Total Diet Data in Taiwan

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Data of Consumption in Taiwan

- Nutrition and Health Survey in Taiwan (NAHSIT)
- 1993-1996
- Classify to 20 category, about 3800 foods

1. Rice
2. Wheat and barley
3. Dry beans
4. Leaf vegetables
5. Peas, beans and melon vegetables
6. Root, bulb and tuber vegetable
7. Small berries
8. Large berries
9. Pome
10. Stone fruits
11. Melons
12. Citrus
13. Meat
14. Eggs
15. Milk
16. Fish
17. Other seafoods
18. Wine and liquor
19. Oil and fat
20. Drinks
Data of residue in Taiwan

- Total Diet Study
- 2002-2005
- In accordance with the result of NAHSIT, 1993-1996
- Choice 130 kinds of food
  - Core food (20)
  - National food (66)
  - Regional food (44)
Analytic Items of Contaminants

- 190 Pesticides and derivatives
- 8 heavy metals (As, Cd, Hg, Pb, Zn, Cu, Cr and Ni)
- Aflatoxins-B₁, B₂, G₁, G₂, M₁
- Dioxins
  - 17 PCDD/Fs (polychlorinated dibenzo-p-dioxins/dibenzo-furans)
  - 12 DL-PCBs (dioxin-like polychlorinated biphenyls)
Food Safety

- Microbial Contamination
- Chemical Hazard

Toxic Chemicals & Health
Chemical Hazard

- **Food additives**
  - Preservatives are often abused.
- **Environmental toxicants**
  - Heavy metals, dioxins, PCB.
- **Natural toxins**
  - Marine toxins: PSP, Ciguatera, Tetrodotoxin.
- **Pesticides**
- **Drug residues**