

FOOD COMPOSITION TABLES

A food composition table provides users with detailed information on the nutritional composition of foods. An array of food composition tables can be ordered from the Nutritional Intervention Research Unit of the Medical Research Council. Below is a brief description of the contents of each book. Users are also encouraged to familiarize themselves with the introduction and background information of each book before they start using/interpreting/applying the nutrient information in the specific book. It is important to note that the nutrient information provided on the foods come from different sources, e.g. chemically analysed food, other international food composition databases, scientific articles, and recipe calculations and users should always check the reference source.

Title	Description
Condensed Food Composition Tables for South Africa. 2010	This book combines information from the 1991 MRC Food Composition Tables, as well as the updated information from the two supplements, namely Composition of South African Foods: Vegetables and Fruit and Composition of South African Foods: Milk & Milk products, Eggs, Meat & Meat products. New information on fortified maize meal, white and brown bread flour as well as fortified white and brown bread has been added to this edition. The Condensed Food Composition Tables (CFCT) report on the energy, macronutrients (protein, carbohydrate, fats and protein), vitamin and mineral contents of 1472 food items.
Composition of South African Foods: Milk & milk products, Eggs, Meat & meat products. 1999	This publication represents updated nutrient data for milk, meats and eggs as a supplement to the 1991 MRC Food Composition Tables. It incorporates the new South African data on egg, beef, chicken, ostrich, veal, crocodile, milk, milk products, cheese and yoghurt. Information on 274 foods and 93 nutrients (macronutrients, minerals, vitamins, amino acids and fatty acids) is included. Forty four percent of the data from the milk group, 64% of the data from the egg group and 40% of the data from the meat group are of South African origin. This book also contains retention factors of 16 vitamins and minerals, nutrient footnotes as well as the analytical methodology used for the nutrients. Macronutrients, minerals and vitamin information of this book have been included in the CFCT.
Composition of South African Foods: Vegetables and Fruit. 1998	This publication represents updated nutrient data for vegetables and fruit as a supplement to the 1991 MRC Food Composition Tables. It provides nutrient data for 312 vegetable foods and 143 fruits. The vegetable group includes data on many foods used as vegetables in South Africa: raw; boiled; frozen raw and boiled; dehydrated raw and boiled; and canned; as well as for commonly consumed vegetable dishes. It encompasses data on many traditional and indigenous South African vegetable foods and dishes. The fruit group includes data on a large variety of raw fruit (including indigenous fruit), fresh fruit juices, dried, canned and cooked fruit. Raw fruits were analysed with skin, if not otherwise specified. Retention factors of 16 vitamins and minerals, carotene fractions, organic acids and phytate as well as the analytical methodology used for the nutrients are also included. Macronutrients, minerals and vitamin information of this book have been included in the CFCT.
Fatty acid and Amino acid Composition Tables. Supplement to the MRC Food Composition Tables. 1992	This publication provides information on the fatty acid and amino acid composition of foods published in the 1991 edition of the MRC Food Composition Tables. Information is provided on energy, protein, fat, carbohydrates, dietary fibre and individual fatty acids (C4:0 to C22:6). Information for eight essential amino acids (isoleucine, leucine, lysine, methionine, phenylalanine, threonine, tryptophan, valine) as well arginine and histidine has been included. The cholesterol content of food is given and where the information was available, the <i>trans</i> fatty acid content of foods is also included.
MRC Food Quantities Manual. Second Edition. 1991	This book is recommended for researchers who undertake research studies and need to convert the amount of food measured with household utensils, e.g. cups and spoons into weight in gram. Weights for different dimensions of food are also available in the manual, e.g. an apple with a diameter of 70 mm or a slice of bread 93 X 93 x 10 mm. This book does not provide information on standard portion sizes.

FOOD COMPOSITION TABLES ORDER FORM 2011

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Author, Publication details	Tables	No.	Price (incl. VAT)	Total
Wolmarans P, Danster N, Dalton A, Rossouw K, Schönfeldt H. Cape Town: Medical Research Council, 2010	Condensed Food Composition Tables for South Africa (2010)		R 300	
Sayed N, Frans Y, Schönfeldt H. Cape Town: Medical Research Council, 1999	Composition of South African Foods: Milk & milk products, Eggs, Meat & meat products (1999)		R 110	
Kruger M, Sayed N, Langenhoven M, Holing F. Cape Town: Medical Research Council, 1998	Composition of South African Foods: Vegetables and Fruit (1998)		R 110	
Kruger M, Langenhoven M, Faber M. Parow: Medical Research Council, 1992	Fatty acid and Amino acid Composition Tables. Supplement to the MRC Food Composition Tables (1991)		R 90	
Langenhoven M, Conradie PJ, Wolmarans P, Faber M. Parow: Medical Research Council, 1991	MRC Food Quantities Manual. Second Edition (1991)		R 90	
TOTAL (R)				

Enquiries can be made at the following contact details:

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HOW TO PLACE AN ORDER

Kindly enquire about the availability of any particular book before payment is made to avoid disappointment!

1. Please send the completed order form and cheque payable to the **MEDICAL RESEARCH COUNCIL**.

Food Composition Database Officer
 Medical Research Council
 Nutritional Intervention Research Unit
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OR

2. Make a direct deposit/EFT and fax the order form along with the proof of payment to 021 938 0321.

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