



## Expanding our French database: Thousands of branded food and drink products now available!

Over the course of 8 months, the Dietary Assessment Ltd team have been working hard to expand the French database to cover the wide variety of branded products available in France to help create the best food and nutrient database possible. We spoke to Anaïs to learn more about her experience of developing the myfood24 French database.

### What is the challenge with traditional food composition databases in France?

The commonly used CIQUAL databases only contain generic items that can be used to estimate what we consume. It is also difficult to guess what portion we eat without physically weighing the foods; so, the data provided is not entirely precise.

### How have you overcome this problem with myfood24?

Throughout the course of 8 months, I have used a rigorous process that has allowed me to add 11,000 branded items found in popular hypermarkets and speciality stores in France.

This includes mapping branded items to generic items found in the CIQUAL to create a more complete nutrient profile. I've also added a range of portion images to help users choose the most appropriate portion size; and created a list of accompaniments to aid accurate recalls. A thorough quality checking activity was also used to ensure that data is as accurate as possible.

### What is the result?

We have now created a database that will allow for more precise dietary analysis in France, with the ability to choose specific products. It means that myfood24's French database is more than 3 times bigger than the official French food composition tables, allowing for more choice, reflective of the products available, which could lead to more accurate recalls.

#### About Anaïs Hasenböhler

Anaïs Hasenböhler is a Food Science Engineer graduate from Oniris École Nationale Vétérinaire, Agroalimentaire, et de l'Alimentation, Nantes-Atlantique, France. Anaïs has been working with our team of data and nutrition experts to create a novel database to underpin the French version of our nutritional analysis software - myfood24.

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### Do you think myfood24 can support nutritional research in France?

Definitely. Adding a food diary using myfood24 has never been simpler, with most brands available, participants have a wide variety of choice and can finish a day's diary in a matter of minutes! The portion size images provided also aid in accurately identifying exact amounts of food intake.

myfood24 also contains nutritional information for over 40 nutrients, which makes it the ideal tool to use for research. I can find most common items or close equivalents I can buy in France in the myfood24 database. The database has also been fully translated and can be used entirely in French.

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#### About myfood24: research

Created and validated by experts, myfood24 was developed to be a quick and easy-to-use solution that would stand up to the academic rigour demanded by world-class research.

Researchers can manage participants, track activity, and use the results generated to provide a full range of food and nutrient outputs. Try a [free demo](#) of the French version or [get in touch](#) to learn more.