



# INTERNATIONAL TRAINING COURSE PRODUCTION, MANAGEMENT AND USE OF FOOD COMPOSITION DATA IN NUTRITION

2 TO 6 FEBRUARY 2026  COLOMBO  SRI LANKA





# BACKGROUND



Food composition databases offer detailed insights into the chemical makeup of various foods and beverages.

Accurate food composition tables are vital for nutrition research, serving as the foundation for assessing nutrient intakes, analysing dietary patterns, comparing study findings, designing interventions, conducting meta-analyses, and informing policy decisions. Ensuring the precision and reliability of food composition data enhances the scientific rigor and validity of nutrition research, leading to a deeper understanding of the relationship between diet and health outcomes.

Creating food composition tables involves navigating the complexities and variability of nutrients in foods, necessitating a multidisciplinary team of experts with diverse knowledge and skills. There are also multiple users of food composition data, and bridging the gaps between all stakeholders is essential for maximising the usefulness and accessibility of food composition tables. Understanding how these tables are created and how they strive to meet the requirements of various stakeholders ultimately supports better nutrition research, public health initiatives, and informed decision-making in the field.

In this context, a one-week **international training course** on the **Production, Management, and Use of Food Composition Data in Nutrition** is being organized in Colombo, Sri Lanka, by the **SAARCFOODS Regional Centre** in collaboration with the **Association of SAARCFOODS Sri Lanka**. The course will be held from **2 to 6 February 2026** at the **International Institute of Health Sciences Multiversity**.



# OBJECTIVES

The course is based on the philosophy that the preparation of nutritional databases requires a close understanding of the users' needs by compilers and data producers. It will demonstrate how this understanding can be achieved and the benefits that flow from the collaboration of users, analysts, and compilers.

# COURSE CONTENT

The major elements of the course, comprising lectures, assignments, excursions, e-learning, and group work, will include;

- **Introduction to food composition data and steps in establishing a food composition database**
- **Establishing priorities for including foods, nutrients, and other food components in databases**
- **Sampling of foods for deriving analytical data**
- **Standardised methods and protocols for nutrient analysis**
- **Data quality assurance and validation**
- **Database management and standardisation**
- **Food nomenclature, classification, and identification**
- **Recipe calculations**
- **Application of food composition data**
- **Challenges and future directions of food composition databases**



# FACULTY

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**Dr. T. Longvah**  
INFOODS Global  
Vice Coordinator



**Dr. Fernanda Grande**  
Nutrition and Food  
Systems Officer  
(Food Composition)  
FAO Rome



**Dr. Renuka Jayatissa**  
Course Director



**Dr R Ananthan**  
SAARCFOODS  
Coordinator, Senior  
Scientist, ICMR-National  
Institute of Nutrition,  
Hyderabad, India

## WHO SHOULD ATTEND

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This course is relevant for individuals seeking a better understanding of how databases are prepared and the constraints upon their use. A diverse range of professionals, including food scientists, nutritionists, dieticians, researchers, public health professionals, government officials, food industry representatives, database managers, and educators, will benefit from the course.

## LANGUAGE

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The language of instruction for the course is English. Therefore, fluency in English is essential.





# COURSE FEE



The course fee, including a US\$50 non-refundable deposit, is US\$1500. This fee covers tuition, accommodation, and meals from 2 to 6 February 2026 at the International Institute of Health Sciences Multiversity, a delegate kit containing a soft copy of the handbook and other course materials. It does not cover the cost of travel to attend the course, medical insurance, or personal expenses. The fee is payable upon notification of acceptance for the course. The number of participants is limited to 30.



## Fellowships

A limited number of fellowships are available for deserving candidates from third-world countries.



## How to Register

Please register by completing the Electronic Application Form <https://tinyurl.com/FCN2026SL> or scanning the QR code on next page or visiting: <https://saarcfoods.lk/>



The deadline for registration is **15 November 2025**.

# VENUE AND DURATION

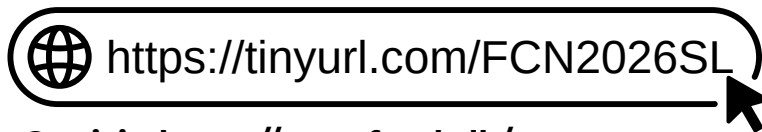
The training program will be held at the **International Institute of Health Sciences Multiversity**  
No. 312/15, St. Joseph Mw,  
Kerawalapitiya Rd, Wattala, Colombo,  
Sri Lanka

The course will run from  
**2 to 6 February 2026**



# HOW TO REGISTER

Please register by scanning this QR code or at the following URL



Or visit: <https://saarcfoods.lk/>



## ABOUT COLOMBO

SCAN HERE

Colombo, the commercial capital and largest city of Sri Lanka, is a vibrant metropolis that blends modern urban life with rich colonial heritage. Situated on the west coast of the island, Colombo boasts a diverse population and serves as a cultural and economic hub. The city offers numerous attractions, including the historic Fort area, the bustling Pettah market, the scenic Galle Face Green promenade, and a variety of temples, mosques, and churches reflecting its multicultural character. Participants will have the opportunity to experience Colombo's unique blend of tradition and modernity during their stay.

For more information contact;  
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