



2013-2014 Food and Nutrient Database for Dietary Studies

Items Designated as Fortified

The USDA Food and Nutrient Database for Dietary Studies (FNDDS) is used to convert food and beverages consumed in What We Eat In America (WWEIA), National Health and Nutrition Examination Survey into gram amounts and to determine their nutrient values. The file of *Items Designated as Fortified in FNDDS 2013-2014* identifies foods and beverages with one or more fortified nutrients.

“Fortified” nutrients are considered those nutrients, vitamins or minerals, added to the product, in amounts which do not occur naturally. The specific fortified nutrients are not identified individually and may vary by product as well as within a product category.

Methodology to designate fortification

The primary basis for designating fortification of an item is the underlying ingredients, foods, and beverages and their corresponding nutrient profiles from the USDA National Nutrient Database for Standard Reference (SR) 28 (1). File 10, the FNDDS SR-Links, identifies the SR 28 items used in FNDDS 2013-2014 (2).

All SR 28 items used in FNDDS were first designated as “fortified” or “unfortified”. Items were designated based upon certain characteristics within SR 28 database files (i.e., contained nutrients specified as “added” such as vitamin B12, vitamin E, and folic acid; had an “added nutrient marker”; or included “fortified” or “added” in the SR 28 description). Items were also designated based upon review of ingredient and nutrient content.

Using File 10. FNDDS SR-Links and the file of SR 28 items, the FNDDS items were designated as one of three fortification identifiers: *unfortified* (4,058 items), *fortified* (1,439 items), or *containing fortified ingredients* (3,039 items of which two-thirds contain margarine, milk or flour and are noted in the file). These ingredients are the most common ingredients contributing minor amounts of fortification.

FNDDS items designated as *Fortified* include one or more SR 28 items designated as fortified or fortified plus water. Those designated as *Containing fortified ingredients* include more than one SR 28 item where at least one was designated as fortified and at least one was designated unfortified.

The file of *Items Designated as Fortified in FNDDS 2013-2014*

The file is available for download in Excel® at www.ars.usda.gov/nea/bhnrc/fsrg. The file content includes:

Column Name	Description
Food code	Unique 8-digit numeric identification code Primary link to FNDDS files
Start date	Start/end dates indicate time period corresponding to WWEIA survey years
End date	
Main food description	Primary description for a food/beverage
Fortification identifier code	Identifier code designating: 0 = unfortified item 1 = fortified item 2 = contains fortified ingredients 2a = contains fortified ingredients including margarine/milk/flour

Suggested Citation

U.S. Department of Agriculture, Agricultural Research Service. 2018. Items Designated as Fortified in FNDDS 2013-2014. Available: www.ars.usda.gov/nea/bhnrc/fsrg.

References

(1) U.S. Department of Agriculture, Agricultural Research Service, Nutrient Data Laboratory. (2015). *USDA National Nutrient Database for Standard Reference, Release 28*. Available from: www.ars.usda.gov/northeast-area/beltsville-md-bhnrc/beltsville-human-nutrition-research-center/nutrient-data-laboratory/docs/usda-national-nutrient-database-for-standard-reference/. Accessed 2015 October 1.

(2) U.S. Department of Agriculture, Agricultural Research Service. (2016). *USDA Food and Nutrient Database for Dietary Studies 2013-2014: Files-At-A-Glance*. Available from: www.ars.usda.gov/nea/bhnrc/fsrg. Accessed 2018 April 25.