Food composition data have many uses, including evaluating nutritional variation of plants and foods, analyzing relationships between nutrient intake and disease, and establishing dietary guidelines. Food composition data are generated through various methods including analytical measurements, calculations, and imputations. Many national and regional organizations, particularly governments, have developed their own food composition databases or tables to provide information about the nutritional composition of foods relevant to a country or region.

Designed with researchers, dietitians, students, government officials, and database managers in mind, WNDDS® is a curated clearinghouse for information about food composition databases and tables, providing an online, publicly accessible and valuable reference tool for researchers and other stakeholders interested in food composition data. WNDDS serves to aide users in their initial assessment of the scope and depth of nutritional composition data available for certain countries and regions.

WNDDS’ content was gathered through a systematic review of publicly accessible food composition data resources, and with additional inputs solicited from managers of food composition databases from around the world. WNDDS does not contain food composition data per se but links users to original data sources. Displayed in an interactive map, WNDDS is a free resource available on the ILSI Research Foundation’s website.

*WNDDS was initially called the Catalogue of Food Composition Databases and Tables (or CatFCDB) during its beta-test period.

The ILSI Research Foundation’s Catalogue of Food Composition Databases and Tables

90 Food Composition Databases and Tables from 92 Countries

24 Food Classification Sub-Categories

Alcoholic beverages
Baby and infant foods
Cereal and grain products
Combination/mixed dishes
Dairy and dairy products
Desserts, pastries and snacks
Diet products
Eggs and egg products
Fast food and restaurant food
Fats and oils
Fish (including shellfish, finfish)
Fruits and fruit products
General
Meat and other animal products
Miscellaneous
Native food
Non-alcoholic beverages
Nutritional supplements
Nuts, dried beans, seed and products
Spices and condiments
Starchy roots, tubers and products
Sugar, syrup and confectionery
Vegetables and vegetable products
Vegetarian dishes

39 Nutrient Information Sub-Categories

Beta-carotene (μg)
Biotin (μg)
Calcium (mg)
Carbohydrates (g)
Cholesterol (g)
Choline (mg)
Copper (mg)
Dietary fiber (g)
Energy (kcal)
Fluoride (mg)
Folate and Folic Acid (mg)
Insoluble fiber (g)
Iodine (μg)
Iron (mg)
Magnesium (mg)
Niacin (mg)
Pantothenic Acid (mg)
Phosphorus (mg)
Protein (g)
Retinol (μg)
Riboflavin (mg)
Saturated fat (g)
Selenium (mg)
Sodium (mg)
Soluble fiber (g)
Thiamin (mg)
Total ash (g)
Total fat (g)
Vitamin A (μg)
Vitamin B12 (mg)
Vitamin B6 (mg)
Vitamin C (mg)
Vitamin D (μg or IU)
Vitamin E (mg)
Vitamin K (μg)
Water
Zinc (mg)