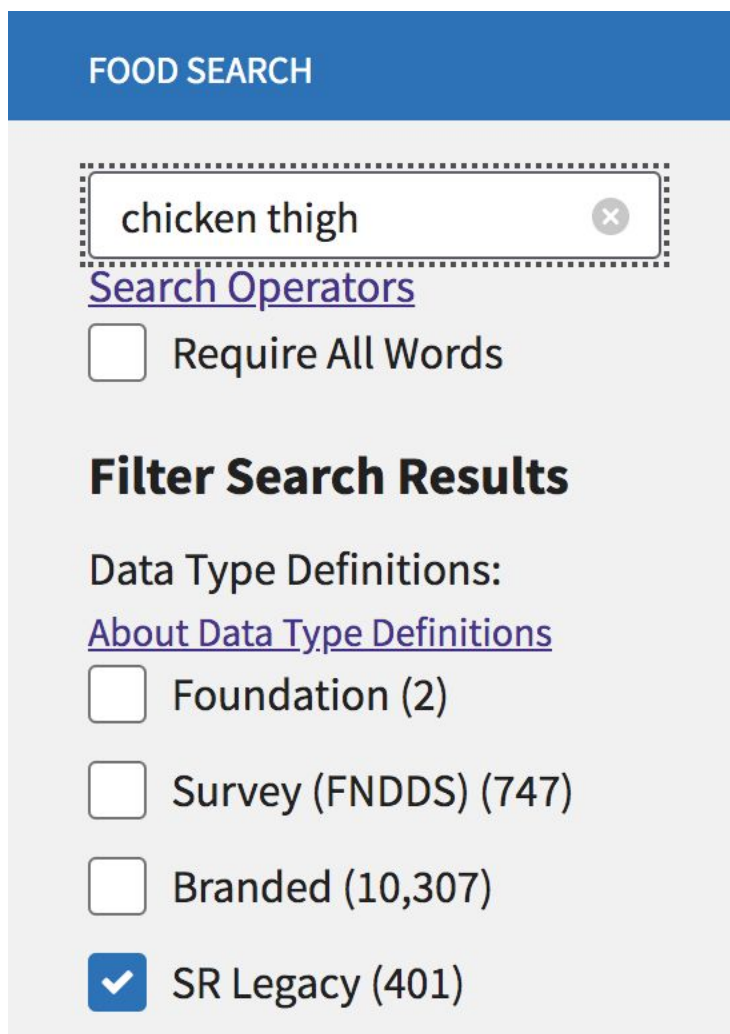


RFN Add-on: Getting Food Report From FDC

1. Search for desired food item on FDC website: <https://fdc.nal.usda.gov/>
2. When directed to result page, filter out unwanted Data Type(s) if desired:



The screenshot shows the 'FOOD SEARCH' interface. At the top is a blue header with the text 'FOOD SEARCH'. Below the header is a search input field containing the text 'chicken thigh' and a clear button (an 'x' in a circle). Below the search field is a link for 'Search Operators'. Underneath is a checkbox labeled 'Require All Words', which is currently unchecked. The next section is titled 'Filter Search Results' in bold. Below this title is the text 'Data Type Definitions:' followed by a link 'About Data Type Definitions'. There are four data type options, each with a checkbox: 'Foundation (2)' (unchecked), 'Survey (FNDDS) (747)' (unchecked), 'Branded (10,307)' (unchecked), and 'SR Legacy (401)' (checked with a blue checkmark).

We recommend using the data type “SR Legacy” for exact nutrient matches to the RFN Spreadsheet. All other types of data may need to be manually checked to make sure that all nutrients are properly imported.

3. Click on a desired food item from the result list, and copy its FDC ID:

ARS HOME › FOODDATA CENTRAL › FOOD SEARCH › CHICKEN, BROILERS OR FRYERS, THIGH, MEAT AND SKIN, RAW (SR LEGACY, 172385)

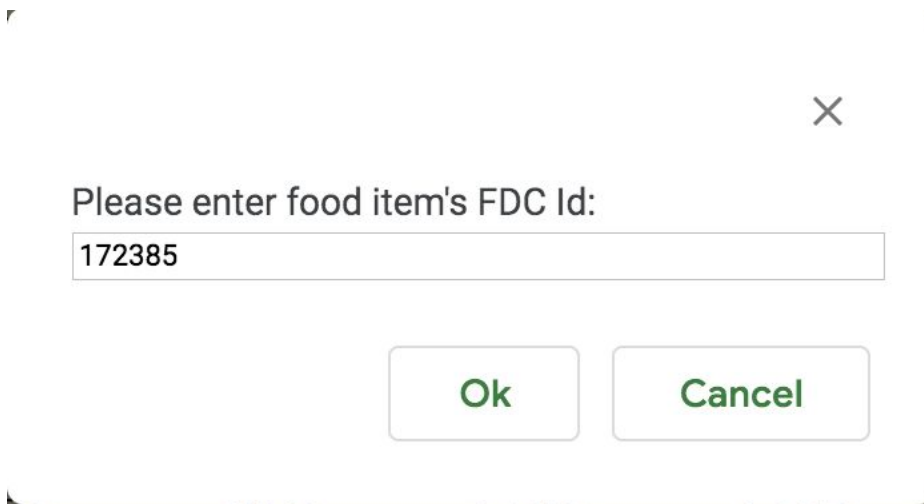
Chicken, broilers or fryers, thigh, meat and skin, raw

Data Type: SR Legacy **Food Category:** Poultry Products **FDC ID:** 172385 **NDB Number:** 5091
Published: 4/1/2019

Nutrients **Measures**

Portion: 100g

4. Go to the RFN spreadsheet, and click on Add-ons -> RFN Formulation Sheet's Add-on -> USDA/FDC.
When prompted, paste the FDC ID into the dialog box, then click OK



A dialog box with a close button (X) in the top right corner. The text inside reads "Please enter food item's FDC Id:". Below this text is a text input field containing the number "172385". At the bottom of the dialog box are two buttons: "Ok" and "Cancel".

5. Once finished, go to Food Database sheet, search for the food item's entry by searching for its FDC ID via CTRL + F.

Assign its type, and give it a name:

Item Name			
USDA ID		172385	
Type			
Serving Size			
Original Weight			
Water	g		
Energy	kcal		
Protein	g	16.52	

Animal

Cooked Starches

Other Plants

Supplement

Recipe

Important Note!

Be aware that not all data that RFN spreadsheet looks for will be available. Always double check the data!

The RFN spreadsheet, and the add-on, rely on the FDC report making clear distinction between different forms of different nutrients. For example: nutrient value for vitamin D3 can be listed under Vitamin D (D2 + D3), Vitamin D3 (cholecalciferol), and Vitamin D in an FDC report. The add-on will specifically search for value under Vitamin D3 (cholecalciferol), and will report 0 if not found in the FDC report. This can be addressed by adding the value manually in Food Database sheet if applicable. Refer back to RFN nutrient flashcards, and the Full Course when determining if the value can be used interchangeably.