



Food and Agriculture Organization
of the United Nations

Optimizing the use of ADePT-Food Security Module for Nutrient Analysis

ADePT-FSM Version 3

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SUMMARY

This document describes the updates introduced in ADePT-FSM version 3 to improve its capacity for nutritional analysis by adding new indicators and refining methodologies. It also describes how to optimize the use of other indicators, produced already by ADePT-FSM version 2, for an enhanced nutritional analysis. The document is divided into four sections:

Section 1 examines considerations for processing and interpreting HCES food consumption data, and for the use of different food composition tables and databases. It also presents the results of a review of 69 food composition tables and databases on data availability for a set of micronutrients.

Section 2 discusses indicators of diet quality, such as fruit and vegetable consumption, total dietary fibre consumption, and access to a balanced diet (whose presentation in the ADePT-FSM output tables has undergone modifications compared to version 2). It also introduces a dietary diversity indicator (the Household Consumption and Expenditure Survey - Dietary Diversity Score [HCES-DDS]) to be computed in ADePT-FSM, and explains how to conduct an analysis of dietary patterns by terciles of the HCES-DDS. The section closes with a discussion about calculation and interpretation challenges of the HCES-DDS.

Section 3 reviews the rationale for the addition of zinc and folate to the suite of indicators produced by ADePT-FSM, as well as the considerations for allowing the analysis of total vitamin A to be expressed in Retinol Equivalents (in addition to Retinol Activity Equivalents). It also discusses up-to-date literature to consider for the

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