Federal Republic of Germany

Title: Food Composition and Nutrient Tables 1986/87
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Number of food entries: 734
Number of components: 237

L. Arab et al., European Food Composition Tables in Translation © Springer-Verlag Berlin Heidelberg 1987
Structure of the Tables

The nutrition tables, obtained from the data bank LINDAS (Lebensmittel-Inhaltstoff-Datensystem), consist of the following parts (see Table 2):

a) Head of the table with the name of the food in German, English and French; in some cases the scientific Latin name has also been included.

b) Energy values: listed are the total energy as well as the corresponding energy value for protein, fat and carbohydrates in kilojoule (kJ) and kilocalories (kcal) per 100 g edible portion, with and without consideration of the digestibility.

c) Quotation of the waste (See below paragraph “Raw product – edible portion – waste”)

d) Concentration of the food constituents. These are grouped as follows:

   Main constituents (water, protein, fat, available carbohydrates, total dietary fiber, minerals), individual minerals and trace elements, vitamins, amino acids, fatty acids, individual carbohydrates (mono-, oligo- and polysaccharides), hydroxycarbonic acids (fruit acids and phenolic acids), sterols, biogenic amines and other special constituents. The amounts of the nutrients are quoted per 100 g edible portion (mean value and variation) and per 100 g product as purchased (mean value). Additionally the nutrition density (nutrition content/energy value) and in the case of protein-rich foods, the amino acid composition in mole percent is given.

e) Footnote

   Additional remarks to data a) to d).

Raw Product – Edible Portion – Waste

All values refer to the “edible portion” of the particular food, which is calculated as follows: raw product as purchased minus waste. The waste is given in the tables as the percentage of the raw product as purchased.

“Raw product as purchased” denotes the food product as it is when it reaches the kitchen. Many food products in this state contain portions which have to be removed before the food is prepared. The remaining portion is the “edible portion”. The waste varies considerably for a number of reasons (e.g. maturity, type and duration of transport and storage). The mean values were used for the calculations.

The declaration of meat portions are based on the recommendations of the “Deutsche Landwirtschaftsgesellschaft” [1].

Quotation of the Concentrations

The amounts are given in gram (abbreviation: GRAM), milligram (abb.: MILLI), microgram (abb.: MICRO) and nanogram (abb.: NANO) per 100 g

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1 The present data collection is a so-called “open table”; that means that the quotation of the individual nutrient can be varied according to the needs.