Variances in major nutrients and minerals in four replicas of standardised prepared and corresponding unprepared dishes. Ia Torelm,* Åke Bruce & Sigyn Danfors.

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Differences in the intake of nutrients in the consumer level is dependent on, among other factors, how preparations of the food items are performed. There is great variability in the ways of preparing food, and corresponding variability is to be found in the nutrients. Knowledge of these variances is of importance for nutritionists and epidemiologists when calculating the intake of nutrients in nutrition surveys and epidemiological studies. To investigate the possible minimum variance in nutrients due to preparation, a dish was prepared in a standardised manner at four occasions. Ten different representative dishes were investigated for Swedish households. Samples for analysis were taken before and after the preparations. The mean content and total variance of moisture, ash, nitrogen, fat, calcium, phosphorus, iron, sodium and potassium in the unprepared and in the readymade dishes were revealed, and also variances due to purchase, preparation and analysis, respectively (ANOVA).

The mean relative standard deviations for the 10 dishes were highest for fat and iron, about 8% in the unprepared dishes and about 7% in the prepared dishes. The lowest variances were for dry matter and ash. The variances for the other minerals and the nitrogen were about 4% and about 5%, respectively.

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A study on nutritive values of Thai foods. Malee Yaowala-ong & Somsri Poosrimung.

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The objective of this study is to identify necessary nutrients from Thai foods, commonly and locally eaten in the country in both raw and cooked products. The main types of analyses are proximate composition, vitamins and minerals, amino acid and fatty acid composition. The foods analysed are sampled as representative of foods available in the market-place to the consumers. Three samples of raw and cooked foods are purchased. A single composite sample is used in preparation of the laboratory sample. AOAC methods have been used for nutrients analysis. Values for 519 and 369 food items have been published as *Nutritive Values of Thai Foods* and *Amino Acid Content of Thai Foods* respectively. The Table of Fatty Acid Content will be published in the coming year. These food composition tables are used for the food and nutrition activities of the nation. The goal is to improve the nutritional status of the population. At present, Nutrition Division, Department of Health Ministry of Public Health, has the authority to develop Thai Food Composition Tables from both compiled and actual analysis.