

The Icelandic Food Composition Database (ÍSGEM)

Matís owns and operates the Icelandic Food Composition Database, ÍSGEM, and has done so since the company was founded. The database is particularly important for anyone who needs information about the nutrients in food, such as food producers, healthcare institutions, students, researchers and the general public. For years, ÍSGEM has been the most visited part of the Matís website, which clearly demonstrates the need for a dedicated Icelandic database on the nutritional value of food.

Emphasis is placed on providing the public and stakeholders with access to data from ÍSGEM. The search for information from ÍSGEM on the Matís website has been improved and is now more accessible. It is possible to search by the name of a food item and view values for many nutrients, [Search in ÍSGEM – Matís](#).

New, user-friendly food composition tables have also been published on the Matís website as PDF documents [Nutrient Tables – Matís](#).

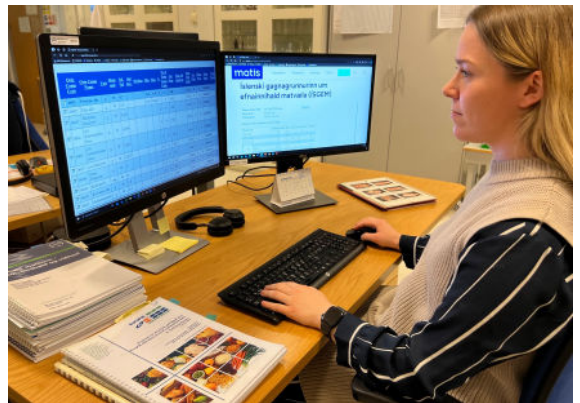
ÍSGEM is considered a national infrastructure due to its services to the public and the business sector. Work on the ÍSGEM database has often been suspended for longer or shorter periods as there has been no public funding for ÍSGEM. However, research and development grants have been used for specific aspects. Work of this kind needs to be continuous to ensure the best possible information is disseminated to stakeholders.



International cooperation

Matís is a member of the European Association for Food Composition Databases (EuroFIR, [eurofir.org](#)). The association is a professional platform for developing methodologies for food composition databases. The collaboration has been very beneficial, and it can be said that the quality system of ÍSGEM has been significantly developed through this partnership. The presentation of data in ÍSGEM has been adapted to European and international standards. Among other things, food type definitions have been added in accordance with the requirements of the European Food Safety Authority (EFSA). In commerce and research, it is very important that foods are defined in such a way that there is no doubt about what is being referred to.

Selected data from ÍSGEM has been submitted to EFSA and will be a part of a pan-European database. In risk assessment, it is very important to be able to weigh the positive effects of nutrients against the negative effects of contaminants. ÍSGEM has therefore now become part of the Icelandic infrastructure for risk assessment and food safety. Data on heavy metals has already been entered into ÍSGEM. The database is built from interconnected tables, so new tables for other categories of contaminants, carbon footprints and more can be added.



Eydís Ylfa works on data registration in ÍSGEM