

# TOTAL DIET STUDY HARMONISATION.

## Comparison of the methodology used in Catalonia in 2008 with the guidelines recommended by the EFSA 2011.

Author: Marta Boned Planells

### ABSTRACT

In 2011 the European Food Safety Authority (EFSA) published a guide entitled *Towards a Total Diet Study harmonised approach: a guidance document* setting guidelines on how to develop a Total Diet Study, in order to harmonise the methodology and improve the comparison of results. The Catalan Food Safety Agency (ACSA) develops these types of studies since 2000 and corresponds to the last published in 2008 which became a study to assess the intake of chemical contaminants through the food by Catalan population. The aim of this project is to compare the methodology used in the pre-test phase of this study in Catalonia, which includes the preparation of the food list, food sampling, sample preparation, and pooling with EFSA recommendations. The results show that there are certain aspects that Catalonia can improve to adjust to the proposals of the EFSA (2011) and thus improve the quality of their results.

### INTRODUCTION

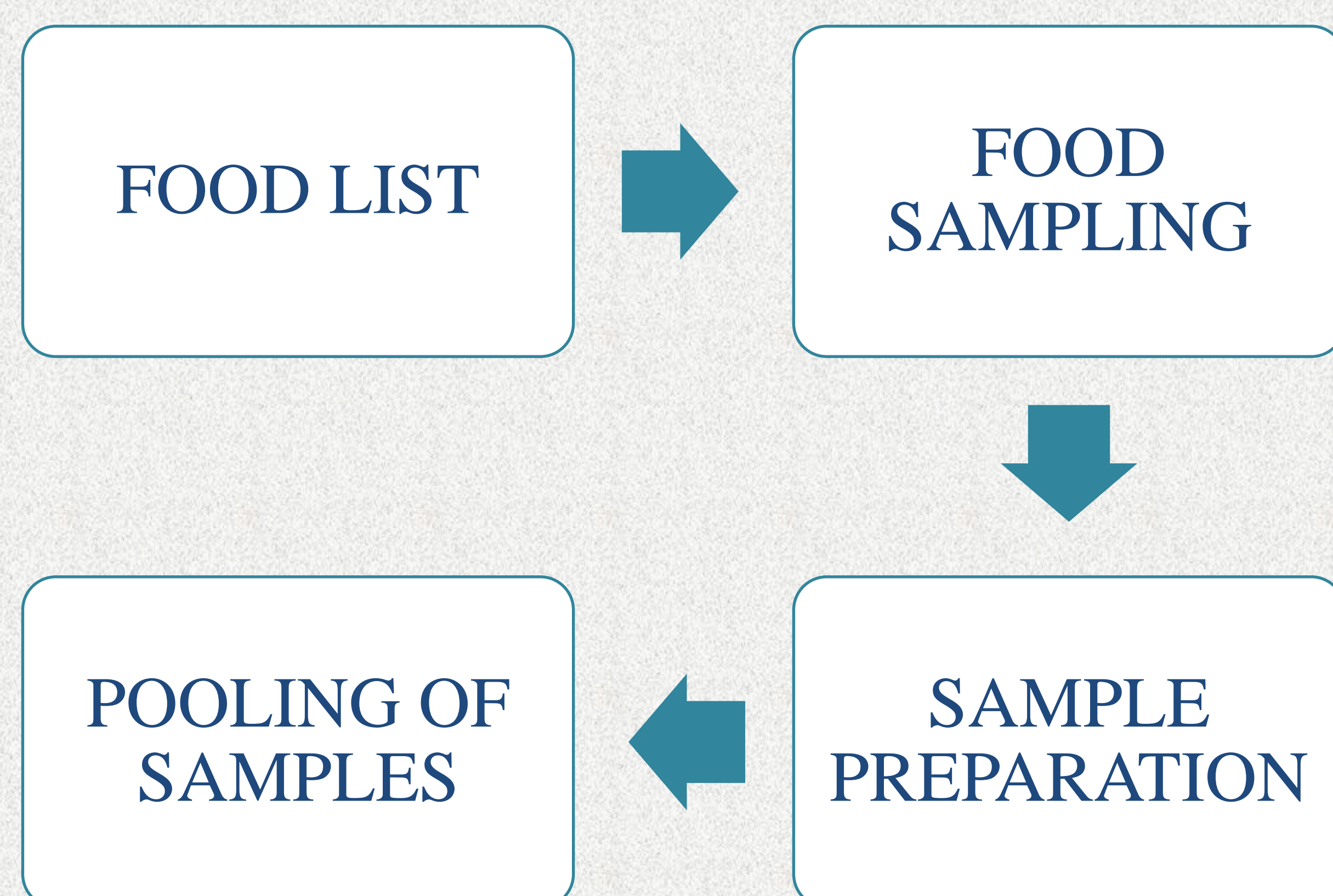


Figure 1. Phases on comparison of a Total Diet Study.

### METHODS

To develop this project I relied on the latest published recommendations on the Total Diet Study in the document *Towards a Total Diet Study harmonised approach: a guidance document* (EFSA, 2011) and I compare with the methodology used in the pre-test phase study done for chemical contaminants in Catalonia (ACSA, 2008).

Table 1. Compliance with the recommendations of EFSA (2011) by ACSA (2008).

### RESULTS

EFSA, 2011	ACSA, 2008
FOOD LIST	
Include beverages	No
Include drinking water	No
Use of 24-h-recalls or food frequency questionnaires	Yes
FOOF SAMPLING	
Include rural areas	No
Include different types of shops	Yes
SAMPLE PREPARATION	
Food preparation to reflect customary approaches	No
Use of common kitchen utensils	Yes
Use of salt	No
Tap water collected from different regions	No
Remove inedible parts	Yes
POOLING OF SAMPLES	
Individual food approach	Yes

### CONCLUSIONS

Issues that can be improve:

- Inclusion of beverages and drinking water.
- Sampling of rural areas.
- Implementation of typical culinary techniques.