Anses-Ciqual nutritional food composition table

Documentation

The Anses-Ciqual table is published by the Food Observatory unit of the French Agency for Food, Environmental and Occupational Health & Safety (Anses). This table provides information on the average nutritional composition of the most commonly consumed foods in France. It is freely available in Excel and XML formats.

The 2025 version describes the nutritional composition of 3,484 foods consumed in France for 74 components (carbohydrates, starch and individual sugars, proteins, lipids and fatty acids, vitamins, minerals, energy, etc.).

This documentation is intended for users who are already familiar with nutritional composition data, in particular:

- Dieticians and nutritionists who wish to improve their knowledge of the Anses-Ciqual 2025 table, for example on the various vitamin components published;
- Scientists who wish to use Ciqual data for research purposes;
- Compilers of nutritional composition data from other countries who wish to borrow data from Ciqual;
- Software developers who will find information on the nature of the data and its format at the end of this document.

The FAQ section of the Ciqual website provides additional information for the general public, dieticians and nutritionists, as well as manufacturers.

French Agency for Food, Environmental and Occupational Health & Safety
14 rue Pierre et Marie Curie, FR-94701 Maisons-Alfort Cedex
Phone +33 (0)1 49 77 13 50 — www.anses.fr

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1. REUSE OF DATA FROM THE ANSES-CIQUAL 2025 TABLE

The data and information in the Anses-Ciqual 2025 Table are made available to the public by the French Agency for Food, Environmental and Occupational Health & Safety (Anses). They must not be reproduced in any form without clear indication of the source:

'Anses. 2025. Ciqual French food composition table'

or, in a more detailed version, for a scientific publication for example:

'Anses, French Agency for Food, Environmental and Occupational Health & Safety. 2025. Ciqual French food composition table 2025. https://doi.org/10.5281/zenodo.17550133'

If you wish to include the Anses-Ciqual table in a bibliographic database, the bibliographic record in ris format can be downloaded from the Ciqual website (Download page).

The reuse of information available online on the Anses-Ciqual website is subject to the condition that its sense is not denatured and that its source and the date of the version are mentioned, in accordance with the provisions of Law No. 2016-1321 of 7 October 2016 for a Digital Republic, and the Code of Relations between the Public and the Administration.

The data in the Anses-Ciqual table is open to the public and may be downloaded free of charge.

Data may be used under the terms and conditions of the Open License.

Any person reusing the data in the Anses-Ciqual table is solely responsible for such reuse. This must not mislead third parties as to the contents of the information, its source or its date of update.

2. MAIN CHANGES BETWEEN THE ANSES-CIQUAL 2020 TABLE AND THE ANSES-CIQUAL 2025 TABLE

The 2025 version of the Anses-Ciqual table differs from the previous version in several ways:

- An increase in the number of foods, with nearly 300 additional foods;
- The addition of seven new components: vitamin A activity in retinol equivalents, folic acid (from fortification), intrinsic folates, vitamin B9 or total folates in dietary folate equivalents (DFE), alpha-tocopherol (vitamin E), vitamin D2 and vitamin D3;
- The inclusion of a large amount of new data, including nearly 15,000 data points from annual sampling and analysis plans conducted by Ciqual and more than 93,000 data points from labelling;
- Possible changes in some food composition values, even in the absence of new data points for a food/component pair collected by Ciqual. In fact, to produce an average content, Ciqual primarily selects data points from its internal database that are less than 10 years old. Other reasons for changes in food composition values are mainly related to the correction of outliers (which can lead to suppression of values) ;
- The presence of more published energy values, since energy values are now calculated even in the absence of polyol and organic acid contents[1].

[1] In theory, the energy value of a food should be calculated based on available data for carbohydrates, proteins, lipids, fibres, alcohol, as well as polyols and organic acids. As these substances (polyols and organic acids) are usually present in small amounts or not at all in foods, Ciqual now calculates the energy value even when no data are available for these components in the Anses-Ciqual table.

3. ANSES-CIQUAL NUTRITIONAL FOOD COMPOSITION TABLE 2025

3.1. Data production method

3.1.1. Data sources

The data sources are provided in the Anses-Ciqual 2025 table for each component and each food, but are not included in the data that can be downloaded in Excel format. To consult these sources, you must use the XML format or consult the online website and click on the tab 'Data sources'.

The data sources cited are those used to produce the 'average content' value, but other data sources may be used to produce the minimum and maximum values.

The Anses-Ciqual table uses several data sources, including:

- **analytical data from sampling plans defined by Ciqual** to ensure representativeness of French consumption. Sampling and analysis are carried out by an external laboratory. This laboratory is selected through a tender process based primarily on its technical expertise (available resources for sampling and preparing food while preserving its nutritional characteristics, ISO 17025 accreditation at the laboratory level, accreditation and type of analysis methods used for each component, etc.). Approximately 50 foods per year have been analyzed since 2003. For each food, a single analysis per component is carried out on a sample prepared from several food products mixed in proportions that are representative of the French market (the objective being, for example, to cover at least 80% of the market shares for pre-packaged foods).

- **labelling data from Oqali** that is representative of the French market (https://www.oqali.fr/en/home/);

- **analytical data provided by professionals** or professional groups from the food sectors (some of which may be representative of the French market, while others may relate to specific references or products);

- data from scientific literature, etc.

Ciqual only uses data from recipe calculations in exceptional cases.

3.1.2. Data codification

The data collected by Ciqual is integrated into an internal Ciqual database, where it is documented in the format recommended by the EuroFIR association (https://www.eurofir.org/). This association brings together database compilers and aims to standardize and improve nutritional composition data across the wider European Union.

3.1.3. Method for data selection and data aggregation

- To produce average contents:

When several data points are available for a food/component combination, priority is given to representative French data points (in practice, data produced by sampling plans managed by Ciqual, data from Oqali, representative data from professional groups), among these, the most recent source provides the average content.

In the absence of such data, all data that are no more than 10 years are used. The very last option is that all available data are taken into account.

For fish, the data selection method differs because Ciqual has observed significant annual variations, even among data considered representative, especially for certain fatty acids. Thus, average contents for fish are produced from all available representative data, regardless of the year of production.

40% of the average contents available in the Anses-Ciqual 2025 table are produced solely from data representative of France.

27% of the average contents available in the Anses-Ciqual 2025 table are produced solely from data representative of France dating back less than 10 years.

- To produce minimum or maximum values:

If the oldest data point used to produce the average content is less than 10 years old, all data points less than 10 years old available in the Ciqual database are used to determine a minimum and a maximum.

If the oldest data point used to produce the average content is more than 10 years old, all data available in the Ciqual database from a year equal to or later than that of the oldest data point used to produce the average content are used to determine a minimum and maximum.

3.1.4. Checks applied to average contents

The methods used by Ciqual are based on the recommendations defined by the FAO's INFOODS network of international experts in nutritional composition (Food and Agriculture Organisation of the United Nations, https://www.fao.org/4/ap810e/ap810e.pdf).

They include the following checks, among others:

- Sum of macronutrients: water + proteins (nitrogen * Jones factor) + lipids + carbohydrates + ash + fibres + organic acids + alcohol ≈ 100;
- Lipid content ≥ sum of cholesterol and total fatty acid contents;
- Total saturated fatty acid content ≥ sum of individual saturated fatty acid contents;
- Total monounsaturated fatty acid content ≥ sum of individual monounsaturated fatty acid contents;

- Total polyunsaturated fatty acid content ≥ sum of individual polyunsaturated fatty acid contents;
- Ash content ≥ sum of mineral contents;
- Carbohydrate content ≥ sum of starch, total sugar and polyol contents;
- Total sugar content ≥ sum of individual sugar contents.

When an average content does not satisfy these equations, its data sources are re-examined in the case of significant discrepancies. Some data points may be archived and therefore no longer used to produce an average content, or the average content may be recalculated while maintaining proportionality between the contributing components in order to meet the requirement of a given equation.

Other checks are applied:

- Comparison between the contents defined by regulations or in the food label and the average content;
- Review of the richest foods for each component;
- Comparison of significant changes in average contents between the 2025 version of the Anses-Ciqual table and the previous version;
- Review of the dispersion of average contents around the median, by food group and by component;
- Calculation of nutritional intakes in the French population and comparison with those obtained with the previous version of the Anses-Ciqual table;
- Review of the foods that contribute most to intakes in the French population based on consumption data available at Anses.

The data in a new Anses-Ciqual table are submitted prior to publication to the contributors who provided data for this new version.

3.1.5. Quality assessment of average contents

Ciqual has implemented its own data quality assessment system, with confidence codes ranging from A to D (A being the highest confidence code). Thus:

- Confidence code A is assigned to average contents produced by aggregation from representative French data (analytical data produced by Ciqual sampling and analysis program, representative data produced by professionals from the food sector or labelling data collected by Oqali);
- Codes B and C are assigned to average contents produced by aggregation that does not fall into the previous category and whose sources are 10 years old or less. The distinction between codes B and C is made on the basis of an assessment of each source data (or data point) using a system set up by Ciqual. For data points of analytical origin, this system evaluates the conditions under which the samples were handled,

the number of analyses, the method of analysis and its implementation by the laboratory, in particular. For analytical or non-analytical data points, the description of the food and its representativeness in relation to French consumption are evaluated. A score out of 100 is assigned to each data point. If the average score of the data points used to produce the average content is ≥ 40, then the confidence code for the average content is B; otherwise, code C is assigned.

- Confidence code D is assigned to average contents whose sources are more than 10 years old.

3.2. Expression of nutritional composition data

3.2.1. Mode of expression

Food composition values (average content, minimums, maximums) are always provided per 100 grams of the edible portion of the food, i.e. without bones for meat, without the core for apples, etc.

3.2.2. Missing values

When an average content is unknown, a dash appears in place of the value. Users of composition data must not treat them as zeros.

The proportion of missing average contents in the Anses-Ciqual 2025 table is 30%. However, this percentage varies greatly depending on the component in question. The lowest percentage of missing average contents is 0.1% for alcohol, while the highest percentage of missing average contents is 95% for vitamin K2. Between two versions of the Anses-Ciqual table, the Food Observatory unit collects data, either by carrying out analyses when the value is presumed to be different from zero or by gathering existing data.

3.2.3. Traces

In some cases, a component is detected analytically but cannot be precisely quantified. The analytical result is then reported as 'traces'.

The term 'traces' may also be used in the absence of analysis when Ciqual considers that the average content of a component in a food is very low but cannot be considered zero.

3.2.4. Number of decimal places

The Anses-Ciqual 2025 table presents values rounded to 3 significant digits.

Values below 0.00001 are replaced by 'traces'.

3.3. Comments on components

Each component is associated with an identifier, the INFOODS code, established by the FAO (Food and Agriculture Organisation of the United Nations, https://www.fao.org/infoods/infoods/standards-guidelines/food-component-identifiers-tagnames/en) network of international experts in nutritional composition. INFOODS provides a component definition to each component code which can be consulted online. It helps to remove any ambiguity regarding the definition of components and facilitates database interoperability.

3.3.1. Lipids and fatty acids

In most foods, lipids are mainly present in the form of triglycerides (or triacylglycerols) consisting of a glycerol core esterified by three fatty acids.

Depending on the food group and the nature of the lipids in a food, fatty acids account for approximately 56 to 95% of total lipids, with the rest corresponding to the glycerol fraction, the unsaponifiable fraction (sterols, fat-soluble vitamins, etc.), and sometimes phosphate groups, etc. For this reason, the sum of the fatty acid contents (saturated, monounsaturated and polyunsaturated) is not equal to the total lipid content.

The Anses-Ciqual 2025 table does not provide conversion factors for lipids into fatty acids because they are not generally used to generate fatty acid contents: Ciqual prefers to use internal standards in its fatty acid analyses, which allow the direct determination of content per 100 g of food.

The value proposed for a class of fatty acids (e.g. the value 'saturated fatty acids g/100 g') is sometimes higher than the sum of the individual fatty acids in that class listed in the table. This may be because other fatty acids may be present in the food without being listed in the Anses-Ciqual 2025 table, or because different data sources have been combined.

3.3.2. Carbohydrates

The regulatory definition of carbohydrates is: 'any carbohydrate metabolised by humans, including polyols' (EU Regulation No. 1169/2011 on the provision of food information to consumers). These are therefore carbohydrate compounds that contribute directly to energy intake: sugars, starch, maltodextrins, polyols, etc.

In the Anses-Ciqual table, fibres are therefore not included in the line relating to carbohydrates.

The method for determining carbohydrates depends on the food in question. It may be:

- carbohydrates by difference: 100 – proteins g/100g (nitrogen * Jones coefficient, see below) - lipids g/100g - ash g/100g - fibres g/100g – ash g/100g – organic acids g/100g – alcohol g/100g;

- carbohydrates by sum of starch and sugar contents;

- carbohydrates by subtracting fibres from total carbohydrates (values for total carbohydrates are not published in the Anses-Ciqual 2025 table but available in the Ciqual internal database).

3.3.3. Proteins and crude proteins

Protein content is calculated based on the total nitrogen content of a food and a specific factor, known as Jones factor. These factors may differ from one food group to another: for example, 6.38 for dairy products or 5.95 for rice. Although imperfect, this approach aims to take into account the variability in the nitrogen/protein ratio between food groups.

The Jones factors used are indicated in the downloadable Excel and XML files.

For nutritional labelling in Europe, crude protein content is used. This is calculated by multiplying the total nitrogen content by a factor of 6.25 for all foods (EU Regulation No. 1169/2011 on the provision of food information to consumers).

3.3.4. Fibres

They are generally determined by a gravimetric enzymatic method similar to the Prosky method (AOAC method 985.29, AOAC 991.43) and more recently the McCleary method (AOAC 2009.01, AOAC 2011.25).

3.3.5. Polyols

In the Anses-Ciqual table, polyols do not include erythritol, which has no energy value, unlike other polyols.

3.3.6. Energy

For all foods on the Anses-Ciqual table, the energy value was calculated using the following coefficients:

- for lipids: 37 kJ/g (9 kcal/g);

- for alcohol (ethanol): 29 kJ/g (7 kcal/g);

- for proteins: 17 kJ/g (4 kcal/g);

- for carbohydrates (except polyols): 17 kJ/g (4 kcal/g);

- for organic acids: 13 kJ/g (3 kcal/g);

- for polyols: 10 kJ/g (2.4 kcal/g);

- for dietary fibres: 8 kJ/g (2 kcal/g).

There are several methods for calculating the energy value (or energy) of foods.

The energy values, EU Regulation No. 1169/2011are produced with the calculation method given in this regulation, which takes into account the crude protein content, i.e. the total nitrogen content multiplied by a factor of 6.25, regardless of the food.

The energy values, N x Jones factor, with fibres are calculated taking into account the protein content, calculated on the basis of the total nitrogen content and specific factors (known as Jones factors), which may differ from one food group to another (e.g. 6.38 for dairy products).

When the polyol and organic acid contents are unknown in the Anses-Ciqual 2025 table, they have been estimated at 0 to enable the calculation and publication of energy values in kJ and kcal. However, these estimates of 0 for polyols and/or organic acids are not included as published data in the Anses-Ciqual 2025 table because their level of reliability is not considered sufficient.

3.3.7. Vitamin A

Several compounds have vitamin A activity: this is the case for retinol, but also for a number of carotenes and carotenoids. The Anses-Ciqual 2025 table determines vitamin A activity in retinol equivalents according to the methods recommended by the Institute of Medicine (IOM 2001), which are also those used in the Anses opinion on vitamin and mineral reference values for 2021 (Anses, 2021)

- 1 µg retinol = 1 µg RE (retinol equivalent);
- 1 µg β-carotene = 1/12 µg RE.

However, there are several methods for calculating vitamin A activity, which is why the Anses-Ciqual 2025 table provides retinol and β-carotene contents separately. This allows users to apply another formula of their choice to determine vitamin A activity.

The Anses-Ciqual 2025 table only displays a vitamin A activity value for a food if both the values for retinol and β-carotene have been determined for that same food in the Anses-Ciqual 2025 table.

3.3.8. Vitamin B3

In the Anses-Ciqual 2025 table, Vitamin B3 refers to preformed niacin, without taking tryptophan into account.

3.3.9. Vitamin B9

Vitamin B9 or total folate in dietary folate equivalents (DFE) can originate from folic acid added to fortify foods and/or from intrinsic folate, i.e. folate naturally present in a food matrix. It is calculated using the following coefficients:

- 1 µg folic acid (fortification) = 1.7 µg DFE;
- 1 µg intrinsic folate = 1 µg DFE.

These coefficients are also those used in the Anses opinion on vitamin and mineral reference values for 2021 (Anses, 2021).

The Anses-Ciqual 2025 table displays a value for vitamin B9 or total folates, dietary folate equivalents, DFE for a food only if the values for its two contributing components have been determined for that same food in the Anses-Ciqual 2025 table.

In the absence of a value for vitamin B9 or total folates, dietary folate equivalents, DFE, Ciqual may publish, if available, a vitamin B9 or total folate content without specifying the contributing components taken into account or the associated coefficients.

3.3.10. Vitamin D

Vitamin D is primarily determined by calculating the sum of its contributors, vitamin D2 and vitamin D3. In the absence of values for vitamin D2 and vitamin D3, the Anses-Ciqual 2025 table may sometimes display a vitamin D content.

3.3.11. Vitamin E

Vitamin E is a term that can be used for four tocopherols (alpha, beta, delta and gamma) and four tocotrienols (alpha, beta, delta and gamma). The Anses-Ciqual table provides an alpha-tocopherol (vitamin E) average content corresponding to alpha-tocopherol alone, as recommended in the EFSA opinion (2015) for establishing a reference value. In the absence of such a value, the Anses-Ciqual table may provide a vitamin E average content without specifying the nature of the contributing components and their coefficients.

3.4. Comments on foods

Foods are cooked without added salt or fat (unless otherwise stated).

If a food is enriched or low-fat, this is specified in the name of the food.

With the exception of mineral waters, the foods in the Anses-Ciqual 2025 table do not refer to any specific brand.

Synonyms for food names are included in their label.

The scientific names of aquatic products including seaweed, fruit and vegetables are provided in the downloadable Excel and XML files.

The foods included in the Anses-Ciqual table have been chosen to meet the needs of its various users as far as possible, including:

- the teams at Anses and Santé Publique France responsible for conducting the Albane individual consumption survey in France, which aims to estimate the nutritional intake of the French population;
- health professionals (dieticians, nutritionists, etc.);
- professionals in the agri-food sector;
- journalists and the general public with an interest in foods and nutrition.

Users can send their comments to ciqual@anses.fr.

4. DESCRIPTION OF EXCEL FILES

4.1. Content of the Excel files

The Anses-Ciqual 2025 table is available in Excel .xls and .xlsx formats.

The file Table Ciqual 2025_ENG_2025_11_03 has two tabs.

The 'food composition' tab provides the nutritional composition of the foods in the Anses-Ciqual 2025 table. It includes 3,484 foods and 74 components. It is a cross-tabulation table: foods are presented in rows and components in columns.

Foods have two unique identifiers: their name (alim_nom_fr) and their internal code (alim_code). This code is usually the same in both the Anses-Ciqual 2020 and Anses-Ciqual 2025 tables.

The 'INFOODS codes' tab provides the codes for the components listed in the Anses-Ciqual 2025 table, as developed by the FAO's (Food and Agriculture Organisation of the United Nations) INFOODS network of international experts in nutritional composition (https://www.fao.org/infoods/infoods/standards-guidelines/food-component-identifiers-tagnames/en). As mentioned above, this identifier is associated by INFOODS with a definition that can be consulted online. It helps to remove any ambiguity regarding the definition of components and facilitates database interoperability.

For salt (NaCl) expressed in g/100g, no INFOODS code was found at the time of publication of the Ciqual 2025 table.

4.2. List of columns in the 'Food composition' tab

Table 1 – List of columns in the 'food composition' tab of the Table Ciqual 2025_ENG_2025_11_03.xls or .xlsx files

Field name	Content	Format	Example
alim_grp_code	Food group code	text	01

Field name	Content	Format	Example
alim_ssgrp_code	Food sub-group code	text	0101
alim_ssssgrp_code	Food sub-sub-group code	text	000000
alim_grp_nom_eng	Food group name in English	text	starters and dishes
alim_ssgrp_nom_eng	Food sub-group name in English	text	mixed salads
alim_ssssgrp_nom_eng	Food sub-sub-group name in English	text	-
alim_code	Food code	number	25600
alim_nom_eng	Food name in English	text	Celeriac salad, with remoulade sauce, prepacked
alim_nom_sci	Scientific name of the food (for aquatic products including seaweed, fruit and vegetables only)	text	-
74 columns relating to components	Content: this may be quantified value or a non quantified value (e.g. '<10'), the word 'traces' or a dash if no value is available. The units of measurement are specified in the column headers indicating the names of the components.	text	78 for the component (g/100 g)
Jones' factor	Factor used to calculate protein content for proteins from total nitrogen,	number	6.38 for dairy products

Field name	Content	Format	Example
	N (g/100 g)* Jones' factor		

4.3. List of columns in the tab 'INFOODS codes'

Table 2 – List of columns in the INFOODS codes tab of the Ciqual 2025_FR_2025_11_03.xls or xlsx files

Field name	Content	Format	Exemple
INFOODS_code	INFOODS code of the component	text	CHOAVL
const_code	Code of the component	number	31000
const_nom_eng	Name of the component in English (includes unit)	text	Carbohydrates (g/100 g)

5. DESCRIPTION OF XML FILES

5.1.Content

The XML files provide the nutritional composition of foods from the Anses-Ciqual 2025 table. They include 3,484 foods and 74 components and also provide details of the data sources used to produce the published values.

5.2. List of the XML files

Table 3 lists the XML files available and described later in this document.

Table 3 – List of XML files

File	Content
alim_2025_11_03.xml	list of foods
alim_grp_2025_11_03.xml	list of food groups
compo_2025_11_03.xml	nutritional composition data
const_2025_11_03.xml	list of components

File	Content
sources_2025_11_03.xml	sources of data used to produce the average content

WARNING:

Many codes are used in these files. Most of them serve both as traceability element and as a means of managing relationships between data. We recommend that you do not delete them, even if you do not have a direct use for them in your application.

5.3. File alim_2025_11_03.xml (liste des aliments)

The foods of the version 2025 of the Anses-Ciqual food composition table are listed in the file **alim_2025_11_03.xml**.

Each food item is identified by a code (alim_code) and has a name in French (alim_nom_fr) and a name in English (alim_nom_eng). The codes for the group, sub-group and sub-sub-group refer to the file alim_grp_2025_11_03.xml described below.

Table 4 –Content of the file alim_2025_11_03.xml

Field name	Content	Type
alim_code	code of the food	number
alim_nom_fr	name of the food in French	text
alim_nom_eng	name of the food in English	text
alim_nom_sci	scientific name of the food (for aquatic products including seaweed, fruit and vegetables)	text
alim_grp_code	code of the food group	text
alim_ssgrp_code	code of the food subgroup	text
alim_ssssgrp_code	code of the food sub-subgroup	text
facteur_jones	factor enabling the calculation of protein content for proteins from total nitrogen, N (g/100 g)* Jones factor	number

5.4. File alim_grp_2025_11_03.xml (list of food groups)

Ciqual may classify foods into groups, sub-groups and sub-sub-groups according to ad hoc criteria: food source, consumption occasions, consumer types, etc. This classification is Ciqual's choice, but other types of classification exist.

The food groups, sub-groups and sub-sub-groups used in the Anses-Ciqual 2025 table are listed in the file **alim_grp_2025_11_03.xml**.

Table 5 – Contents of the alim_grp_2025_11_03.xml file

Field name	Content	Type
alim_grp_code	code of the food group	text
alim_ssgrp_code		text
alim_ssssgrp_code	code of the food sub-subgroup	text
alim_grp_nom_fr	name of the food group in French	text
alim_grp_nom_eng	name of the food group in English	text
alim_ssgrp_nom_fr	name of the food subgroup in French	text
alim_ssgrp_nom_eng	name of the food subgroup in English	text
alim_ssssgrp_nom_fr	name of the food sub-subgroup in French	text
alim_ssssgrp_nom_eng	name of the food sub-subgroup in English	text

5.5. File compo_2025_11_03.xml (food composition data)

The nutritional composition of foods in the Anses-Ciqual 2025 table is available in the compo_2025_11_03.xml file. Wherever possible, a value is provided for each food/component combination (the food and component are described in the files alim_2025_11_03.xml and const_2025_11_03.xml).

Table 6 – Content of the compo_2025_11_03.xml file

Field name	Content	Type
alim_code	code of the food	number
const_code	code of the component	number
teneur	value : it can be a value, a max value (example : "<10"), the indication "trace" or a dash if the value is missing	text
min	minimum value observed in the data sources	text
max	maximum value observed in the data sources	text
code_confiance	confidence code, which characterizes the quality of the average content value (A=very reliable to D=less reliable)	text
source_code	code of the data sources	number

5.6. File const_2025_11_03.xml (list of components)

The components of the version 2025 of the Anses-Ciqual food composition table are listed in the table **const_2025_11_03.xml**. A component has a name in French and a name in English, as well as an INFOODS code.

Table 7 – Content of the const_2025_11_03.xml file

Field name	Content	Type
const_code	component code	number
const_nom_fr	name of the component in French (includes unit)	text
const_nom_eng	name of the component in English (includes unit)	text
code_INFOODS	INFOODS code of the component	text

5.7. File sources_2025_11_03.xml (data sources)

The data sources which were used to produce average contents of the version 2025 of the Anses-Ciqual table are listed in the file **sources_2025_11_03.xml.**

Table 8 – Content of the sources_2025_11_03.xml file

Field name	Content	Type
source_code	code of data sources	number
ref_citation	name of data sources	texte

6. REFERENCES

Anses 2021. Avis de l'Anses, références nutritionnelles en vitamines et minéraux, mars 2021, https://www.anses.fr/system/files/NUT2018SA0238Ra.pdf

IOM. 2001. Dietary reference intakes for vitamin A, vitamin K, arsenic, boron, chromium, copper, iodine, iron, manganese, molybdenum, nickel, silicon, vanadium and zinc. (Washington (DC)

EFSA. 2015. Scientific Opinion on Dietary Reference Values for vitamin E as α-tocopherol, https://www.efsa.europa.eu/en/efsajournal/pub/4149

Regulation (EU) No 1169/2011 of the European Parliament and of the Council of 25 October 2011 on the provision of food information to consumers, amending Regulations (EC) No 1924/2006 and (EC) No 1925/2006 of the European Parliament and of the Council, and repealing Commission Directive 87/250/EEC, Council Directive 90/496/EEC, Commission Directive 1999/10/EC, Directive 2000/13/EC of the European Parliament and of the Council, Commission Directives 2002/67/EC and 2008/5/EC and Commission Regulation (EC) No 608/2004, https://eur-lex.europa.eu/legal-content/EN/TXT/PDF/?uri=CELEX:32011R1169