

## The Icelandic Food Composition Database (ISGEM)



The activities of Matis are focused on science across a range of food and nutrition-related disciplines. They include microbiological & chemical research, consultancy, dissemination, risk assessment, databanks and monitoring projects.

The Icelandic Food Composition Database (ISGEM) contains data on nutrients in foods on the Icelandic market and exported Icelandic foods. Matis is responsible for maintaining the database and dissemination to users. The database provides information on food composition to industry and the public and is necessary for food inspection, nutrition research, teaching, planning of diets and dietetic counselling. Data from the database are now available on the internet but earlier publications included printed food composition tables and pdf files.

### Food composition tools

The ISGEM database is one of the food composition tools Matis provides. Available tools and information is listed at [www.matis.is/ISGEM/en](http://www.matis.is/ISGEM/en). It is possible to search the ISGEM database for foods and read information on food data. Simple food composition tables are available as pdf files. Data from a special database for contaminants in seafood are presented graphically. The web based software *Hvað er í matnum* is available for users to study food composition and calculate nutrients in recipes.

### What is included in the ISGEM database?

Data for the most important nutrients in 1250 foods are included in the ISGEM database when available. Data include the following: Energy (kcal, kJ), fat, protein, available carbohydrate, dietary fibre, water, ten vitamins, five minerals, nine trace elements and fatty acids. Data for

added sugar and fatty acid groups are also included. Only part of the data is provided in different tables from Matis and the search in the ISGEM database at the Matis website.

The presentation of data in the ISGEM database has been harmonized to major databases in Europe. Information on the data is recorded according to systems developed in the project EuroFIR, an European Network of Excellence. Information on data source is always available. Foods are defined according to the international LanguAL system.

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**The ISGEM database is among the tools Matis provides on food composition. Data on nutrients are provided for most important foods on the Icelandic market and exported foods.**

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