

# Food Composition Data in the Near East Region

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## Country specific data

Country	Title	No. of foods	Food description	Nutritional values	Data source information
Cyprus	Composition of Food produced in Cyprus	47	No, only table available	Energy, protein, fat carbohydrate, water,K, Na, SFA, MUFA, PUFA	No, analytical values
	Fish of Mediterranean Origin	9	No, only table available	Energy, protein, fat carbohydrate, water,K, Na, Fe, Cu, Zn, Mg	No, analytical values
	Composition of Margarines, Shortenings, Lard, Butter and Butter Ghee		No, only table available	Fatty acid composition	No, analytical values
Morocco	Table de Composition des Aliments	311	?, only table available	Energy, protein, fat, carbohydrate, cellulose, ash, water, Ca, Fe, RE, vit. B1, B2, C, niacin, waste	? only table available
Algeria*	Table de Composition des Aliments Algériens	219	?, only table available	Energy, protein, fat, Ca, P, Fe, Vit. A, B1, B2, C, niacin, AA (lysine, threonine, AAS)	? only table available
Tunesia	Food Composition Table for Use in Tunesia	232	?, only table available	Energy, protein, fat, carbohydrate, Ca, P, Fe, RE, vit. B1, B2, C, niacin	?, only table available
Egypt	Food Composition Tables	375	No, only table available	Energy, protein, fat carbohydrate, fibre, ash, water, Ca, P	Yes, analytical values
Kuwait	National Food Composition Table I. Kuwaiti Composite Dishes	16 dishes	Yes	Energy, protein, fat, carbohydrates, fibre (crude and NDF), ash, water, phytate, Na, K, Ca, P, Mg, Fe, Cu, Zn, Mn, vit. B1, B2, B6, B12, C, niacin,, pantothenic acid, RE, TE, AA, FA	Yes, analytical values
Bahrain	Food Composition Table for Use in Bahrain	234 raw foods, 43 dishes	No, except for recipes	Energy, protein, fat, carbohydrate, fibre, ash, water, Ca, P, Fe, RE, vit. B1, B2, C, niacin	Yes, list of 12 ref.
Pakistan	Food Composition Table for Pakistan	210	No	Energy, protein, fat, carbohydrate, fibre, ash, water, Ca, P, Fe, $\beta$ -carotene, vit. B1, B2, C, niacin	No, list of 46 references
Iran	Food Composition Table of Iran	244	No	Energy, protein, fat, carbohydrate, fibre, ash, water, Ca, Fe, Na, K, P, vit. B1, B2, C, niacin, RE, refuse	Yes, reference for each food
Sudan	Sudan Food Composition Tables	160	No	Energy, proteim, fat, carbohydrate, crude fibre, ash, water, Ca, P, Fe	Yes, analytical values
Zimbabwe*	Nutrient Composition of Foods of Zimbabwe	201	?, only table available	Energy, protein, fat, carbohydrate, water, Ca, P, Fe, Na, K, vit. A, C, B1, B2, B6, B12, niacin, folic acid	?, only table available

## Regional data

Regional	Title	No. of foods	Food description	Nutritional values	Data source information
1	Food Composition Tables for use in the Near East	258 raw foods, 104 dishes	No, except for recipes	Energy, protein, fat, carbohydrate, ash, water, fiber, Ca, P, Fe, RE, Vit. B1, B2, C, niacin, I, Na, K, AA	No, list of 40 references
2	Food Composition Tables for the Near East	848	Yes, for processed foods	Energy, protein, fat, carbohydrate, fibre, ash, water, Ca, P, Fe, Na, K, Mg, vit. B1, B2, C, niacin, RE, $\beta$ -carotene, (FA and AA for some foods)	No, list of references
3	Traditional Foods in the Near East	108	Yes	Energy, protein, fat, carbohydrate, water (crude fibre, Ca, P, Fe, Na, Zn for some)	Yes, lists of 322 references
4	The Composition of Foods commonly eaten in East Africa	146	no	Energy, protein, fat (SFA, MUFA, PUFA, lin, chol), carbohydrate (total, mono-, poly-), fibre, alcohol, ash, water, Ca, P, Fe, K, Na, RE, $\beta$ -carotene, Vit. B1, B2, B6, B12, C, niacin, folic acid, AA	Yes, list of references
5	Traditional Foods in the Arabian Gulf Countries	48	Yes	Energy, protein, fat, carbohydrate, fibre, ash, water, Ca, P, Na, Fe, Zn	No, list of references
6	Study of Traditional Foods in the MAGHREB countries	71	Yes	Energy, protein, fat carbohydrate, fibre, ash, water (only some foods)	No, lists of references
7	Traditional Foods in Egypt and Sudan	31	Yes	Proximate and/or mineral composition for some foods	No, lists of ref.