



FOREWORD

Nutrition is the key factor of food quality, which values quality of life of human being. Diet-related diseases can mainly be preventable by foods of appropriate nutritive values. Under the world of limited resources, limited land for agriculture must be efficiently managed especially areas for food and non-food productions in order to produce adequate foods of right nutrients for the world population. Nowadays, nutrition is also used as a tool for trade and becomes a non-tariff trade barrier for more-developed countries. Food composition data (FCD) can provide essential information on nutritive value of foods, which is very useful for the implementations at both macro- and micro levels of public and private sectors in various disciplines and professionals such as health and medical sciences, nutrition, dietetics, food science and technology, agriculture and trade as well as policy making. FCD are required for food's nutritive value estimation, food formulations for diet therapies, nutrient intake assessment of individual and population, assessment of diet-related diseases, institutional food service management. For food industry, the need of FCD becomes more and more significant in their product development and promotion processes as the nutrition is an important issue for the world food trade. At macro-levels, FCD can be used as a tool for policy makers at national and regional levels in establishing policies on agriculture zoning, food balance sheets, food fortification and supplementation.

A country or even a region, therefore, is required to generate and disseminate of their own food composition tables. To support such activities, the International Network of Food Data Systems (INFOODS) appointed the Institute of Nutrition, Mahidol University (INMU, the Regional Centre of ASEANFOODS) to be the INFOODS Regional Database Centre in 1991 with the mission on encouraging Thailand and ASEAN countries to improve quantity, quality, and accessibility of their food composition data. The 1st edition of Thai Food Composition Tables (FCTs, English version) was produced in 1999 by following INFOODS Guidelines. Nutrient composition of fresh, cooked, and commercially processed of commonly consumed foods totally 1,055 items were included. During the past 15 years, the FCT's has included more than 1,700 food items, which can certainly serve more needs of our stakeholders. This update version is available in electronic form on the INMU website, <http://www.inmu.mahidol.ac.th/>.

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