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Food and Agriculture Organization of the United Nations

FAO/INFOODS Food Composition Table for Western Africa (2019) / Table de composition des aliments FAO/INFOODS pour l'Afrique de l'Ouest (2019) Food and Agriculture Organization of the United Nations, 2020-02-20 Food composition data are useful throughout the food system for nutrition-sensitive agriculture, improved processing methods that ensure greater nutrient retention in foods, nutrition labelling, and to inform, educate and protect consumers through food-based dietary guidelines, nutrition education and communication, and legislation. The FAO/INFOODS Food Composition Table for Western Africa (WAFCT 2019) is an update of the West African Food Composition Table of 2012, which lacked some important components, foods and recipes. WAFCT 2019 contains almost three times as many food entries and double the number of components, with increased overall data quality. Many of the data points from WAFCT 2012 have been replaced with better data - mostly analytical data from Africa, with a special emphasis on Western Africa. These improvements are essential to understanding the nutrient composition of foods in the region and to promoting their appropriate use. WAFCT 2019 is the result of four years of collaboration among INFOODS network researchers in Africa and the Nutrition and Food Systems Division of FAO, and was developed as part of the International Dietary Data Expansion (INDDEX) Project, implemented by Tufts University's Gerald J. and Dorothy R. Friedman School of Nutrition Science and Policy, with funding from the Bill & Melinda Gates Foundation. These new data from WAFCT 2019 will support further research towards an expanded and improved evidence base and will support better, more informed decisions and effective policies and programmes for improved nutrition in Africa.

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Table of Contents Spidercalc

- 1. Understanding the eBook Spidercalc
 - The Rise of Digital Reading Spidercalc
 - Advantages of eBooks Over Traditional Books
- 2. Identifying Spidercalc
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - $\circ~$ Determining Your

Reading Goals

- 3. Choosing the Right eBook Platform
 - Popular eBook
 Platforms
 - Features to Look for in an Spidercalc
 - User-Friendly Interface
- 4. Exploring eBook Recommendations from Spidercalc
 - Personalized Recommendations
 - Spidercalc User Reviews and

- Ratings
- Spidercalc and Bestseller Lists
- 5. Accessing Spidercalc Free and Paid eBooks
 - Spidercalc Public
 Domain eBooks
 - Spidercalc eBook
 Subscription
 Services
 - Spidercalc Budget-Friendly Options
- 6. Navigating Spidercalc eBook Formats
 - ePub, PDF, MOBI, and More

- Spidercalc Compatibility with Devices
- Spidercalc
 Enhanced eBook
 Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Spidercalc
 - Highlighting and Note-Taking Spidercalc
 - Interactive
 Elements
 Spidercalc
- 8. Staying Engaged with Spidercalc
 - Joining Online Reading Communities

- Participating in Virtual Book Clubs
- Following Authors and Publishers Spidercalc
- 9. Balancing eBooks and Physical Books Spidercalc
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Spidercalc
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading

Routine Spidercalc

- Setting Reading Goals Spidercalc
- Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Spidercalc
 - Fact-Checking eBook Content of Spidercalc
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring
 - Educational eBooks
- 14. Embracing eBook Trends
 - Integration of Multimedia

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