Intake assessment: Food consumption data

Davide Arcella
EFSA Evidence Management Unit

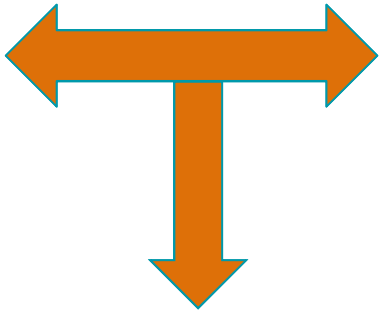
Technical meeting, 13 February 2018

efsa
European Food Safety Authority

SUB-QUESTION 2

What is the distribution of intakes of free sugars from all dietary sources (and by food source) in the target population?

European food composition database for **free sugars**



EFSA Comprehensive Food Consumption Database

Free sugars intake data

SUB-QUESTION 2 – EFSA COMPREHENSIVE DATABASE

The EFSA Comprehensive European food consumption database contains data:

- 24-hour recall or dietary record method
- data collected at individual level
- most recent data within each country
- random sample at national level
- different age classes, from infants to elderly
- special population groups

SUB-QUESTION 2 – EFSA COMPREHENSIVE DATABASE

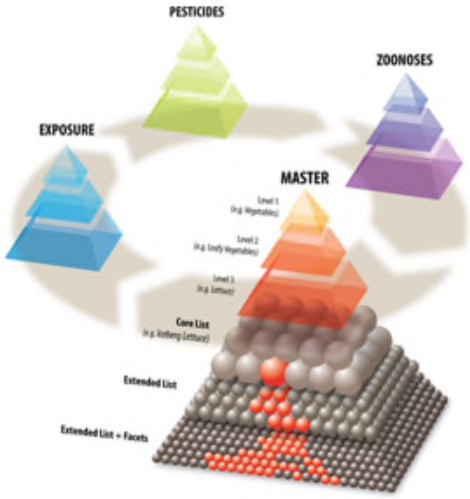
Number of:	
Member States	23
Dietary surveys	51
Population groups	128
Subjects	94,532
Different national food codes	127,912
Different standard food codes	1,578
Consumption records	10,470,332

SUB-QUESTION 2 – EFSA COMPREHENSIVE DATABASE

Age class	Age range (years)	Number of Surveys	Number of countries
		(> 1 day per subject)	
Infants	0 – 1	6	6
Toddlers	1 – 3	10	9
Children	3 - 10	18	15
Adolescents	10 - 18	17	14
Adults	18 - 65	17	16
Elderly	65 - 75	14	13
Very elderly	> 75	12	12
Special population group		2	2

Within the **EU Menu project**, new data are expected in 2018 from: Croatia, France, Latvia, Portugal and Belgium

SUB-QUESTION 2 – FOODEX 2



- Sugars and similar [A08Y6]
  - Sugars (mono- and di-saccharides) [A032G]
    - Sucrose (common sugar) [A032H]
    - Mono- di-saccharides other than sucrose [A032S]
  - Honey [A033J]
  - Syrups (molasses and other syrups) [A033R]
  - Polyols [A032Z]
- Artificial sweeteners (e.g., aspartam, saccharine) [A046M]
  - Saccharine [A046N]
  - Aspartame [A046P]
  - Acesulfame k [A046Q]
  - Sucralose [A046R]
  - Cyclamate [A046S]
  - Neo-hesperidine [A046T]
  - Thaumatine [A046V]
  - Neotame [A046X]
  - Steviol glucoside [A046Y]
  - Advantame [A046Z]

- [F01] Source
- [F02] Part-nature
- [F03] Physical-state
- [F04] Ingredient
- [F06] Surrounding-medium
- [F07] Fat-content
- [F08] Sweetening-agent
- [F09] Fortification-agent
- [F10] Qualitative-info
- [F11] Alcohol-content
- [F12] Dough-Mass
- [F17] Extent-of-cooking
- [F18] Packaging-format
- [F19] Packaging-material
- [F20] Part-consumed-analysed
- [F21] Production-method
- [F22] Preparation-production-place
- [F23] Target-consumer
- [F24] Intended-use
- [F25] Risky-Ingredient
- [F26] Generic-term
- [F27] Source-commodities
- [F28] Process
- [F29] Purpose-of-raising
- [F30] Reproductive-level
- [F31] Animal-age-class
- [F32] Gender
- [F33] Legislative-classes

Facets are used to add further detail, in relation to different properties and aspects of foods, to the information provided by the food list term.

SUB-QUESTION 2 – FREE SUGARS INTAKE

- At **individual level**
- **Arithmetic mean** of all reporting days for the same **subject** for each food/food group **X** corresponding **concentration** of free sugars, **summing up** the respective intakes throughout the diet
- Only for subjects with **at least two reporting days**
- **Mean** and **5th**, **50th** and **95th percentiles** of intake for each survey and age (sex) group, respectively

SUB-QUESTION 2 – FREE SUGARS INTAKE CALCULATION

- **Different intake scenarios** could be considered if more than one value for free sugars is assigned to one or more FoodEx2 codes in the food composition database

- **Accuracy check**: comparison with published values from the same surveys, if available

INTAKE ASSESSMENT