



AFRICAN FOOD DATA BULLETIN



Participants and organisers of the Global Challenges Research Fund workshop hosted by the University of Pretoria from 5 - 9 February 2018.

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RESEARCH FUND HOSTS
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AFROFOODS WAY FORWARD

IMPORTANT 2019 DATES

GCRF WORKSHOP HOSTED TO SUPPORT AFROFOODS

The Quadram Institute (UK), Wageningen University (NL), the University of Pretoria (ZA) and EuroFIR AISBL (BE) has partnered to organize a workshop to help researchers from across Africa exploit food composition data, with the aim of improving local nutrition policies and public health advice. The workshop was funded through the Research Councils United Kingdom (RCUK) Global Challenges Research Fund (GCRF); this fund aims to ensure that UK research takes a leading role in addressing the problems faced by developing countries.

The workshop, which was hosted by the new confirmed African Research University Alliance (ARUA) Centre of Excellence in Food Security at the University of Pretoria, is bringing together scientists, nutritionists and policy-makers from 11 African countries to share best practice in generating reliable, standardised data on the composition of foods, and set up networks to share data online. These data, and the tools to access and exploit it, underpin the development and implementation of local food and nutrition policies, regulatory measures, labelling and health advice.



Mark Roe, Paul Finglas, Hettie Schönfeldt, Paul Hulshof, Beulah Pretorius & Henrietta Ene-Obong at the GCRF workshop.



Participants describing a can of pilchards using the FoodEx2 description tool.

Workshop Program and Structure

The workshop was balanced between informative lectures and hands-on exercises. Participants appreciated this as the theory could be applied in recipe calculations,, FoodEx2 and FoodCASE

Monday 5 February

Opening of the training workshop
Poster session
Overview of food and nutrition priorities for AFROFOODS
Review of AFROFOODS activities and plans
Options for capacity building in the region:
Example of Eastern Mediterranean Region activities (Balkan countries example)
Introduction to FoodExplorer tool

Tuesday 6 February

Sampling methods
Examples of sampling studies
Analytical methods and performance
EuroFIR GAMA Wiki
How to find/choose a laboratory to perform analysis

Wednesday 7 February

Food description: Relevance and systems
FoodEx2
Practical exercise to use FoodEx2
Recipe calculation: principle and approaches
Visit to South African Grain Laboratory
Free afternoon

Thursday 8 February

Practical recipe calculation exercises
Principles of compiling and updating food composition datasets
Using data from other food composition databases, literature or manufacturer's data
Documentation of data
Assessing data quality
Errors and implications for dietary intake assessment
Data management and data quality
Tools for building AFROFOODS dataset
Cocktail reception

Friday 9 February

Introduction to FoodCASE and demo
FoodCASE practical
Developing the online food data platform for African countries
Discussion on workshop conclusions and future plans
AFROFOODS meeting
Workshop Close



Mark Roe assisting participants with recipe calculations.

Hands - On Food Compilation Training

The Langua (the language of food or Langua Alimentaria systematic food descriptor) is an automated method for describing, retrieving data about food. It was also stated that there are no internationally accepted standard for classifying foods. Food classification depends on: i) food composition databases; ii) food consumption survey; iii) total diet studies; iv) national legislation; and v) trade. Practical exercises were mainly on the use of FoodEx 2.

There was also a lecture was “Recipe Calculation: principles and approaches,” and this was taken by Mark Roe. Mark outlined the principles of recipe calculation and provided hands-on assistance to participants. The final day of the worked was focused on FoodCASE (Food Content And System Environment) developed by Karl Presser in 2007 as part of his PhD work.

FoodCASE is believed to be the most used system for food composition management. The first lecture was on “FoodCASE: Food Composition, Consumption and TDS data and Management”. The structure and functionalities of FoodCASE were described and shown. This was followed by a practical demonstration of how it can be used for compilation, recipe calculation, food consumption and TDS. A FoodCASE playground was made available for participants for practical purposes and all participants was granted access.

One of the most hands-on lectures started with a presentation on “Food Description: the relevance, principles and systems” by Mark Roe. Mark stated that food description is different from food classification. While food classification systems group or aggregate foods with similar characteristics, food description systems seek to identify the food as precisely as possible without aggregating them. Among the food description systems mentioned are the Langua, the FAO/INFOODS guidelines for describing foods and the FoodEx2-EFSA.



Top: Participants working on FoodEx2. Bottom: Karl Presser assisting participants with FoodCASE.



Cocktail Evening

On Thursday 8 February a cocktail reception was prepared on the roof of the plant science complex building of the University of Pretoria. Participants were encouraged to dress traditionally and a lovely spread of traditional and contemporary South African foods were served. The Director of the Centre of Excellence in Food Security, Prof Sheryl Hendricks opened the reception and provided background on how the centre operates. Prof Bernard Slippers shared his vision for Future Africa, whilst AFROODS coordinator Prof Henrietta Ene-Obong also used this opportunity to thank the organisers, funders and participants for taking time out to make the workshop possible whilst also expressing her excitement for the future of AFROFOODS.



AFROFOODS

Sub-regions and Coordinators

AFROFOODS

Coordinator: Prof. Henrietta Ene-Obong (Nigeria)

Vice Coordinator: Angela Kimani (Kenya)

Scientific Adviser: Prof. Hettie Schönfeldt (South Africa)

CAFOODS - Central Africa

Angola, Burundi, Cameroon,
Central African Republic, Chad,
Congo, Gabon, Mozambique,
Rwanda, Seychelles

WAFOODS - Western Africa

Benin, Burkina Faso, Cote
d'Ivoire, Gambia, Ghana,
Liberia, Mali, Niger, Nigeria,
Senegal, Sierra Leone, Togo

ECSAFOODS- East, Central and Southern Africa

Botswana, Djibouti, Eritrea, Ethiopia, Kenya, Lesotho,
Madagascar, Malawi, Mauritius, Namibia, Somalia, South
Africa, Sudan, Swaziland, Tanzania, Uganda, Zambia,
Zimbabwe

NAFOODS - Northern Africa

Algeria, Libya, Mauritania, Morocco, Tunisia



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Food Composition and Nutrient profiling Workshop in Ghana

A one-day training-workshop took place on Friday 22nd June 2018 at the Noguchi Memorial Institute for Medical Research, University of Ghana, Legon Accra.

AFROFOODS coordinator, Prof Henrietta Ene-Obong, was invited to the Workshop by Prof Michelle Holdsworth, Professor of Public Health, School of Health and Related Research (ScHARR), University of Sheffield & PI of the GCRF TACLED Project (Dietary Transitions in African Cities: Leveraging evidence for interventions and policy to prevent Diet related non-communicable diseases) and the DFC Dietary transitions project in Ghana. Dr. Paul Finglas actually introduced AFROFOODS coordinator to Prof Michelle Holdsworth, hence extension of the invitation.

The workshop was attended by 31 participants working in the areas of nutrition, dietetics and food science across various universities, governmental and non-governmental organization both locally and internationally. Some institutions represented included: The University of Ghana, University of Health and Allied Sciences (Ghana), University for Development Studies (Ghana), University of Minnesota (USA), University of Cape Coast (Ghana) and Ghana Dietetics Association.

Dr Amos Laar, a senior lecturer at the University of Ghana who defined and explained the purpose of nutrient profiling. He explained that just like any profiling system, Nutrient profiling is “the science of classifying or ranking foods according to their nutritional composition to promote health. Topics and discussion at the workshop centered on nutrition profiling, food based dietary guidelines and food composition database.

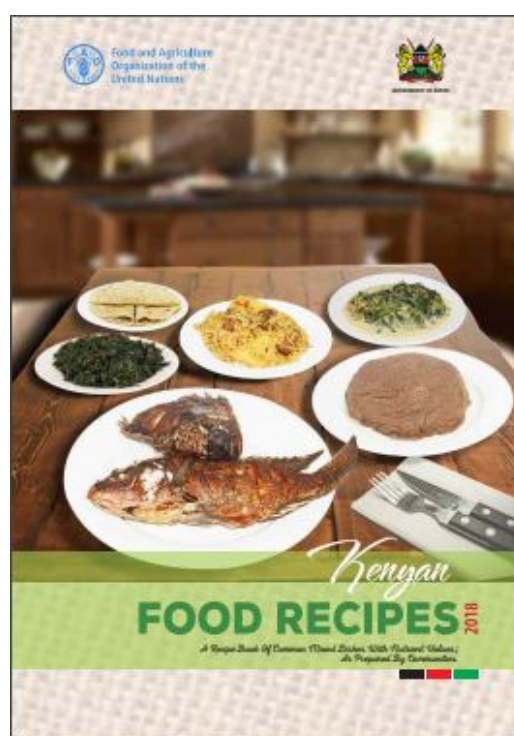
Prof Ene-Obong in her presentation pointed out the various challenges of food composition data in Africa. These included: Leadership/ownership of the activities particularly at country level as well as poor political will; the lack of/poor quality/outdated country-specific food composition tables/databases (FCTs/DBs); and lack of the needed capacity (both human and material), including inadequate funding and facilities for food composition activities. She also expressed disappointment that a country like Ghana with all its human and material resources has not been able to update their food composition table.

The relevance of food composition tables and the need to advocate for relevant, reliable and up-to-date food composition data in Ghana was highlighted in the presentation made by Dr George Annor, the former WAFOODS coordinator. He called on stakeholders from both public and private sectors to get involved to harmonize and update the food composition table in Ghana. He also suggested that making food composition research a component of our major research activities would be an effective way of seeking attention for funding.

Dr. Francis Zotor also spoke passionately on the need to reach out to young scientists, policymakers and agencies on Food Composition Databases for Ghana and more widely in Africa, citing the current Nigerian FCT, the journey of which started way back in 1986, and 30 years later and through collaborations between the industry, the University of Ibadan and some NGOs now have a Nigerian Food composition table as good examples for Ghana to follow.

An important outcome of the meeting was the increase interest and zeal by the participants to update Ghana food composition table, including the discussion on the way forward for food composition table for Ghana led by Dr. Richmond Aryeetey.

CONGRATULATIONS KENYA



TUNISIA WORKSHOP: Standardized Methodologies for Creating Food Composition Databases



A workshop on standardized methodologies for creating food composition databases took place in Dar Ellama Hotel in Ras Jebel, Tunisia from 5th to 8th November 2018. In order to share experience of the West African zone in terms of food composition tables and to learn from the achievements of researchers in the North African region, WAFOODS members participated in this training workshop through researchers from Burkina Faso, Côte d'Ivoire and Togo.



Left: Workshop participants. Right: Closing ceremony with certificate distribution

The workshop was co-organized by the National Institute of Nutrition and Technology of Tunisia and Quadram Bioscience Institute Norwich Research Park in England. It was funded by The Medical Research Council through Quadram Institute Bioscience.

The aims of the workshop was:

- 1) To identify national existing food composition data/FCD of the cluster participating countries focusing on Tunisia, Morocco and Mauritania in the Eastern Mediterranean Region (EMR) and Burkina Faso, Togo and Cote d'Ivoire in Africa.
- 2) To provide further training and guidance in the compilation of existing food composition data from Tunisia and Morocco in order to generate harmonized datasets for uploading to European Food Information Resource (EuroFIR) online food data platform.

Tunisia workshop breakdown

Day 1: Opening Ceremony

Professor Jalila El Ati welcomed all the participants and presented the context in which the workshop was prepared. She then invited Paul Finglas for an introductory presentation. Burkina Faso, Togo, Cote d'Ivoire, Mauritania, Tunisia, Morocco The food composition situation along with the challenges and expectations

Day 2

The second day of the work was devoted to theoretical courses and applications in small groups.

The following points were covered:

- Identification and sampling of composite dishes,
- Recipe calculations: principle and analysis,
- Use of yield and retention factors,
- Calculations based on Dry matter,
- Practical training on recipe calculation

Links to databases from different countries (Ciquil, FoodExplorer, EuroFIR, etc.) were used to calculate recipes of some dishes that have not yet been calculated in databases.

Day 3

The third day was also dedicated to training with sessions on:

- Food description and descriptive data quality
- Food sampling and analysis,
- Documentation – identifying gaps, problems and approaches.
- Introduction to FoodExplorer
- Plans for FoodExplorer and creating WHO EMR country data
- Data Entry – EuroFIR Excel templates for data exchange
- Practical training on FoodEx2 coding system/or Languag indexing codes.

Day 4: Closing

The fourth and last day was dedicated to two points which were addressed according to the agenda. Firstly, a practical training was given on the use of the EuroFIR platform followed by a lecture on the Diet@NET project, the development of good practices guidance and an overview of the Nutritools website which allows the design of questionnaires for evaluation of consumption and food composition. At the end of these trainings, a presentation session of suggestions/perspectives for each country took place



THE 8TH AFRICA
NUTRITION
CONFERENCE
ANEC VIII 2018

ANEC 2018 REPORT BACK

The African Nutrition Epidemiology Conference (ANEC) is the African Nutrition Society flagship event. This year, the ANEC VIII was held in Addis Abba Ethiopia from the 1-4th October 2018. The theme for this year's conference was "Multi-stake holder nutrition actions in Africa: translating evidence into policies and programmes for impact." AFROFOODS coordinator, Prof Henrietta Ene-Obong presented on the topic: "Importance of reliable and standardized food composition data generation towards Africa's nutrition problems : constraints and the role of FAO/INFOODS/AFROFOODS and other stakeholders in future initiative."

A training workshop was held before the start of ANEC for delegates with special interest in food composition. About 35 participants, including Dr. Amos Laar, Dr. Francis Zotor and Prof. Ngozi Nnam (FANUS President) while Ella Compaore, John Nwai, Rosemary Mwaisaka and Yetunde Alozie helped with the various presentations. The participants at the pre-conference were happy and made important contributions. Summary of decisions taken at the end of the pre-conference training during an interactive session.

The keynote plenary presentation was well received. Paul Finglas gave an oral and poster presentation. At the end of the conference, Dr. Alan Jackson, summarized the highlights of the conference gave a very good place to food composition in Africa.

The critical importance of food composition data in Africa was further cemented in the ANEC VIII Declaration:

"We recognize that a food composition data reflecting Africa's rich biodiversity and food resources, and food composition data are equally important for formulating national food-based dietary guidelines and food safety strategies."

AFROFOODS delights in the acknowledgement of the consistent support of the African Nutrition Society. It is a society that truly has the interest of Africa.

Mr Temesgen Awoke (pictured) is specially acknowledged for his tremendous assistance with the workshop and conference as well as his warm hospitality.



Top left: Prof. Henrietta Ene-obong, AFROFOODS Coordinator, speaker 7 at ANEC. Top Right: Mr Temesgen Awoke exhibiting Ethiopian foods. Bottom: A cross-section of the participants at the pre-conference workshop in Addis Ababa"



THE 8TH AFRICA
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ANEC VIII 2018

ANEC 2018 REPORT BACK:

Decisions on the way forward for AFROFOODS

| Identified Priorities | Proposed Activity | Responsible | Proposed Timeline | Remarks |
|--|--|---|----------------------|--|
| Strengthen capacity on development of food composition tables/databases | <ol style="list-style-type: none"> 1. Incorporation of Food Composition training in pre-service curricula 2. Dissemination of FAO/INFOODS e-learning course on food composition data 3. Generation, compilation and updating of food composition data (countries and regional level) | AFROFOODS FANUS ANS Academics Research institutes, Line Ministries Development partners (AU, RECs, NEPAD, International organizations, donors) | 2019-2024 | Mobilization of resource to support the activities |
| Advocacy/Promotion on the use of Food Composition Tables/Databases | <ol style="list-style-type: none"> 1. Sensitization of users on availability of FCT/FCDB (programs officers, nutritionist, dietitians, food manufacturers, food control authorities/ regulatory agencies, researchers, policy makers, etc) 2. Dissemination of developed FCT/FCDB through different platforms; including AFROFOODS website 3. Undertake cost benefit analysis on food composition databases 4. Develop advocacy toolkit on food composition tables/databases | AFROFOODS FANUS ANS Academia, Research institutes, Line Ministries Development partners (AU, RECs, NEPAD UN agencies, international organizations, Donors) | 2019 onwards | |
| Strengthening laboratories capacities | <ol style="list-style-type: none"> 1. Identification of sub regional food labs 2. Capacity building in term of personnel and facilities 3. Accreditation/Certification of the labs | AFROFOODS FANUS ANS Academia, Research institutes, Development partners (NEPAD, AfDB, AU, FAO, WHO, RECs, etc.) | October 2018 onwards | |

AFROFOODS WAY FORWARD



In 2015 AFROFOODS developed a strategic plan of action. Plans that has been achieved include the update of West African Food Composition Tables and food composition training website in Morocco. AFROFOODS is looking forward to making strides in the next couple of years. The enthusiastic and skilled country coordinators appointed will contribute greatly to achieve all plans in the near future.

Some of AFROFOODS plans include:

- Strengthening the capacity of more African countries to get involved in food composition and develop their country-specific food composition tables.
- Identify interested and committed focal persons at the sub-regional and country levels and develop a comprehensive list of experts in Africa.
- Foster better collaboration and networking between countries and sub-regions in Africa.
- Generate a comprehensive list of laboratories in Africa for food analysis and nutrition research.
- Update the standard of existing laboratories through acquisition of more sensitive and tropicalized equipment
- and training of laboratory personnel to operate and maintain these machines.
- Generate good quality analytical data on traditional foods and biodiversity.
- Develop an ECSA food composition table and database.
- Encourage training of young African scientist in food composition and diversity.
- Write proposals and solicit funding for food composition activities.
- Production of bi-annual newsletter for AFROFOODS.
- Develop and maintain a strong digital and social footprint using the new logo, website and social media pages.



Important Food Composition Dates for 2019

Conferences



Federation of African
Nutrition Societies (FANUS)



The 4th FANUS Conference

Call for Abstracts

"Nutrition in Action for Sustainable Development in Africa"

Kigali, Rwanda, August 12-15, 2019



SAVE THE DATE

13th INTERNATIONAL
FOOD DATA CONFERENCE

15-18 OCTOBER 2019 • LISBON • PORTUGAL

2nd FOOD CHEMISTRY Conference

Shaping the Future of Food Quality, Safety, Nutrition and Health

17-19 September 2019 • Seville, Spain



Workshops

Please check websites of the following for 2019 workshop dates:

INFOODS

EUROFIR

AFROFOODS

Quadram Institute

Wageningen University