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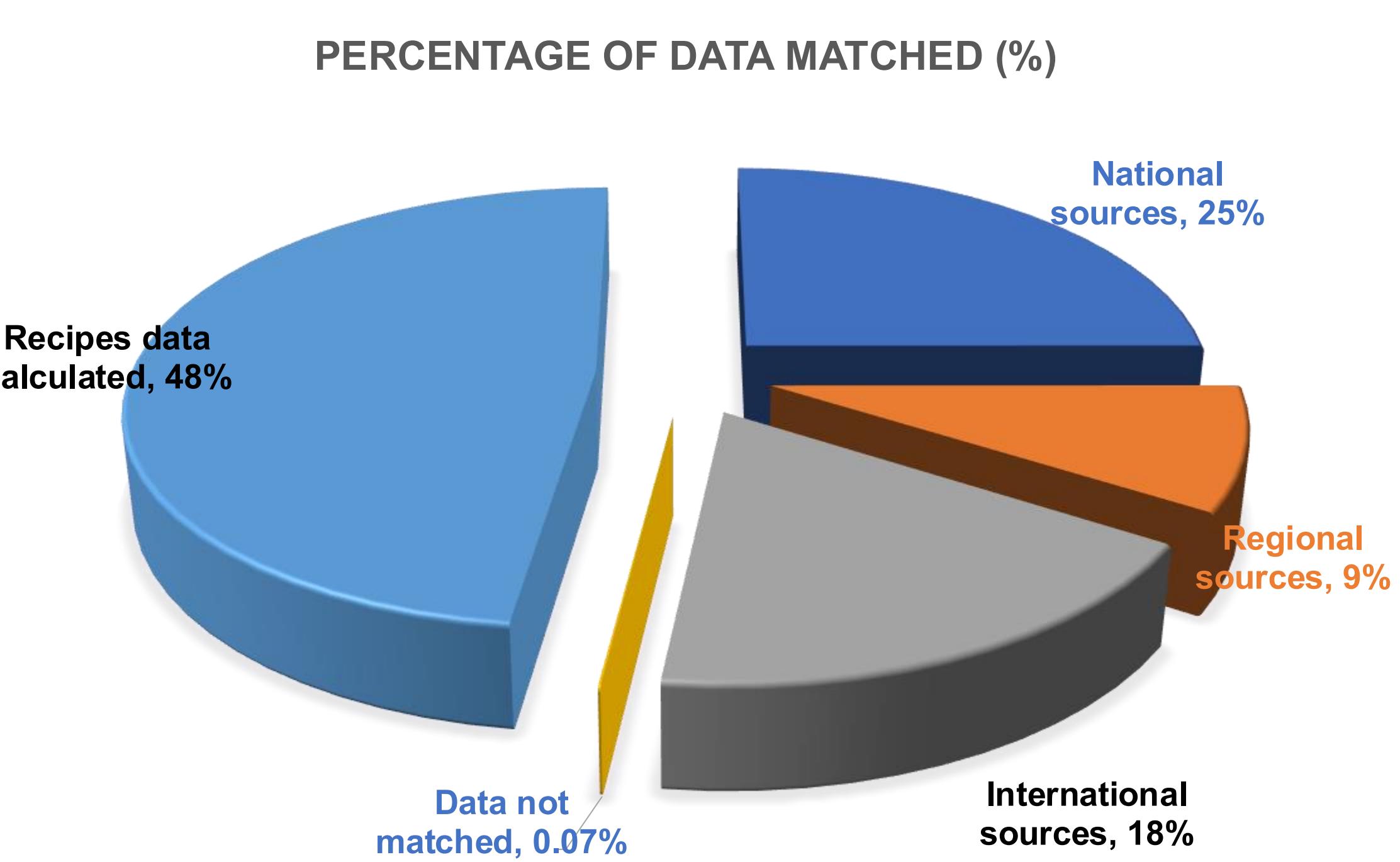
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BACKGROUND

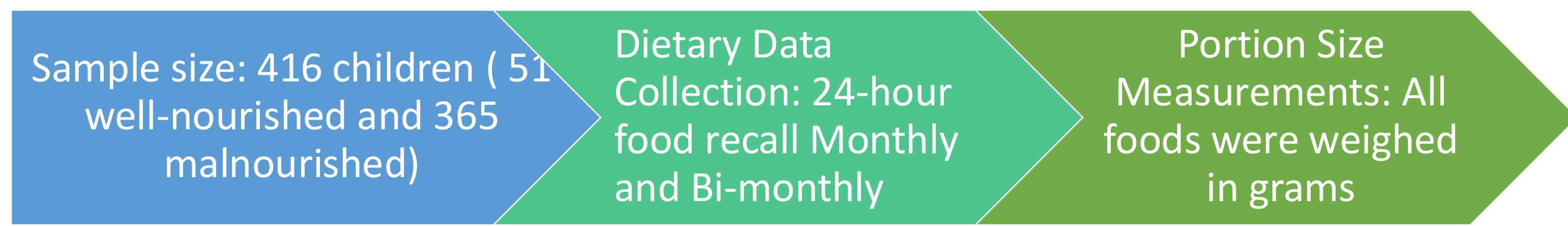
- Nutrient Dataset:** A nutrient dataset compiles energy, macro- and micronutrient data from analyses and literature, providing accurate, cost-effective dietary assessment while accounting for food variations in origin, processing, storage, and cooking.



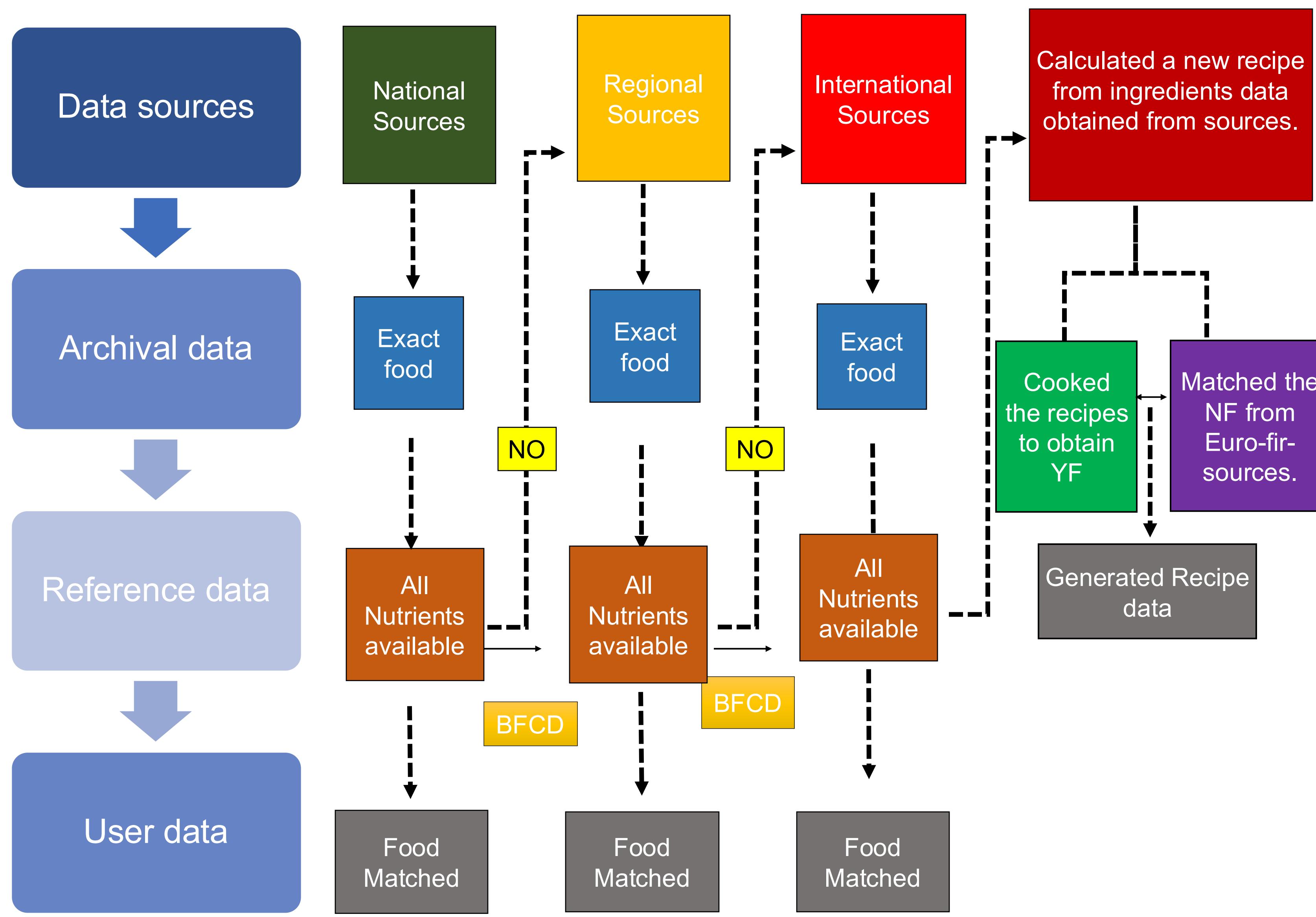
Results



METHODS



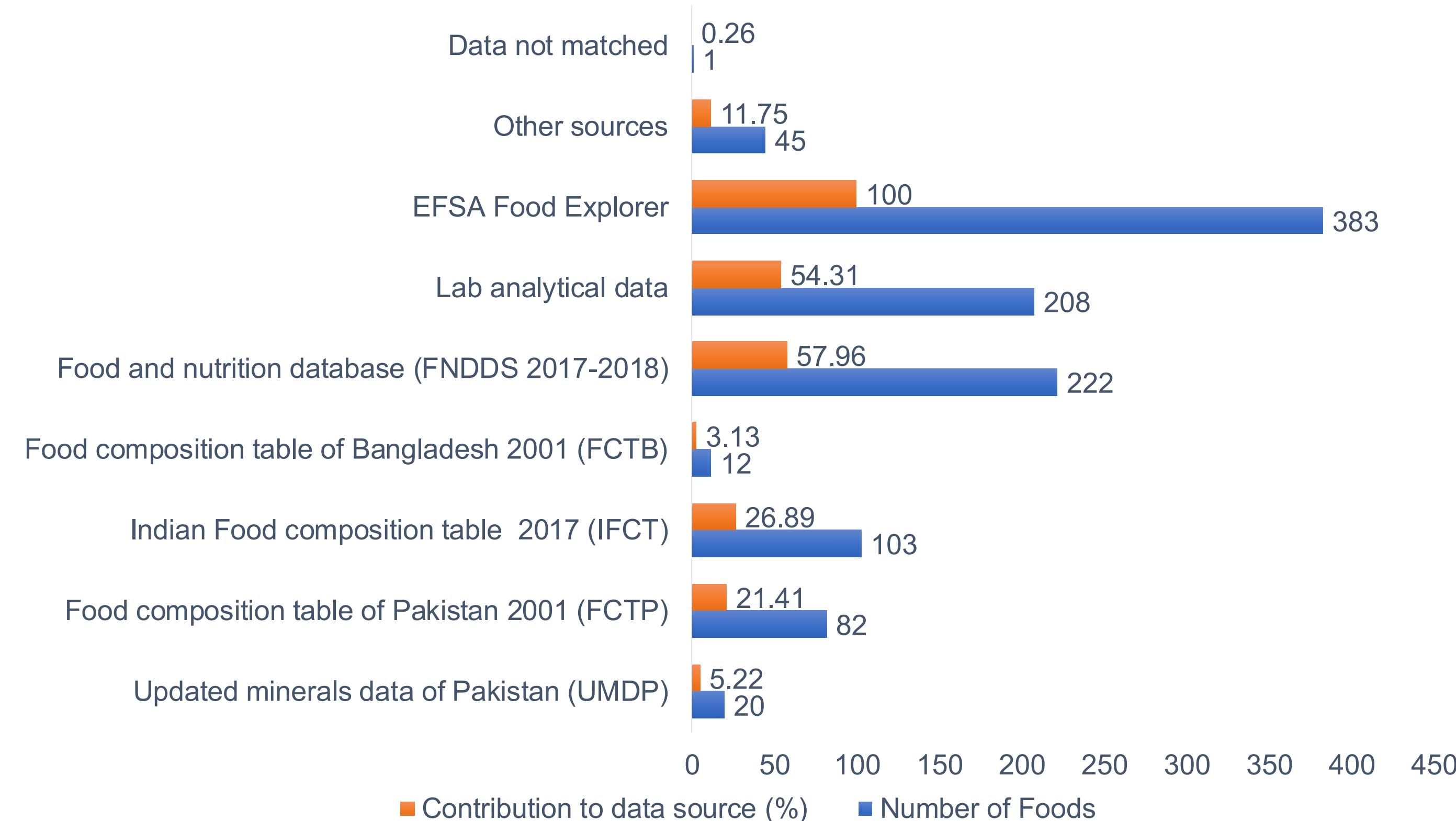
Flow Chart for Nutrient Dataset Development process



FAO/INFOODS guidelines used for food descriptions, matching local and international foods, converting units to uniform unit, documenting sources and assumptions for accurate, comparable nutrient values.

RECIPE CALCULATION METHODS : We applied the EUROFIR recipe calculation steps, including ingredient listing, nutrient lookup, cooking yield adjustment, retention factors, and final nutrient recalculation per 100 g.

Distribution of Foods Across Nutrient Data Sources



Recipe Information		
Raw ingredients	162	100
Cooked ingredients available	0	0
Cooked nutrients unavailable	1606	100
EFSA Food Explorer	1606	100

CONCLUSION

- Applied a standardized stepwise combination method to create a comprehensive nutrient dataset tailored to foods reported in the Matiari, Sindh nutrition survey.
- Fills a critical gap in Pakistan's outdated or limited food composition data, enabling accurate nutrient assessment
- Offers a cost-effective, scalable model for researchers working in settings with no reliable FCTs/FCDBs

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