

How do I obtain a nutrient information panel for a food?

In order to print a nutrient information panel for a particular food you use the modify food details screen to access the food you want, then use the print function.

Note: If you want to obtain the information panel for a recipe you can either use the nutrition panel wizard, or convert the recipe to a food (refer to training sheet SRVTRN06, option 2 on creating foods from recipes.)


From the main menu bar,



select **Foods**, then select **Modify food details**. The modify food details window is displayed with header information as shown below:




Food Composition (based on 100g)		
Nutrient	Amount	Unit
Alcohol	0	g
Ash	0.83	g
b Carotene eqv	0	ug
Biotin	1	ug
Calcium	13	mg
Carbohydrate	0	g
Chloride	50	mg
Cholesterol	71	mg
Copper	0.1	mg
Dry Matter	21.6	g
Energy total	430	kJ
Fat	3.5	g
Fibre	0	g
Folate	4.64	ug
Fructose	0	g

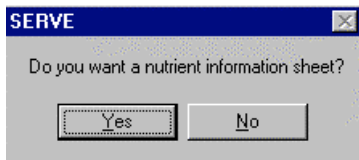
Energy Contribution (based on 100g)		
Protein	297kJ	69.1%
Fat	132kJ	30.7%
Carbohydrate	0kJ	0.0%
Alcohol	0kJ	0.0%
Other	1kJ	0.2%
Energy total	430kJ	100.0%


Click the  button to access the find foods window, and select the food you want to return to the modify food details window.



Select the **Notes etc** section at the bottom of the food details page. If the **Serves/pack** field is blank, type in the number of servings into the per pack field, as shown:

Energy...	Brand...	General...	Notes etc...
Notes			
Reference		Serves/pack	4

then press the  key and then  key to refresh the data. Click the  button to obtain a report of the food you have selected. The following dialog box will be displayed:



Click the  button to obtain the nutrient information panel.

Click the  button to print the report. Click the  button in the print window to obtain the nutrient information panel.

A sample of this report is displayed below:

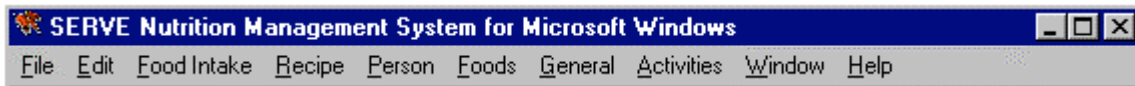
SPAGHETTI BOLOGNAISE HOME MADE - OWN RECIPE

NUTRITION INFORMATION

Servings per package - 4		
Serve size - 99.50g		
	Per Serving	Per 100g
Protein(g)	6.91	6.94
Fat(g)	6.99	7.03
Carbohydrate(g)	10.34	10.39
Energy total(kJ)	549.63	552.39
Calcium(mg)	18.45	18.54
Iron(mg)	1.08	1.09
Sodium(mg)	276.80	278.19
Fibre(g)	1.62	1.63
Sugars(g)	1.21	1.22
Saturated Fat(g)	2.13	2.14
Monounsat Fat(g)	2.71	2.72
Polyunsat Fat(g)	1.67	1.68

To obtain only selected nutrients in the nutrient information panel (as shown in the report above) you need to set the nutrient print order as described below.

Select the **Nutrients** option from **General** on the main menu bar below.



The nutrient information report uses the print order to determine which nutrients are printed and in which order. Set the print order of nutrients to zero to exclude those not required. Change the print order number to alter the order in which the nutrients are printed as shown below

Number	Name	Unit	Nutrient Category	Print Order	RDI Values
1	OtherFats-Glycerol	g.	1	0	0
2	Water	g	4	0	0
3	Protein	g	1	1	-1
4	Fat	g	1	2	0
5	Carbohydrate	g	1	3	0
6	Energy total	kJ	1	4	-1
7	Calcium	mg	2	5	-1
8	Phosphorus	mg	2	0	-1
9	Iron	mg	2	6	-1
10	Sodium	mg	2	7	-1
11	Potassium	mg	2	0	-1