |
| 16:1 undifferentiated | Hexadecenoic acid | Palmitoleic acid |
| 16:1 cis* | | |
| 17:1 | Heptadecenoic acid | |
| 18:1 undifferentiated | Octadecenoic acid | Oleic acid |
| 18:1 cis* | | |
| 20:1 | Eicosenoic acid | Gadoleic acid |
| 22:1 undifferentiated | Docosenoic acid | |
| 22:1 cis* | | Erucic/citoleic acid |
| 24:1 cis | Cis-tetracosenoic acid | Nervonic acid |

| Fatty acid | Systematic name | Common name of most frequent isomer |
|---|-----------------------|-------------------------------------|
| Polyunsaturated fatty acids | | |
| 18:2 undifferentiated | Octadecadienoic acid | Linoleic acid |
| 18:2 <i>i</i> (mixed isomers) | | |
| 18:2 n-6 <i>cis, cis</i>* | | |
| 18:2 conjugated linoleic acid | | |
| 18:3 undifferentiated | Octadecatrienoic acid | Linolenic acid |
| 18:3 n-3 <i>cis, cis, cis</i>* | | Alpha-linolenic acid |
| 18:3 n-6 <i>cis, cis, cis</i> | | Gamma-linolenic acid |
| 18:3 <i>i</i> (mixed isomers) | | |
| 18:4 | Octadecatetraenoic | Parinaric acid |
| 20:2 n-6 <i>cis, cis</i> | Eicosadienoic acid | |
| 20:3 undifferentiated | Eicosatrienoic acid | |
| 20:3 n-3 | | |
| 20:3 n-6 | | |
| 20:4 undifferentiated | | |
| 20:4 n-6* | Eicosatetraenoic acid | Arachidonic acid |
| 20:5 n-3 | Eicosapentaenoic acid | Timnodonic acid |
| 21:5 | | |
| 22:4 | | |
| 22:5 n-3 | Docosapentaenoic | Clupanodonic acid |
| 22:6 n-3 | Docosahexaenoic acid | |
| Trans fatty acids | | |
| Fatty acids, total trans-monoenoic | | |
| 16:1 trans | | |
| 18:1 trans | | |
| 22:1 trans | | |
| Fatty acids, total trans-polyenoic | | |
| 18:2 trans not further defined | | |
| 18:2 trans, trans | | |

*Isomer associated with the common name; the most frequent isomer is listed for the undifferentiated fatty acid.

It is not possible to include every possible geometric and positional isomer in the database. Where specific isomers exist for a fatty acid, the common name of the most frequent isomer is listed for the undifferentiated fatty acid

and an asterisk (*) designates the isomer to which that name applies. For example, the most frequent isomer for 18:1 is oleic acid. Therefore, undifferentiated 18:1 is designated in Table 1 as oleic acid, and the asterisk indicates that the common name for 18:1, oleic acid, only applies to this isomer.

Because cholesterol is found only in foods of animal origin, cholesterol values are provided only for foods of animal origin and foods containing at least one ingredient of animal origin.

2.3 Weights

Portions are provided in grams for edible material without refuse (i.e., the edible portion of the food), such as an apple without the core or stem or a chicken leg without the bone. All reported values are based on a 100-gram or percent basis of the edible portion. Also provided for some foods is information on portion sizes (e.g., 1 cup, 1 tablespoon, 1 fruit, or 1 leg). Although FoodData Central does not contain a way to automatically modify portion sizes and thus nutrient values, this functionality is available in the [What's in the Foods You Eat](#) search tool, located on the Food Surveys Research Group website. The [Measurement Conversion Tables](#) located on the Methods and Application of Food Composition Laboratory website provide a listing of measurements and their equivalents commonly used for food and beverages. The weights are determined from samples acquired as part of NFNAP. It should be noted that portions and weight are unique to each data type in FoodData Central—Foundation Foods, Food and Nutrient Database for Dietary Studies (FNDDS), SR Legacy, and USDA Global Branded Food Products Database. In some cases, there may be many more determinations of portion sizes than there are of the nutrient analyses. Portions for specific foods are displayed in the measure tab on the FoodData Central website or in the food portion file in the download files; the format of this file is described in the [Download Field Descriptions](#).

The gram weights in the food portion file can be used to calculate nutrient values for food portions from the values provided per 100 g of food. The following formula is used to calculate the nutrient content per portion:

$$N = (V*W)/100;$$

where:

N = nutrient value per portion size,

V = nutrient value per 100 g (Nutr_Val in the Nutrient Data file), and

W = weight (in g) of portion (Gm_Wgt in the Weight file).

2.4 Limits of Quantification

Limit of Quantification (LOQ) is the lowest amount of measure in a sample that can be quantitatively determined with acceptable precision and accuracy. In FoodData Central, LOQ values are represented with less than (<) values. LOQ values may not be available for component values in older Foundation Foods. Calculations performed such as component totals and statistical averages use zero to calculate results. In addition, unavailable LOQ values may be reported as zeros.

In the download files and API, a new field has been added for LOQ values. LOQ values are stored as numbers and component values are stored as 0. For example: an LOQ of <0.03 is stored in the LOQ field as 0.03 and in the component value field as 0.

3 Reports and Data Files

3.1 Foundation Food Search Results

Using the FoodData Central search program (fdc.nal.usda.gov), users can look up the nutrient content of any food in Foundation Foods as well as those in SR Legacy, FNDDS, and the USDA Global Branded Food Products Database. Foods may be selected by key terms, such as nutrient name, food name, NDB# (in SR Legacy), FDC_ID number, or brand (in USDA Global Branded Foods Database). Searches can be made more precise by using search operators. For more information see the FoodData Central's [Help Page](#).

An application program interface (API) is also available for developers to use to access the database with their own applications. They can be assured that they are linking to the most up-to-date version of the database. Details on using the API are provided on the FoodData Central web site (fdc.nal.usda.gov).

3.2 Overview of Data Tables

The data files for Foundation Foods are available from the FoodData Central web site (fdc.nal.usda.gov) in ASCII (ISO/IEC 8859-1), and Microsoft Access 2016 formats.

Descriptions of each field in these tables and the relationships between them are contained in the [Download Field Descriptions](#).

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