Effect of the choice of food composition table on nutrient estimates: A comparison between the British and American (Chilean) tables

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Objective: To determine the level of agreement between the American (Chilean) and British food composition tables in estimating intakes of macronutrients and antioxidants. Design, setting and subjects: Information based on a food-frequency questionnaire with emphasis on antioxidants was collected from 95 Chileans aged 24-28 years. Nutritional composition was analysed using the British table of food composition and the American table of food composition modified by Chilean food items. Mean differences and limits of agreement (LOAs) of estimated intake were assessed.

Results: Mean differences between the two tables of food composition ranged from 5.3% to 8.9% higher estimates when using the American (Chilean) table for macronutrients. For micronutrients, a bias towards a higher mean was observed for vitamin E, iron and magnesium when the American (Chilean) table was used, but the opposite was observed for vitamin A and selenium. The intra-class correlation coefficient (ICC) ranged from 0