Poland

Title: Skład i Wartość Odżywcza Produktów Spożywczych
Authors: J. Piekarska, M. Łos-Kuczera
Publisher: PZWl
Editions: (1st 1948)/1983
Responsible for translation of the introduction: B. Kowrygo
Number of food entries: 991
Number of components: 19
Explanatory Information

The Polish food composition tables of 1983 used here contain 991 products, and include energy values (in kilocalories and kilojoules), water, protein, fat, total carbohydrates, fiber, ash, calcium, phosphorus, iron, magnesium, retinol, carotene, retinol equivalents, thiamin, riboflavin, niacin, and ascorbic acid. Various methods were used to determine the nutrient values but in most cases the values were based on the selected methods of composition and nutritive value of food [10].

Food products in the list are the products most commonly supplied in Poland. All items are divided into two groups of tables. The first represents values calculated for 100 g edible part of food, whereas the second one gives information for 100 g products as purchased.

It is important that for the first time in this publication energy values and the main nutrients consumed in Poland are given for alcoholic and nonalcoholic beverages according to origin.

The percentage of waste was also estimated as well as, where applicable, losses of nutritive value during the culinary preparation of raw products. The information for several products covers the loss of selected vitamins.

Selection of Values

The next step after the selection of 991 products and nutrients was to collect the values for the selected nutrients.

For several years the Institute of Food and Nutrition has carried out the investigation on nutritive values of the basic food in Poland. Additional analyses have been carried out at different laboratories and institutes. The results, together with foreign published literature on this subject, are collected by the Institute of Food and Nutrition.

Unpublished values for the composition of the food were also considered. Preference was given to values where the publication gave full details of the sample, its method of preparation and analysis. The complete list of criteria which were used in assessing the published values is shown in Table 1.

Analytical Methods Used to Test Composition and Nutritions Value of Food Products

Ways of Determining Constituents in Food Products

Because of the lack of data, the tables do not show nutrient assimilation (with the exception of energy) by a human organism. In most cases, the amount of a nutrient given here is not assimilated in full. The nutrient assimilation depends on the form in which certain nutrients appear in a product (see Table 1).