

Getting started with your nutrition analysis

Before getting started with MenuCalc, our web-based nutrition analysis tool, or outsourcing your recipes to our experienced team, all clients will have to gather specific information about their menu items and recipes in order to generate accurate nutrition information.

Below are items to consider when gathering your recipes and working with your kitchen staff to obtain the necessary information.

Factor	What you need to know
Ingredients	<p>You will need to know, or have access to the details of each ingredient. For example:</p> <ul style="list-style-type: none"> • Vegetable Oil – <ul style="list-style-type: none"> ○ What kind? (Corn, soybean, safflower etc.) • Beef – <ul style="list-style-type: none"> ○ What cut? ○ Is the fat trimmed? ○ Is it on or off the bone? • Flour – <ul style="list-style-type: none"> ○ Bleached or unbleached? ○ Enriched or un-enriched? ○ All-purpose, cake, or whole wheat?
Ingredient Quantities	<ul style="list-style-type: none"> • How much of each ingredient is being used? • Weights are always the best measure (i.e. g, oz., lb), volume is okay too (i.e. cup, tsp., tbsp.). • <u>Do not use</u> subjective measurements that may vary among cooks (i.e. pinch, handful, splash).
Portion Size	<ul style="list-style-type: none"> • How much will be served to each guest? • You will be able to enter in serving size by weight or by number of servings per recipe.



Cook-off Weights	For all products that are cooked, you will need to find either the weight of the product after cooking, or the average percent weigh loss during cooking.
Cooked Grains (pasta, rice)	Ingredients that are dry, but served cooked to the diner: Pasta, Macaroni, Rice, Couscous need to have the final as-served-to-diner weight entered into MenuCalc, not the uncooked dry weight.
Fried Items	The amount of oil absorbed during frying. You can either send your menu items to a food lab, or you could weigh the cooking oil before frying and after frying. You can assume the difference to be the amount absorbed by the product. Ask us for more details here.
Beverages with Ice	Even though your cup serving size may be 20 fl oz, if you're adding ice this will displace the volume amount used. It's important to weigh the volume of beverage after the ice has been added. Make sure to review the requirements in the menu labeling rules if they apply to you.
<u>All</u> Ingredients	<p>Make sure you go through your recipes and look for hidden ingredients. For Example:</p> <ul style="list-style-type: none"> • <i>Butter on a bun.</i> • <i>Baked items rolled in seeds or oats.</i> • <i>Olive oil drizzled over pizza.</i> • <i>Sauces.</i>
Specialty Ingredients	<p>Ingredients not found in the MenuCalc database will need to be added with their nutrition facts.</p> <p>This can be gathered from the nutrition facts panel on the product, or by contacting the ingredient supplier.</p>