How to?

How to calculate the nutritive value of a recipe?

..: To calculate the nutritive value of a recipe, you must:

1. Select, upon *Menu*, the [Nutritive Value Calculation: Recipes] option.

2. Click on the [Create] button. ✚

3. Enter the required information in the [Description] tab.

    - You must fill the name and the category of the recipe (mandatory fields).
    - You must identify the recipe *yield*, meaning the serving size for which the nutritive value will be calculated.
      To be noted that there is no difference between the *as sold* and *as prepared* weight value, unless there is an identified *cooking loss*.
    - If necessary, you have to figure out the recipe *cooking loss* (caused by the evaporation during preparation and/or cooking).
    - If necessary, you have to identify *nutrients retention* during preparation and/or cooking. The default values are 100% of retention, meaning no nutrients loss. If a different value (not 100%) is selected for a nutrient, the nutritive value for this nutrient will take into account the estimated loss.
    - You must select a Dietary Reference Intakes (DRI) if you want to evaluate the nutritive value of your recipe according to a standard.

    Remark

    ▶ It is **only** possible to estimate the *nutrient retention* for the recipe as a whole.

4. Select the [Ingredients] tab.

    - You must select and insert the different ingredients of your recipe one by one.

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- If you can't find an ingredient in the database, you must find the nutritional value of this product and then create a new item in the database.

  See also: *How to?*-How to add an item to the product database?

  Remarks

  ▶ If no ingredient appears, it is possible that no databases as been selected in the top-right corner of the screen.

  ▶ The more precise the choice of your recipe's ingredients are, the more the nutritive value calculated will be close to the real value.

5. If desired, you can enter a preparation method (or any other personal notes) selecting the [Method] tab.

6. You can now see your recipe's nutritive value per serving selecting the [Nutritive Value] tab. *(However, you should have identified the yield of the recipe.)*

7. You can also visualize or print various information about your recipe selecting the [Reports] tab.

   - [Recipe]-Ingredients list and, if applicable,the recipe cost
   - [Detailed Nutritive Value]-Complete nutritive value of each ingredient of the recipe

   - [Nutrition Analysis Report]-**unrounded** nutritive value per serving

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PRO version – Nutrition Labelling

..: You must choose a labelling standard that is stated as such in the standards list.

See also: *Standards, DRI and RDI*-General Overview

..: You must fill the *serving size* (in french and english).

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See also: *How to?*–How to determine the serving size of a Nutrition Facts Table (NFT)?

..: You need to choose a *reference amount* only when you want to evaluate Nutrient Content Claims.

..: Additional reports are available:

- [Nutrition Labelling]–*fac-similé* containing **rounded** nutritive values for for all information that may be found on a *Nutrition Facts Table* (NFT)
- [Nutrients Content Claims]–List of all Nutrient Content Claims and all Health Claims that can be used
- [Nutrition Facts Table (NFT)]–Desired *Nutrition Facts Table* (NFT) format

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