

Micronutrient Measurements in Foods

Table 1 The results from inter-laboratory comparisons in measuring minerals in foods

Method	No of labs	Failures (%) ($z > 2$)	Very good (%) ($z < 1$)	Good (%) ($1 < z < 2$)
AAS				
Ashed	77	19	46	35
Microwave	9	57	30	13
Bomb digestion	3	33	66	0
GFAAS				
Ashed	6	50	50	0
Microwave	11	8	83	8
AAS				
Hydride- ashed	3	33	33	33
Hydride- microwave	11	0	85	15
ICP MS				
Ashed	2	0	100	0
Microwave	8	0	100	0
ICP OES				
Microwave	7	28	28	28
All methods	137	20	54	25

Measurands: $w(\text{Cu})$ (1250 mg/kg), $w(\text{Ca})$ (5000 mg/kg), $w(\text{Fe})$ (150 $\mu\text{g}/\text{kg}$), $w(\text{Zn})$ (15 mg/kg), $w(\text{Se})$ (550 $\mu\text{g}/\text{kg}$)

AAS atomic absorption spectrophotometer, *GF* graphite furnace, *ICP* inductive coupled plasma, *MS* mass selective, *OES* optical emission spectrophotometer)

Micronutrient Measurements in Foods

- Gas chromatograph most successful instrument
- Average failure rate of 20%
- Absolute need for improvement
- Best practice tool will be developed

Eurreca Wiki for nutrition software

page discussion view source history

WINFOOD

WINFOOD is a nutrition software in Italian.

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Software Information

Version: 2.7
 Number of Users: not available
 Operating Requirements: not available (compatible with Windows Vista®)
 Demo/Trial Version Available: no (there are videos of how the software works)
 Price: not available
 Algorithms: Information on the underlying algorithms is not available.
 References: not available

Food Composition Data

Winfood uses the Italian INRAN - IEO (Carnovale and Marletta, 2006) food composition database which, according to Medimatica, includes 1300 individual food items. According to the food composition database compilers, 67 nutrients are listed, but there are missing values especially for vitamins and minerals.

Additionally, Winfood includes data for 250 Frozen Foods (source not identified). As compared to the INRAN database, Winfood includes additional information on nutritional composition of included food items. More foods can be added by users.

Fortified food and food supplement composition information does not seem to be available.

Food Intake



Micronutrient Recommendations Database: Nutri-RecQuest

TOOL 5



Eurreca Micronutrient database

Main menu





TOOL 5

Eurreca Micronutrient database

Advanced Search

NUTRIENT:	- biotin calcium chloride choline	COUNTRY:	Albania Australia/New Zealand Austria Belgium Bosnia and Herzegovina (entity: Federation of Bosnia and Her	REGION:	Asia Australia Europe North America South America
REFERENCE AUTHOR :	- not applicable Agência Nacional de Vigilância Sanitária Antal, M. Berisha A, Bader E, Deligia C, Claude Dop M Bourges, H., E. Casanueva, and J. Rosado				
REFERENCE TITLE :	Dietary reference intakes (DRI): The essential guide to nutrient requirements. Dietary Reference Intakes for Koreans Dietary Reference Intakes: vitamin B6, folic acid, and vitamin B12 Dietary reference values (DRVs) for food energy and nutrients for the UK Dietary reference values: calcium, vitamin D, thiamin, riboflavin, niacin, pantothenic acid, and biotin				
RESPONSIBLE BODY :	Chinese Nutrition Society (CNS) Danone Institute Department of Health and Food Standards Agency, supported by the Scientific Advisory Committee on Nutrition (SACN) (previously called Commit European Food Safety Authority (EFSA), Scientific Committee for Food Food Safety Authority of Ireland				
YEAR OF PUBLICATION:	later than <input type="text"/> the year	or	later then <input type="text"/> the year		
YEAR OF SETTING:	later than <input type="text"/> the year	or	later then <input type="text"/> the year		
CONDITION:	- Bioavailability Bioavailability & life stage				

Eurreca Micronutrient database

Result of search: 12 found (0-12 displayed)

Page:

* this column shows the recommended amount or in a case a range is indicated, it shows the lower value of the range

Country	Micronutrient	Age (years)		Population group	Gender	Special condition	Recommended amount		Additional amount recommended	Unit	Details	Reference	Year	Reference
		Lower	Upper				(Lower)*	Upper						
Belgium	calcium	0.00	0.42	0-5 m	Male & Female		400			mg	More	Hoge Gezondheidsraad, Voedingsaanbevelingen voor België in herziening 2006, HGR dossiernummer: 7145-2. 2006.	2006	Details
Belgium	calcium	0.50	0.92	6-11m	Male & Female		600			mg	More	Hoge Gezondheidsraad, Voedingsaanbevelingen voor België in herziening 2006, HGR dossiernummer: 7145-2. 2006.	2006	Details
Belgium	calcium	1.00	3.00	1-3y	Male & Female		800			mg	More	Hoge Gezondheidsraad, Voedingsaanbevelingen voor België in herziening 2006, HGR dossiernummer: 7145-2. 2006.	2006	Details
Belgium	calcium	4.00	6.00	4-6y	Male & Female		800			mg	More	Hoge Gezondheidsraad, Voedingsaanbevelingen voor België in herziening 2006, HGR dossiernummer: 7145-2. 2006.	2006	Details
Belgium	calcium	7.00	10.00	7-10y	Male & Female		800			mg	More	Hoge Gezondheidsraad, Voedingsaanbevelingen voor België in herziening 2006, HGR dossiernummer: 7145-2. 2006.	2006	Details
Belgium	calcium	11.00	14.00	11-14y	Male & Female		1000			mg	More	Hoge Gezondheidsraad, Voedingsaanbevelingen voor België in herziening 2006, HGR dossiernummer: 7145-2. 2006.	2006	Details
Belgium	calcium	15.00	18.00	15-18y	Male & Female		1200			mg	More	Hoge Gezondheidsraad, Voedingsaanbevelingen voor België in herziening 2006, HGR dossiernummer: 7145-2. 2006.	2006	Details
Belgium	calcium	19.00	59.00	19-59y	Female		900			mg	More	Hoge Gezondheidsraad, Voedingsaanbevelingen voor België in herziening 2006, HGR dossiernummer: 7145-2. 2006.	2006	Details
Belgium	calcium	19.00	59.00	19-59y	Male		1200			mg	More	Hoge Gezondheidsraad, Voedingsaanbevelingen voor België in herziening 2006, HGR dossiernummer: 7145-2. 2006.	2006	Details

<i>Nutrient : CALCIUM [mg] , Gender: Male</i>	<i>Population group [Year]</i>	25
<i>Albania</i>		1000
<i>Australia/New Zealand</i>		1000
<i>Austria</i>		1000
<i>Belgium</i>		1200
<i>Bosnia and Herzegovina (entity: Federation of Bosnia and Herzegovina)</i>		800
<i>Bosnia and Herzegovina, entity: Republika Srpska</i>		1000
<i>Brazil</i>		1000
<i>Bulgaria</i>		1000
<i>China</i>		800
<i>Croatia</i>		800
<i>Denmark</i>		800
<i>Estonia</i>		800
<i>Finland</i>		800
<i>France</i>		900
<i>Germany</i>		1000
<i>Hungary</i>		800
<i>Iceland</i>		800
<i>Ireland</i>		800
<i>Italy</i>		1000
<i>Japan</i>		775
<i>Latvia</i>		1000
<i>Lithuania</i>		1000
<i>Macedonia, The former Yugoslav Republic of</i>		800
<i>Mexico</i>		900
<i>Montenegro</i>		1000
<i>Netherlands</i>		1000
<i>Norway</i>		800
<i>Poland</i>		1100
<i>Portugal</i>		1000
<i>Romania</i>		875
<i>Russian Federation</i>		800

Nutrition Planning and Analysis Software: Nutplan

TOOL 6

Nutplan

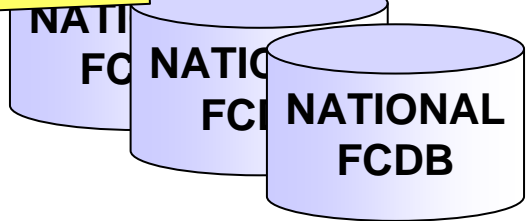
- RECIPE CALCULATION
- NUTRIENT RECOMMENDATIONS
- NUTRIENT ADEQUACY REGARDING RECOMMENDATIONS
- NUTRIENT INTAKE ASSESSMENT REGARDING RECOMMENDATIONS
- DIET MODELING
- FOOD LABELING (SME)

Foods with nutritive values

Nutrient Recommendations

EuroFIR
FCDB

or



TOOL 6

eurreca
EUropean micronutrient RECommendations Aligned

er	geLowe	ditionCode	alCode	Unit	Value	Unit	Value
1.00			m&l	VITB6	1.30000	mg	1.30000
1.00	4.00		m&l	VITB6	1.30000	mg	1.30000
1.00	14.00		m	VITB6	1.30000	mg	1.30000
5.00	11.00		f	VITB6	1.70000	mg	1.70000
5.00	0.00		l	VITB6	1.50000	mg	1.50000
5.00	0.00		f	VITB6	1.20000	mg	1.20000
51.00	0.00	PRED	f	VITB6	2.00000	mg	0.90000
0.00	0.00	LACT	m&l	VITB12	0.90000	mg	1.20000
0.00	0.00		m&l	VITB12	1.20000	mg	1.20000
1.00	0.58		m&l	VITB12	1.80000	mg	2.40000
3.00	1.00		m&l	VITB12	2.40000	mg	2.40000
8.00	4.00		m&l	VITB12	2.40000	mg	2.40000
13.00	9.00		m&l	VITB12	2.40000	mg	2.40000
18.00	19.00		m&l	VITB12	2.40000	mg	2.40000

FOODS

RECIPES

MEALS

MENUS

AVERAGE MENUS

NUTRIENT INTAKE QUESTIONNAIRE

VOCABULARY

EXIT

Eurreca

EURRECA

FOODS

FOOD GROUPS AND SUBGROUPS

Food Code	Food name	Original Food Name	Food Group	SubGroup
3425	Pork, loin, SL	Svinjska leda, SL	03 MEAT OR MEAT PRODUCT	01 MEAT OR MEAT PROD
3426	Pork, shoulder, SL	Svinjska, plecka, SL	03 MEAT OR MEAT PRODUCT	01 MEAT OR MEAT PROD
3427	Pork, leg, SL	Svinjski but, SL	03 MEAT OR MEAT PRODUCT	01 MEAT OR MEAT PROD
3428	Tirol sausage	Tirolska kobasica	03 MEAT OR MEAT PRODUCT	01 MEAT OR MEAT PROD
3429	Toast sausage	Tost narezak	03 MEAT OR MEAT PRODUCT	01 MEAT OR MEAT PROD
3430	Rabbit meat, back and leg, SL	Zecije meso, leda i but, SL	03 MEAT OR MEAT PRODUCT	01 MEAT OR MEAT PROD
3431	Poultry pate	Zivinska pasteta	03 MEAT OR MEAT PRODUCT	01 MEAT OR MEAT PROD
3463	Wine, blackberry	Kupinovo vino	11 BEVERAGE (NON-MILK)	01 COFFEE
3464	Nutmeg, powdered	Muskatni orah, mleveni	12 MISCELLANEOUS FOOD PR	01 MISCELLANEOUS FO
3465	Filled tea biscuit, chocolate coated	Sendvic keks, preliven cokolado	06 GRAIN OR GRAIN PRODUCT	01 GRAIN OR GRAIN PRO
3466	Filled tea biscuit, vanilla flavoured	Sendvic keks, ukus vanila	06 GRAIN OR GRAIN PRODUCT	01 GRAIN OR GRAIN PRO
3467	Baking soda	Soda bikarbona	12 MISCELLANEOUS FOOD PR	01 MISCELLANEOUS FO
3468	Water, Zlatibor	Voda Zlatibor	11 BEVERAGE (NON-MILK)	01 COFFEE
3469	Bonzita, raisins	Bonzita, suvo grozdje	06 GRAIN OR GRAIN PRODUCT	01 GRAIN OR GRAIN PRO
3470	Bonzita, apricot	Bonzita, marelica	06 GRAIN OR GRAIN PRODUCT	01 GRAIN OR GRAIN PRO
3471	Bonzita, grain	Bonzita, zitarice	06 GRAIN OR GRAIN PRODUCT	01 GRAIN OR GRAIN PRO
3479	Brandy	Vinjak	11 BEVERAGE (NON-MILK)	01 COFFEE
3480	Votka	Vodka	11 BEVERAGE (NON-MILK)	01 COFFEE
3481	Brandy	Rakija,Manastirka	11 BEVERAGE (NON-MILK)	01 COFFEE
3482	Wine, black	Vino,crno	11 BEVERAGE (NON-MILK)	01 COFFEE
3483	Whole wheat flour biscuits with ra	Integralni keks sa suvim grozder	06 GRAIN OR GRAIN PRODUCT	01 GRAIN OR GRAIN PRO
3484	Whole wheat flour biscuits with ha	Integralni keks sa lesnikom	06 GRAIN OR GRAIN PRODUCT	01 GRAIN OR GRAIN PRO
3485	Whole wheat flour biscuits. lemon	Integralni keks sa aromom limur	06 GRAIN OR GRAIN PRODUCT	01 GRAIN OR GRAIN PRO

REFRESH DATA FROM INTERNET


INSERT NEW DATA

EDIT DATA

DELETE DATA

PRINT

EXPORT DATA TO XLS FORMAT

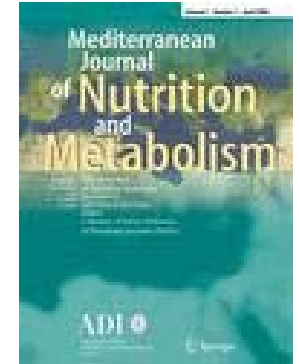


BACK

* Double click on the header of column to sort the data in it, *To search for the certain entry select the column and start ty

Mediterranean Journal of Nutrition & Metabolism

Volume 2, Number 2 / September 2009



The micronutrient content of traditional Greek foods

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(1)

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Abstract:

In the context of the EURRECA project (EUROpean micronutrient RECommendations Aligned), we have estimated the micronutrient content of traditional Greek foods in relation to international recommendations. Many of these foods showed a rich micronutrient profile and a file was developed listing a total of 137 traditional Greek foods and dishes. This work indicates that in order to meet micronutrient requirements, a simple solution would be to adhere to traditional dietary patterns, at least for the Mediterranean populations, and reinstate traditional foods into the daily diet.

Keywords: Traditional foods - Micronutrients - Recommended Dietary Allowance

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British Journal of Nutrition

Vol 101, S2, July 2009



Micronutrient Intake Assessment in Europe: Best evidence and practice. The EURRECA Network of Excellence

Editors: Lluís Serra-Majem, Joy Ngo, Blanca Roman-Vinas

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Link to the full supplement at: <http://journals.cambridge.org/action/displayIssue?jid=BJN&volumeld=101&issuelid=S2&iid=5914968>

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American Journal of Clinical Nutrition

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 The American Journal of
CLINICAL NUTRITION

Supplement: Biomarkers of Micronutrient Status – EURRECA Workshop

Editors: Susan J. Fairweather-Tait, Linda J Harvey, Amelie Casgrain, Lee Hooper

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http://www.ajcn.org/content/vol89/issue6/#SUPPLEMENT_BIOMARKERS_OF_MICRONUTRIENT_STATUS_EURRECA_WORKS

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Human Reproduction Update

June 2009



Role of micronutrients in the periconceptual period

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BACKGROUND: Micronutrient deficiencies have been associated with significantly high reproductive risks, ranging from infertility to fetal structural defects and long-term diseases. In this review we focus on the reproductive risks related to some micronutrients during the periconceptual period, a critical step in determining fetal development and health due to the potential onset of several disorders.

METHODS: Embase Medline and PubMed databases, Google-indexed scientific literature and periodics from on-line University of Milan Bibliotecary Service were searched to identify relevant publications. *In vivo* human studies were mainly searched for, but when needed animal studies as well as *in vitro* and cell culture experiments were also considered.

RESULTS: Fertility, conception, implantation, fetal organogenesis and placentation are the critical stages potentially affected by nutrition during the periconceptual period. Reactive oxygen species (ROS) and total homocysteine (tHcy) plasma levels are factors involved in the respective mechanisms. The preconceptional period is particularly important since it affects both fertility and the early stages of gestation. Micronutrients' dietary intake and maternal status affect the different phases of the onset and development of pregnancy as well as of the conceptus.

CONCLUSION: Although human studies are scarce, and conclusive evidence is provided solely for periconceptual folate and prevention of neural tube defects (NTDs), the overall data indicate that micronutrients may affect fertility, embryogenesis and placentation, and the prophylactic use of some micronutrients may be useful in preventing several adverse pregnancy outcomes. Efforts to increase awareness of a healthy diet should be strengthened not only throughout pregnancy but also before. However, further researches in humans are necessary to optimise periconceptual micronutrient requirements.

Keywords: periconceptual period / micronutrients / ROS / preconception nutrition / pregnancy outcomes

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SIXTH FRAMEWORK
PROGRAMME



Journal of Accreditation & Quality Assurance

Volume 14, Number 2 / February 2009



Measuring performance in analytical measurements

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Abstract

This paper presents the experience from a research which was conducted, within the framework of an EU project, on the various aspects of nutritional micronutrient measurements in foods. The project examined various methods of measuring basic micronutrients in food and water, their effectiveness, their difficulties, their costs as well as other elements.

Data from a number of inter-laboratory comparison providers and prepared questionnaires were collated and analyzed, and the data gathered revealed that there are major differences in the methods employed and the instrumentation used. Methods using state of the art equipment such as ICP/MS and GC/MS were used for micronutrient measurements, and the results (successes and failures ($z > 2$) in the measurements) are presented.

The laboratories from which data were gathered were mainly from across Europe (results for more than 700 laboratory determinations are presented), and the failures range from 0 to 67% of the measurement laboratories.

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Micronutrient Status Methods: Proceedings of the EURRECA Workshop and Working Party on New Approaches for Measuring Micronutrient Status. S.J. Fairweather-Tait et al.

Editors: Susan J. Fairweather-Tait & Linda J. Harvey

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European Journal of Nutrition 2008 47(Suppl.1):1-40



EURRECA: EUROpean micronutrients RECommendations Aligned - Preparing the Way

Guest Editor: J. Hautvast

3 Articles

EURRECA: EUROpean micronutrient RECommendations Aligned. Preparing the way.

How we will produce the evidence-based EURRECA toolkit to support nutrition and food policy

Current micronutrient recommendations in Europe: towards understanding their differences and similarities

Abstract:

Today, most countries in Europe have established their own nutrient recommendations to assess the adequacy of dietary intakes and to plan desirable dietary intakes. Individual countries have convened their own expert panels and reviewed national guidance on recommendations for micronutrients at different times, which means they are not working with the same or necessarily the most up-to-date scientific information.

The absence of a standard approach within the EU for deriving nutrient recommendations results in different national recommendations - a recipe for confusion for policymakers, health professionals, industry and consumers alike right across Europe. EURRECA has been brought into existence with funding from the European Commission (EC) specifically to identify and address this challenge!

"There are virtually no scientific reasons why the requirements of a German, Italian, or British or other child or adult should be significantly different". *The Lancet*, 18 November 1989, p. 1220

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Download the full article, free of charge at:

<http://europe.ilsi.org/publications/Articles/EURRECAPreparingtheWay.htm>

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How can you benefit/get involved?

- Representation via partners & AGs
- Stay in Touch: form on website
- Access publications in the public domain
- Start using tools as soon as available
- Ensure your national/professional societies are in contact
- Take advantage of training/meetings on offer (developing)
- Disseminate latest publications
- Host national/professional meetings to debate the topic
- Invite EURRECA speakers
- Write up/raise the topic in local publications
- Link up websites

Set up an *Interest Group* on the *E!* website?





Thank you for your attention!

Queries/information: info@minervaprc.com