

# Food Composition for Public Health

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## EDITORIAL

Public health nutrition is that the promotion of nutrition-related health of populations. This paper aims to point out the essential role of food composition databases for public health nutrition victimization examples from European nation, and to purpose to gaps and wishes for the long run. Food composition databases play a job within the Assessment, Analyses and Action phases of public health nutrition. A crucial activity within the Assessment part is that the identification of nutrients that intake is simply too low or too high. Moreover, food composition databases square measure required to Analyse the dietary problems; for instance to spot the most food sources of nutrients that intake is simply too high. Within the Action part, food composition knowledge square measure among others accustomed informs customers regarding the nutritionary content of foods. Gaps and wishes for food composition databases square measure associated with the quickly dynamic food markets and to new nutritionary and health interests. ICT developments and also the convenience of branded food databases give new opportunities and challenges. In addition, there's a necessity for continuing improvement of international harmonization of food composition databases to change international analysis and comparisons. Last, national food composition databases square measure essential for public health nutrition. A relentless effort is required to stay them up-to-date and of excellent quality.

Unhealthy diets square measure a key risk issue for the foremost rife non-communicable diseases like vas diseases, DM and numerous forms of cancer. in step with the world burden of malady 2017, unhealthy diets were to blame for forty two you look after deaths to upset, thirty two you have to kind a pair of DM, seven you have to cancer, and for Sixteen Personality Factor Questionnaire of all deaths among adults in Western Europe thus an outsized health gain will be achieved through the hindrance of non-communicable diseases by policies geared toward up dietary intake of populations.

Public health nutrition is geared toward promoting and maintaining nutrition-related health of populations through conjunctive actions of society and help decisions of voters. Publically health nutrition, activities will be sorted in step with the triple A phases, i.e. Assessment, Analyses, and Action. Within the Assessment

part, the most issues square measure determined. Within the analyses part, the underlying causes of the matter square measure investigated. Finally, within the Action part, activities square measure undertaken to counteract the issues. This can be once more followed by associate Assessment step to judge if the dietary issues shrunk because of the enforced actions. Thus, public health nutrition includes associate in progress cycle of activities evolving through the triple A phases over time The framework that's accustomed show the importance of food composition databases for public health nutrition is that the public health intervention coming up with cycle, delineate as a flower by Baillie the primary leaf 'Assess issues and needs' is regarding characteristic the most public health issues during a population. Medical specialty studies of diet and health or common diseases, and scrutiny dietary intake with dietary recommendations square measure the most activities here. within the next leaf 'Determinant analyses', the underlying determinants of the known public health issues square measure studied.

This can be a part of the Analyses part. Conjointly within the same part, numerous ways in which to unravel the known issues by targeting the underlying determinants square measure thought of and explored. This activity is named 'Explore strategy options'. Then within the Action part, 'Planning and prioritization' of varied choices for public health nutrition actions, takes place. Later on, the general public health nutrition actions move into the 'implementation' part. And lastly, the enforced actions square measure 'evaluated' that brings United States of America back to the Assessment part. For all six forms of activities shown within the flower leaves, one or 2 examples from European nation square measure given in section four. In these examples, databases from NethFIR, European nation Food data Resource square measure used. The second step within the Analyses part of public health nutrition explores strategy choices to boost the known dietary issues within the population. Associate example of activities during this step could be a modeling study that was a part of the method of the event of food primarily based dietary pointers for European nation. After implementation, the consequences of the actions must be evaluated. One example of such analysis is that the observation of progress of the 2014 Agreement on Improvement of Product Composition.

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