

# How do I obtain a Nutrition Panel quickly with the Wizard?

## General information

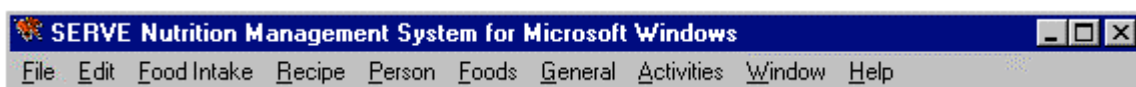
This training sheet explains how to:

1. Enter the name and ingredients for a recipe or food product
2. Enter serves per pack and individual serve size of the food product, and how to adjust the nutritional values according to changes in water content during cooking.
3. Select the nutrients and the order in which they are to be displayed in the nutrition panel.
4. Create a nutrition panel report with the nutritional analysis per 100g and per serve, and a list of ingredients in descending order by weight.
5. Adjust the ingredient description names as preferred for the product label.
6. Obtain a comparison with standard RDI values.

## Procedure

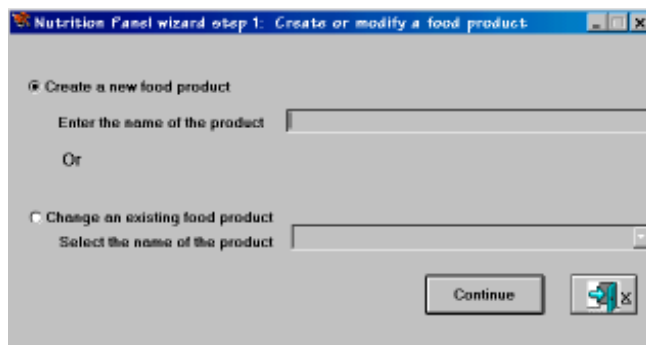
### 1. How to enter name and ingredients of food product.

From the main menu bar,

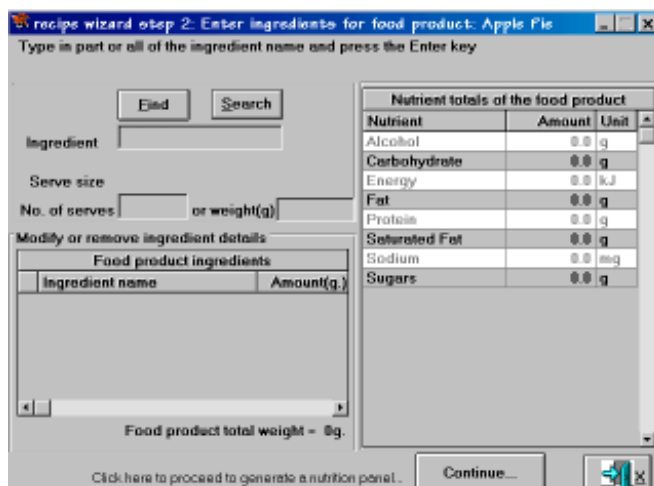


select **Recipe**, then select **Nutrition Panel Wizard**.

The window is displayed as shown below:



Enter the name of a new product, or change an existing product by selecting it from the drop down list. Click **Continue** to move to next screen, as shown below:



Enter ingredients by keying their name into the ingredient field, selecting from the drop down list and pressing enter. Either select one of the serve sizes and enter number of serves, or click on the weight field and enter exact weight of the ingredient. If entering a fluid or semi-fluid ingredient by volume, select "ml" from the serve options and key in the total number of mls in the recipe. This will use the specific gravity of the ingredient to calculate its gram weight. Alternatively, weigh these ingredients and enter them as their weight in grams.

The food product ingredients will be progressively displayed at the bottom of this screen and the ingredients can be deleted, or amounts changed, in this field.

## 2. How to enter serves per pack and individual serve size of the food product, and how to adjust the nutritional values according to changes in water content during cooking.

When all ingredients have been entered, click **Continue** to move to the next screen.

The screenshot shows a software window titled "Nutrition Panel wizard step 3: select options to print nutrition panel". It is divided into several sections:

- Nutrients to display / Nutrients omitted:** A table titled "Nutrients that will display on the panel" with columns for Name, Unit, and Print Sequence.
 

Name	Unit	Print Sequence
Protein	g	1
Fat	g	2
Carbohydrate	g	3
Energy	kJ	4
Sodium	mg	5
Sugars	g	6
Saturated Fat	g	7
- Enter serve details...:** Includes input fields for "Servings per package" (value: 1), "Serving size (g.)" (value: 30), and "Serve descr. (optional)". There is also a button labeled "extra serve sizes".
- Enter cooked weight to set water loss...:** Includes input fields for "Raw weight" (value: 1000.00), "Cooked weight" (value: 1000.00), and "Water loss" (value: 0).
- Ingredients:** A text box containing the list: "APPLE(70. %), FLOUR, WHITE, PLAIN(11. %), MARGARINE, POLYUNSATURATED(10. %), SUGAR, WHITE(9. %)".
- Navigation:** Buttons for "Previous step", "Add RDIs...", "View Nutrition panel", and a "Next" arrow button.

Enter the number of servings per package and the individual serving size in the appropriate fields, as shown above.

Water may be gained or lost in the cooking process, and this will alter the nutrient concentration. To make these adjustment, enter the cooked weight of the total recipe in the **Cooked weight** field. The raw weight is displayed for you, calculated as the sum of all the ingredients. When you move from this field, the amount of water loss (or gain indicated by a minus amount) will be displayed and the nutrient values of the food product recalculated.

The ingredients are listed in descending order by weight, with their percentage weight in brackets. Edit the list for label printing at this stage, deleting percentages not required and adding any non-nutrient additives, colours etc.

## 3. How to select the nutrients, and the order in which they are to be displayed in the nutrition panel.

The nutrients are displayed with a number next to them, indicating the order in which they will be displayed on the nutrition panel. If you do not want a nutrient listed, change the number to a

zero (0) and it will be moved to the **Nutrients Omitted** tab. If a zero listed nutrient is required in the nutrition panel, allocate a print order number to it and it will move to the **Nutrients to display** tab.

\*Please note that only 8 nutrients are available in the Special AUSNUT database. If other nutrients are required in the nutrition panel, the food product must be entered using the standard AUSNUT or NUTTAB databases (on main tool bar select **File**, then **Switch to AUSNUT/NUTTAB database**).

#### 4. How to create a nutrition panel report with the nutritional analysis per 100g and per serve, and a list of ingredients in descending order by weight.

Click the **View Nutrition panel** button to move to the final screen, as shown below:

Apple Pie		
NUTRITION INFORMATION		
Servings per package:	6	
Serving size:	150.00g	
	per serving	per 100g
Protein	2.0g	1.5g
Fat	13.7g	9.2g
Carbohydrate	41.0g	27.3g
Energy	1280kJ	843kJ
Sodium	100mg	88.8mg
Sugars	27.7g	18.5g
Saturated Fat	2.5g	1.8g

Ingredients:  
 APPLE, CANNED, PIE FRUIT(70.%),  
 FLOUR, WHEAT, WHITE,  
 PLAIN(11.%), MARGARINE,  
 POLYUNSATURATED(10.%),  
 SUGAR, WHITE, GRANULATED OR  
 LUMP(9.%)

You can print these directly as labels onto your printer. If you have special requirements for label printing then contact us.

Note that values are shown to a maximum of three significant digits as per the FSANZ standard.

#### 5. How to adjust the ingredient description names permanently, as preferred for the nutrition label, for this food product.

The ingredient names are saved as they are listed in the database. If you wish to change or shorten these names for labelling purposes, return to the ingredient entry screen by exiting out of the nutrition panel screen (x), then click **Previous step**. Position the cursor on the ingredient descriptions listed and shorten or change the names as required:

Modify or remove ingredient details		
Food product ingredients		
	Ingredient name	Amount(g.)
▶	APPLE, CANNED, PIE FRUIT	700.00
	FLOUR, WHEAT, WHITE, MARGARINE,	110.00
	SUGAR, WHITE,	100.00
		90.00

These ingredients will appear on any future nutrition panels with their changed descriptions, unless modified again, using the same method. You can now change the size of the report, print it or export it to another Windows application:

## 6. Obtain a comparison with standard RDI values.

In step 3 of the nutrition panel wizard (shown below) click

Add RDIs...

Nutrition Panel wizard step 3: select options to print nutrition panel

Nutrients to display      Nutrients omitted

Nutrients that will display on the panel

Name	Unit	Print Sequence
Energy	kJ	1
Fat	g	2
Carbohydrate	g	3
Protein	g	4
Sodium	mg	5
Sugars	g	6
Saturated Fat	g	7

Enter serve details...

Servings per package: 8

Serving size (g.): 120

Enter cooked weight to set water loss...

Raw weight: 7000.00

Cooked weight: 6500.00

Water loss: 500

Ingredients:  
APPLE(71.4%), FLOUR(14.3%), MARGARINE(7.1%), SUGAR(7.1%)

Previous step      Add RDIs...      View Nutrition panel

Step 4 of the nutrition panel wizard will be displayed as shown below.

Note: the RDIs provided are as per the labelling code guidelines.

Nutrition Panel wizard step 4: Set RDI values

RDI values		
Nutrient	Unit	RDI value
Energy	kJ	8700
Fat	g	70
Carbohydrate	g	310
Protein	g	50
Sodium	mg	2300
Sugars	g	90
Saturated Fat	g	24

Previous step      View RDI Nutrition panel

You can change the RDI values as required by overwriting the provided values with new values.

View RDI Nutrition panel

Click **View RDI Nutrition panel** to obtain a nutrition information panel which displays %RDI based on comparing the nutrition amounts of the serving with the RDI values.

## Apple Pie

<b>NUTRITION INFORMATION</b>			
Servings per package:	6		
Serving size:	150.00g		
	per serving	per 100g	%RDI
Protein	2.3 g	1.5 g	4.6%
Fat	13.7 g	9.2 g	19.6%
Carbohydrate	41.0 g	27.3 g	13.2%
Energy	1,260 kJ	843 kJ	
Sodium	133 mg	88.8 mg	5.8%
Sugars	27.7 g	18.5 g	
Saturated Fat	2.5 g	1.6 g	10.4%

**Ingredients:**

APPLE, CANNED, PIE FRUIT(70%), FLOUR, WHEAT, WHITE, PLAIN(11%), MARGARINE, POLYUNSATURATED(10%), SUGAR, WHITE, GRANULATED OR LUMP(9%)

Percentage daily intakes are based on an average adult diet of 8700 kJ.  
Your daily intakes may be higher or lower depending upon your energy needs.