UPDATING OF THE PHILIPPINE FOOD COMPOSITION TABLES (FCT) USING INDIRECT METHOD
PHASE 1: TOTAL DIETARY FIBER, TOTAL SUGARS, SODIUM, AVAILABLE CARBOHYDRATE AND ENERGY
Regina G. Rodriguez, Ennata M. Avena, Kristine T. Biona, Alexandra Lyne E. David, and Jemn D. Serrano

BACKGROUND
The nutrient composition of foods is important in areas of nutrition and health, and other related disciplines such as food science, agriculture and trade. In the country, the Philippine Food Composition Tables (FCT) 1997 is the current publication of the nutrient data of foods. However, this has no data on nutrients with health implications, such as total dietary fiber (TDF), sugar and sodium (Na).

Direct method which involves chemical analysis is a reliable method for data generation, but when analytical resources are limited, indirect method which involves gathering data from literatures, borrowing from other FCTs or databases or doing recipe calculation is a practical alternative.

OBJECTIVES
The study aimed to update the Philippine FCT through the addition of new food components using indirect method. Specifically, the study was conducted to compile TDF, total sugars and Na data of the 1997 Philippine FCT food items; compute the available carbohydrate and energy; and prepare a database with these new food components.

MATERIALS AND METHODS
Food items were food matched based on INFOODS Food Matching Guidelines Version 1.2. TDF, total sugars and Na data were borrowed from foreign databases, and adapted to the water content of Philippine FCT food items. Combination foods with no exact food match were calculated following the recipe calculation module under the INFOODS Compilation Tool. Available carbohydrate and energy were computed from compiled TDF data.

RESULTS
A total of 1246 food composition data were generated for TDF, 1163 for total sugars and 1298 for Na through data borrowing and recipe calculation. Available carbohydrate and energy were calculated for 1246 food items. These data were compiled in a user database.

RECOMMENDATIONS
Continuous improvement of the Philippine FCT through the addition of new food components and use of analyzed data for staple foods is necessary to meet the local and global demands for food composition data which is useful in nutrition, health and other related areas.