



**TBCA**

Tabela Brasileira de  
Composição de Alimentos

## TBCA - Brazilian Food Composition Table

TBCA is available on the site  
[www.fcf.usp.br/tbca](http://www.fcf.usp.br/tbca)

Version 6.0 of the Brazilian Food Composition Table (TBCA), launched in 2017, was developed in an integrated manner by the Brazilian Network of Food Data Systems (Brasilfoods), by the University of São Paulo (USP), and by the Food Research Center (FoRC) – a Center for Research, Innovation and Dissemination of the São Paulo Research Foundation (FAPESP).

This version, which has been made available on the internet in Portuguese, presents two distinct databases. One with original analytical data related to foods from Brazilian biodiversity, and another with information regarding the contents of 34 components of the foods most consumed in Brazil. Both were built with the objective of allowing an evaluation of the intake of nutrients and facilitating the planning of food schedules and menus.

**TBCA - Nutrition Intake Evaluation:** prepared based on the analytical data of foods and industrialized products on the Brazilian market, presenting the complete profile of information regarding their proximate composition, vitamins, and minerals, for the purpose of evaluation the intake of nutrients. It focuses on foods most consumed by Brazilians.

**TBCA - Biodiversity and Regional Foods:** the result of the data compiled regarding the chemical composition of foods from Brazilian biodiversity. It presents only original analytical information without changes or added data.

The data can be searched, as follows:

**By food (name of the food in Portuguese, name of the food in English, or scientific name of the food), considering the food groups:** all of the foods will be listed with the available data, giving the database evaluating the intake of nutrients;

**By food group:** all of the foods from the chosen group will be listed, with their specifications, considering the database evaluating the intake of nutrients;

**By component:** all of the foods will be listed, considering the quantity of the nutrient, according to the food group to which they belong.

### FOOD RESEARCH CENTER

**Questions**

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**To send data**

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