푸드노트
계산 기능 검토 자료

학술문헌 97편 · 서적과 공식 지침 7종 · 총 104개

검토일 2026-11-06

Europe PMC의 PubMed 등재 문헌 core 응답과 기관 원문을 조회했다. 9개 주제를 검색하고 제목·초록 적합성과 DOI/PMID 중복을 확인했다. 인용수 우선 후보를 선별한 제품 개발용 탐색 검토이며 체계적 문헌고찰·메타분석·임상 검증이 아니다.

학술문헌은 공개 초록·서지정보, 서적과 지침은 명시한 장·절을 검토했다. 104개 원문 전체를 정독했다는 뜻이 아니다.

검색 범위·영어권·인용수 우선순위의 편향이 있다. 포괄적 최신 연구 목록이 아니다.

논문 속 참고문헌, 동일 문서의 장·판본·목차를 별도 자료로 세지 않았다.

논문에서 보고한 행동 변화가 푸드노트의 사용자 효과를 입증하지 않는다. 실제 담당자 사용성 평가는 별도로 필요하다.

미제공 값·외국 조리 계수·영유아 권장량·건강 등급은 자동으로 대입하지 않는다.

반영한 기능

1,000원 기준 비교: 입력 가격·포장량·손질 후 사용 비율을 반영해 같은 금액의 영양성분을 비교합니다. 실제 구매비용은 포장 단위로 따로 계산합니다.

여러 회분 구매 계산: 1회 목표 사용량에 준비 횟수를 곱한 뒤, 전체 필요량을 기준으로 구매 포장 수를 올림합니다. 총 구매비용과 사용 가능한 잔량을 함께 확인합니다.

표현과 데이터: 1회 목표량과 섭취 권장량을 구분하며, 미제공 값은 0으로 대체하지 않습니다. 조리 보존율·건강 등급을 근거 없이 자동 적용하지 않습니다.

계산 기준

1,000원 사용량 = 1,000 ÷ 한 포장 가격 × 포장량 × 손질 후 사용 비율

1,000원 성분량 = 적용 성분량 × 1,000원 사용량 ÷ 원자료 기준량

총 필요 사용량 = 1회 목표 필요 사용량 × 준비 횟수

손질 전 총 필요량 = 총 필요 사용량 ÷ 손질 후 사용 비율

구매 포장 수 = 손질 전 총 필요량 ÷ 포장량을 올림

총 구매비용 = 구매 포장 수 × 한 포장 가격

사용 가능한 잔량 = 구매 포장 수 × 포장량 × 손질 후 사용 비율 - 총 필요 사용량

예: 단백질 6g/190mL, 목표 20g을 30회 준비하고, 1L 포장 1,500원·사용 비율 80%이면 총 필요 사용량은 19,000mL입니다. 손질 전 23,750mL가 필요하므로 24포장·36,000원, 사용 가능한 잔량은 200mL입니다. 매번 한 포장을 새로 사는 30포장 계산과 구분합니다.

준비 횟수는 사용자가 설정한 목표 성분량의 반복 횟수입니다. 인원수·권장 섭취 횟수·보관 가능 기간을 뜻하지 않습니다. 열량·당류·나트륨 조건 판정은 기존 1회 목표량 기준입니다.

가격은 직접 입력한 값입니다. 배송비·할인·실시간 판매가·보관 중 손실은 자동 포함하지 않습니다. 0원과 미입력 가격은 1,000원 기준으로 나누지 않습니다.

사용 비율은 손질 전 양에서 사용할 수 있는 양의 비율입니다. 조리 후 중량 변화나 영양소 보존율을 대신하는 값이 아닙니다.

서적·공식 지침 7종

G01 · Food Composition Data: Production, Management and Use (2nd ed.)

Greenfield H, Southgate DAT (2003). FAO

서적: 9장 수치의 표현·가식부·미제공 값, 11장 사용 지침의 관련 절. 전권 정독 아님.

기준량·가식부·원자료와 환산값·계산 프로그램 검증을 구분한다.

G02 · Food energy - methods of analysis and conversion factors

FAO (2003). FAO Food and Nutrition Paper 77

전문서: 4장 단백질·지방·탄수화물·기타 에너지 환산의 요약.

원자료 열량을 단순 4·4·9 계산으로 임의 교체하지 않는다.

G03 · Guidelines for Checking Food Composition Data prior to the Publication of a User Table/Database, Version 1.0

FAO/INFOODS (2012). FAO

지침: 2.2.2~2.2.3, 2.3 및 미제공 값·레시피 검증 항목.

미제공을 0으로 만들지 않고, 손질 비율과 조리 보존율을 구분한다.

G04 · Guidelines for Food Matching, Version 1.2

FAO/INFOODS (2012). FAO

지침: 목적·I 일반 고려사항 및 부록의 우유·색상·식품 식별 사례.

같은 이름이라는 이유만으로 성분을 대입하지 않고 식품 형태·출처를 보존한다.

G05 · FoodData Central: Foundation Foods Documentation

USDA Agricultural Research Service (2024). USDA

공식 기술 문서: Preface, Introduction, Weights, Limits of Quantification 관련 절.

기준량의 비례 환산과 가식부 기준을 확인한다. 데이터 유형별 검출한계 표현은 구별한다.

G06 · USDA Table of Nutrient Retention Factors, Release 6

USDA Agricultural Research Service (2007). USDA

공식 표·설명서: Introduction, Methods, Release Notes. 계수표 전체를 한국 식품에 적용하지 않음.

조리 보존율에는 조리 전후 중량·성분 정보가 필요하다. 가식부율과 혼용하지 않는다.

G07 · Food Buying Guide for Child Nutrition Programs

USDA Food and Nutrition Service (2025). USDA

공식 구매 지침: Appendix B의 구매 상태(AP)·가식부(EP)·필요량·올림 계산 사례.

필요 사용량을 합산한 뒤 손질 전 구매량과 포장 수를 계산한다. 미국 급식 제공량 기준은 적용하지 않는다.

학술문헌 97편

아래 문헌은 공개 초록과 서지정보를 확인했습니다. 원문 전체를 검토했다는 뜻이 아닙니다. 제목을 누르면 PubMed에서 확인할 수 있습니다. 연구별 국가·연령·맥락의 차이가 있어 결과를 한국 이용자 전체에 일반화하지 않습니다.

P001 · The EPIC nutrient database project (ENDB): a first attempt to standardize nutrient databases across the 10 European countries participating in the EPIC study.

Slimani N, Deharveng G, Unwin I et al. (2007). European journal of clinical nutrition

PMID 17375121 · DOI 10.1038/sj.ejcn.1602679

P002 · The effects of nutrition knowledge on food label use. A review of the literature.

Miller LM, Cassady DL. (2015). Appetite

PMID 26025086 · DOI 10.1016/j.appet.2015.05.029

P003 · Assessment of the accuracy of portion size reports using computer-based food photographs aids in the development of an automated self-administered 24-hour recall.

Subar AF, Crafts J, Zimmerman TP et al. (2010). Journal of the American Dietetic Association

PMID 20102828 · DOI 10.1016/j.jada.2009.10.007

P004 · Contribution of food prices and diet cost to socioeconomic disparities in diet quality and health: a systematic review and analysis.

Darmon N, Drewnowski A. (2015). Nutrition reviews

PMID 26307238 · DOI 10.1093/nutrit/nuv027

P005 · Omega-3 fatty acids, nutrient retention values, and sensory meat eating quality in cooked and raw Australian lamb.

Flakemore AR, Malau-Aduli BS, Nichols PD et al. (2017). Meat science

PMID 27642709 · DOI 10.1016/j.meatsci.2016.09.006

P006 · Review of food composition data for edible insects.

Nowak V, Persijn D, Rittenschober D et al. (2016). Food chemistry

PMID 26433285 · DOI 10.1016/j.foodchem.2014.10.114

P007 · Sustainable diets for the future: Can we contribute to reducing greenhouse gas emissions by eating a healthy diet?

Macdiarmid JI, Kyle J, Horgan GW et al. (2012). The American journal of clinical nutrition

PMID 22854399 · DOI 10.3945/ajcn.112.038729

P008 · Patient understanding of food labels: the role of literacy and numeracy.

Rothman RL, Housam R, Weiss H et al. (2006). American journal of preventive medicine

PMID 17046410 · DOI 10.1016/j.amepre.2006.07.025

P009 · Determinants of consumer food waste behaviour: Two routes to food waste.

Stancu V, Haugaard P, Lähteenmäki L. (2016). Appetite

PMID 26299713 · DOI 10.1016/j.appet.2015.08.025

P010 · Impact of different food label formats on healthiness evaluation and food choice of consumers: a randomized-controlled study.

Borgmeier I, Westenhoefer J. (2009). BMC public health

PMID 19523212 · DOI 10.1186/1471-2458-9-184

P011 · Super-size me: Portion size effects on young children's eating.

Fisher JO, Kral TV. (2008). Physiology & behavior

PMID 18155736 · DOI 10.1016/j.physbeh.2007.11.015

P012 · Development of a food composition database for the estimation of dietary intakes of glucosinolates, the biologically active constituents of cruciferous vegetables.

McNaughton SA, Marks GC. (2003). The British journal of nutrition

PMID 13129476 · DOI 10.1079/bjn2003917

P013 · A cost constraint alone has adverse effects on food selection and nutrient density: an analysis of human diets by linear programming.

Darmon N, Ferguson EL, Briend A. (2002). The Journal of nutrition

PMID 12468621 · DOI 10.1093/jn/132.12.3764

P014 · Front-of-pack nutrition labelling: testing effectiveness of different nutrition labelling formats front-of-pack in four European countries.

Feunekes GI, Gortemaker IA, Willems AA et al. (2008). Appetite

PMID 17629351 · DOI 10.1016/j.appet.2007.05.009

P015 · Missing Food, Missing Data? A Critical Review of Global Food Losses and Food Waste Data.

Xue L, Liu G, Parfitt J et al. (2017). Environmental science & technology

PMID 28492315 · DOI 10.1021/acs.est.7b00401

P016 · FoodSwitch: A Mobile Phone App to Enable Consumers to Make Healthier Food Choices and Crowdsourcing of National Food Composition Data.

Dunford E, Trevena H, Goodsell C et al. (2014). JMIR mHealth and uHealth

PMID 25147135 · DOI 10.2196/mhealth.3230

P017 · Front of pack nutritional labelling schemes: a systematic review and meta-analysis of recent evidence relating to objectively measured consumption and purchasing.

Croker H, Packer J, Russell SJ et al. (2020). Journal of human nutrition and dietetics : the official journal of the British Dietetic Association

PMID 32364292 · DOI 10.1111/jhn.12758

P018 · Snacking patterns among adolescents: a comparison of type, frequency and portion size between Britain in 1997 and Northern Ireland in 2005.

Kerr MA, Rennie KL, McCaffrey TA et al. (2009). The British journal of nutrition

PMID 18533071 · DOI 10.1017/s0007114508994769

P019 · Development and evaluation of a method for calculating the Healthy Eating Index-2005 using the Nutrition Data System for Research.

Miller PE, Mitchell DC, Harala PL et al. (2011). Public health nutrition

PMID 20576195 · DOI 10.1017/s1368980010001655

P020 · How low can dietary greenhouse gas emissions be reduced without impairing nutritional adequacy, affordability and acceptability of the diet? A modelling study to guide sustainable food choices.

Perignon M, Masset G, Ferrari G et al. (2016). Public health nutrition

PMID 27049598 · DOI 10.1017/s1368980016000653

P021 · Health literacy, literacy, numeracy and nutrition label understanding and use: a scoping review of the literature.

Malloy-Weir L, Cooper M. (2017). Journal of human nutrition and dietetics : the official journal of the British Dietetic Association

PMID 27731526 · DOI 10.1111/jhn.12428

P022 · Household-level dynamics of food waste production and related beliefs, attitudes, and behaviours in Guelph, Ontario.

Parizeau K, von Massow M, Martin R. (2015). Waste management (New York, N.Y.)

PMID 25445261 · DOI 10.1016/j.wasman.2014.09.019

P023 · Oral processing characteristics of solid savoury meal components, and relationship with food composition, sensory attributes and expected satiation.

Forde CG, van Kuijk N, Thaler T et al. (2013). Appetite

PMID 23017464 · DOI 10.1016/j.appet.2012.09.015

P024 · Attention mediates the effect of nutrition label information on consumers' choice. Evidence from a choice experiment involving eye-tracking.

Bialkova S, Grunert KG, Juhl HJ et al. (2014). Appetite

PMID 24503332 · DOI 10.1016/j.appet.2013.11.021

P025 · Portion size adds limited information on variance in food intake of participants in the EPIC-Potsdam study.

Noethlings U, Hoffmann K, Bergmann MM et al. (2003). The Journal of nutrition

PMID 12566492 · DOI 10.1093/jn/133.2.510

P026 · Affordability of the EAT-Lancet reference diet: a global analysis.

Hirvonen K, Bai Y, Headey D et al. (2020). The Lancet. Global health

PMID 31708415 · DOI 10.1016/s2214-109x(19)30447-4

P027 · Nutrient retention values and cooking yield factors for three South African lamb and mutton cuts.

van Heerden SM, Strydom PE. (2017). Journal of the science of food and agriculture

PMID 28436039 · DOI 10.1002/jsfa.8396

P028 · Importance of food composition data to nutrition and public health.

Elmadfa I, Meyer AL. (2010). European journal of clinical nutrition

PMID 21045848 · DOI 10.1038/ejcn.2010.202

P029 · Design of optimal food-based complementary feeding recommendations and identification of key " problem nutrients" using goal programming.

Ferguson EL, Darmon N, Fahmida U et al. (2006). The Journal of nutrition

PMID 16920861 · DOI 10.1093/jn/136.9.2399

P030 · A qualitative study of consumer perceptions and use of traffic light food labelling in Ecuador.

Freire WB, Waters WF, Rivas-Mariño G et al. (2017). Public health nutrition

PMID 27618994 · DOI 10.1017/s1368980016002457

P031 · Sustainable food waste management towards circular bioeconomy: Policy review, limitations and opportunities.

Mak TMW, Xiong X, Tsang DCW et al. (2020). Bioresource technology

PMID 31818718 · DOI 10.1016/j.biortech.2019.122497

P032 · FODMAPs: food composition, defining cutoff values and international application.

Varney J, Barrett J, Scarlata K et al. (2017). Journal of gastroenterology and hepatology

PMID 28244665 · DOI 10.1111/jgh.13698

P033 · Does front-of-pack nutrition information improve consumer ability to make healthful choices? Performance of warnings and the traffic light system in a simulated shopping experiment.

Machín L, Aschemann-Witzel J, Curutchet MR et al. (2018). Appetite

PMID 29102533 · DOI 10.1016/j.appet.2017.10.037

P034 · Portion Size: Latest Developments and Interventions.

Steenhuis I, Poelman M. (2017). Current obesity reports

PMID 28265869 · DOI 10.1007/s13679-017-0239-x

P035 · Application of the British Food Standards Agency nutrient profiling system in a French food composition database.

Julia C, Kesse-Guyot E, Touvier M et al. (2014). The British journal of nutrition

PMID 25277084 · DOI 10.1017/s0007114514002761

P036 · Can Low-Income Americans Afford a Healthy Diet?

Drewnowski A, Eichelsdoerfer P. (2010). Nutrition today

PMID 20368762 · DOI 10.1097/nt.0b013e3181c29f79

P037 · Sociodemographic differences in the comprehension of nutritional labels on food products.

Sinclair S, Hammond D, Goodman S. (2013). Journal of nutrition education and behavior

PMID 23886777 · DOI 10.1016/j.jneb.2013.04.262

P038 · School lunch waste among middle school students: nutrients consumed and costs.

Cohen JF, Richardson S, Austin SB et al. (2013). American journal of preventive medicine

PMID 23332326 · DOI 10.1016/j.amepre.2012.09.060

P039 · Adaptation and evaluation of the National Cancer Institute's Diet History Questionnaire and nutrient database for Canadian populations.

Csizmadi I, Kahle L, Ullman R et al. (2007). Public health nutrition

PMID 17212847 · DOI 10.1017/s1368980007184287

P040 · The Nutri-Score nutrition label.

Hercberg S, Touvier M, Salas-Salvado J et al. (2022). International journal for vitamin and nutrition research. Internationale Zeitschrift fur Vitamin- und Ernahrungsforschung. Journal international de vitaminologie et de nutrition

PMID 34311557 · DOI 10.1024/0300-9831/a000722

P041 · Accuracy of food portion size estimation from digital pictures acquired by a chest-worn camera.

Jia W, Chen HC, Yue Y et al. (2014). Public health nutrition

PMID 24476848 · DOI 10.1017/s1368980013003236

P042 · An on-site comparative study of yield factors during glume removal, a primary step in the traditional processing of hulled wheats.

Giambanelli E, D'Antuono LF, Hayran O et al. (2013). Journal of the science of food and agriculture

PMID 23633442 · DOI 10.1002/jsfa.6208

P043 · A new food-composition database for 437 polyphenols in 19,899 raw and prepared foods used to estimate polyphenol intakes in adults from 10 European countries.

Knaze V, Rothwell JA, Zamora-Ros R et al. (2018). The American journal of clinical nutrition

PMID 29931234 · DOI 10.1093/ajcn/nqy098

P044 · Food-based dietary guidelines can be developed and tested using linear programming analysis.

Ferguson EL, Darmon N, Briend A et al. (2004). The Journal of nutrition

PMID 15051853 · DOI 10.1093/jn/134.4.951

P045 · Consumer acceptability and understanding of front-of-pack nutrition labels.

Mejean C, Macouillard P, Péneau S et al. (2013). Journal of human nutrition and dietetics : the official journal of the British Dietetic Association

PMID 23534897 · DOI 10.1111/jhn.12039

P046 · Food waste management during the COVID-19 outbreak: a holistic climate, economic and nutritional approach.

Aldaco R, Hoehn D, Laso J et al. (2020). The Science of the total environment

PMID 32619842 · DOI 10.1016/j.scitotenv.2020.140524

P047 · Changes in USDA food composition data for 43 garden crops, 1950 to 1999.

Davis DR, Epp MD, Riordan HD. (2004). Journal of the American College of Nutrition

PMID 15637215 · DOI 10.1080/07315724.2004.10719409

P048 · Understanding how consumers categorise nutritional labels: a consumer derived typology for front-of-pack nutrition labelling.

Hodgkins C, Barnett J, Wasowicz-Kirylo G et al. (2012). Appetite

PMID 22918174 · DOI 10.1016/j.appet.2012.08.014

P049 · Portion size estimation in dietary assessment: a systematic review of existing tools, their strengths and limitations.

Amoutzopoulos B, Page P, Roberts C et al. (2020). Nutrition reviews

PMID 31999347 · DOI 10.1093/nutrit/nuz107

P050 · Availability, affordability, and consumption of fruits and vegetables in 18 countries across income levels: findings from the Prospective Urban Rural Epidemiology (PURE) study.

Miller V, Yusuf S, Chow CK et al. (2016). The Lancet. Global health

PMID 27567348 · DOI 10.1016/s2214-109x(16)30186-3

P051 · Instant noodles made with fortified wheat flour to improve micronutrient intake in Asia: a review of simulation, nutrient retention and sensory studies.

Bronder KL, Zimmerman SL, van den Wijngaart A et al. (2017). Asia Pacific journal of clinical nutrition

PMID 28244695 · DOI 10.6133/apjcn.122015.06

P052 · Food Composition at Present: New Challenges.

Kapsokefalou M, Roe M, Turrini A et al. (2019). Nutrients

PMID 31349634 · DOI 10.3390/nu11081714

P053 · Impact of a cost constraint on nutritionally adequate food choices for French women: an analysis by linear programming.

Darmon N, Ferguson EL, Briend A. (2006). Journal of nutrition education and behavior

PMID 16595286 · DOI 10.1016/j.jneb.2005.11.028

P054 · Front-of-pack nutrition labelling: are multiple formats a problem for consumers?

Draper AK, Adamson AJ, Clegg S et al. (2013). European journal of public health

PMID 22140250 · DOI 10.1093/eurpub/ckr144

P055 · Food waste in a school nutrition program after implementation of new lunch program guidelines.

Byker CJ, Farris AR, Marcenelle M et al. (2014). Journal of nutrition education and behavior

PMID 24857599 · DOI 10.1016/j.jneb.2014.03.009

P056 · Vitamin K: food composition and dietary intakes.

Booth SL. (2012). Food & nutrition research

PMID 22489217 · DOI 10.3402/fnr.v56i0.5505

P057 · Effectiveness of Front-Of-Pack Nutrition Labels in French Adults: Results from the NutriNet-Santé Cohort Study.

Ducrot P, Méjean C, Julia C et al. (2015). PloS one

PMID 26509679 · DOI 10.1371/journal.pone.0140898

P058 · Accuracy of reporting dietary intake using various portion-size aids in-person and via telephone.

Godwin SL, Chambers E, Cleveland L. (2004). Journal of the American Dietetic Association

PMID 15054344 · DOI 10.1016/j.jada.2004.01.006

P059 · USDA's National Food and Nutrient Analysis Program (NFNAP) produces high-quality data for USDA food composition databases: Two decades of collaboration.

Haytowitz DB, Pehrsson PR. (2018). Food chemistry

PMID 28867083 · DOI 10.1016/j.foodchem.2016.11.082

P060 · Individual diet modeling translates nutrient recommendations into realistic and individual-specific food choices.

Maillot M, Vieux F, Amiot MJ et al. (2010). The American journal of clinical nutrition

PMID 19939986 · DOI 10.3945/ajcn.2009.28426

P061 · Nutrition labelling: a review of research on consumer and industry response in the global South.

Mandle J, Tugendhaft A, Michalow J et al. (2015). Global health action

PMID 25623608 · DOI 10.3402/gha.v8.25912

P062 · Discussion on the methodology for determining food waste in household waste composition studies.

Lebersorger S, Schneider F. (2011). Waste management (New York, N.Y.)

PMID 21705207 · DOI 10.1016/j.wasman.2011.05.023

P063 · Gluten-free food database: the nutritional quality and cost of packaged gluten-free foods.

Missbach B, Schwingshackl L, Billmann A et al. (2015). PeerJ

PMID 26528408 · DOI 10.7717/peerj.1337

P064 · Objective understanding of Nutri-Score Front-Of-Package nutrition label according to individual characteristics of subjects: Comparisons with other format labels.

Egnell M, Ducrot P, Touvier M et al. (2018). PloS one

PMID 30138359 · DOI 10.1371/journal.pone.0202095

P065 · Assessing food appeal and desire to eat: the effects of portion size & energy density.

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