

Nutrition-Panel

Nutrition Information Panel Calculator

Quick Reference Guide

The default label format size uses **Avery L7160** labels which are readily available in stationery stores.

The calculated label data can be exported to Excel or Word for you to create your own formatted labels.

We can also add labels to Nutrient-Panel formatted to fit your requirements. Our contact details are below.

Getting Started

Before you start to compile your nutrition information panel you need to know:

- 1 What your ingredients are.
- 2 How much of each ingredient you add to make your recipe or product.

Recipe Screen

The Recipe Screen can be divided into three sections.

1. Recipe details.
 - Find Recipe - quickly navigate to selected recipe by selecting from drop list.
 - Recipe name- provide a name for your recipe or product.
 - Ingredients - a string of edited custom names that will appear on labels, sorted by quantity.
 - Weight (g)– combined weight of ingredients as grams.
2. Selected ingredients nutrition information datasheet. This data is read-only except for Custom name.
3. Calculated nutrition information panel – read-only.

Nutrient	Qty per Serve	Qty per 100g
Energy (kJ):	0.00	0.00
Calories:	0.00	0.00
Calories from Fat:	0.00	0.00
Fat Calories %:	0.00	0.00
Protein (g):	0.00	0.00
Fat, Total (g):	0.00	0.00
Fat, Saturated (g):	0.00	0.00
Carbohydrate (g):	0.00	0.00
Sugars (g):	0.00	0.00
Sodium (mg):	0.00	0.00

Ingredient	Custom name	Weight (g)	Gravity	Weight Adj	Edit	Delete

Fig 1. Recipe screen.

Steps for using the Nutrition-Panel.

1. On the Recipe Screen give your recipe (or product) a name.
2. Click Add Ingredient to open the Add ingredient screen.
3. Type a keyword for our ingredient in the Search box and click Search to return matches from the database. See Handy Search Tips below.
4. Many records may be returned. To see all of the records, use the vertical scroll bar on the right. This data is read-only. Click the ingredient's ShortName to select and populate the lower half of the screen with the ingredients details.
5. Short names can be too long label usage, therefore add a custom name for the ingredient. The custom name will appear on labels.
6. Add the weight as grams or millilitres. Convert kilograms, litres and imperial measurements to grams and millilitres.
7. Click Add Ingredient to save the ingredient to the recipe.
8. Repeat steps 3 to 7 for each of ingredient in your recipe.
9. Click Close | Cancel to return to the Recipe screen.

The screenshot displays the 'Add ingredients screen for basil'. At the top, there is a search bar with 'basil' entered and a 'Search' button. Below this is a table with the following columns: FoodID, Category, ShortName, Energy, Protein, FatTot, FatSat, Carb, Sugars, and Sodium. The table contains one row with the following data: FoodID: 13A10434, Category: 1, ShortName: Basil, Raw, Energy: 119, Protein: 2, FatTot: 0.6, FatSat: 0, Carb: 1.7, Sugars: 1.5, Sodium: 14. Below the table is a record navigation bar showing 'Record: 1 of 1' and a 'No Filter' button. The main area of the screen is a form with the following fields: FSANZ name: Basil, Raw; Long name: BASIL, RAW; Description: (empty); Custom name: Basil. Below these fields is a table of nutrient values: Weight: 10 Grams, Energy: 119 kj, Fat, total: 0.6 g, Sugars: 1.5 g, Gravity: 0, Protein: 2 g, Fat, saturated: 0 g, Sodium: 14 mg, and Carbohydrate: 1.7 g. A note at the bottom states: 'NOTE: All nutrient values are per 100g Edible Portion (EP)'. At the bottom of the screen are two buttons: 'Add Ingredient' and 'Cancel'.

FoodID	Category	ShortName	Energy	Protein	FatTot	FatSat	Carb	Sugars	Sodium
13A10434	1	Basil, Raw	119	2	0.6	0	1.7	1.5	14

Record: 1 of 1 | No Filter | Search

FSANZ name: Basil, Raw
Long name: BASIL, RAW
Description:
Custom name: Basil

Weight:	10 Grams	Energy:	119 kj	Fat, total:	0.6 g	Sugars:	1.5 g
Gravity:	0	Protein:	2 g	Fat, saturated:	0 g	Sodium:	14 mg
		Carbohydrate:	1.7 g				

NOTE: All nutrient values are per 100g Edible Portion (EP)

Add Ingredient | Cancel

Fig 2. Add ingredients screen for basil.

HANDY SEARCH TIPS

1. Type in only one key word to find records that contain that word. For example, if you type in 'pasta' you will find records like 'Tomato-Based Pasta Sauce'.
2. You don't have to type in the entire word. If you are not sure of the spelling, just type in part of the word. For example, if you type in 'past', you will find records like 'Almond Paste', 'Pasta Sauce', 'Pastie, Cornish'.
3. Type in the singular form of the food. For example, type in 'strawberry' not 'strawberries', and 'peanut' not 'peanuts'.
4. Bicarbonate of soda, also called baking soda or sodium bicarbonate, is listed on the Nutrition-Panel as 'BAKING SODA'. 'BAKING POWDER' (which is different) is also there.
5. There are no wildcard characters applicable to the search text. Records will be returned that match the whole search text anywhere in the ingredient's Short Name or Long Name.
6. There is no limit to the number of records returned for a successful match to the search text.

Back to the Recipe screen

If you have made a mistake, you can edit the ingredient amount by clicking on the 'Edit' field.

You can remove the ingredient from the ingredient list by clicking on the 'Delete' field.

Each time you return to the Recipe screen the weight and ingredient list will update automatically.

Find recipe:

Recipe name:

Ingredients:

Weight (g):

Serve Size:

Serves Per Packet:

Nutrient	Qty per Serve	Qty per 100g
Energy (kJ):	189.68	2495.85
Calories:	45.31	596.12
Calories from Fat:	44.30	582.88
Fat Calories %:	97.78	97.78
Protein (g):	0.41	5.39
Fat, Total (g):	4.92	64.76
Fat, Saturated (g):	0.54	7.06
Carbohydrate (g):	0.01	0.14
Sugars (g):	0.01	0.13
Sodium (mg):	15.03	197.80

Ingredient	Custom name	Weight (g)	Gravity	Weight Adj	Edit	Delete
Basil, Raw	Basil	10	0	10	Edit	Delete
Vinegar	Vinegar	40	1.01	40.4	Edit	Delete
Cheese, Parmesan	Parmesan	50	0	50	Edit	Delete
Parsley, Continental, Raw	Parsley	50	0	50	Edit	Delete
Oil, Canola (Include Rape Seed Oil)	Canola	250	0.92	230	Edit	Delete

Fig3. Basil Pesto nutrition information panel.

Is your product a liquid?

The Food Standards Code requires that in a nutrition information panel, the average quantity of a beverage or other liquid food in a serving be shown in millilitres. In other words, nutrient values in the panel should

be presented per 100 millilitres and per serve size in millilitres. So, if your product is a drink or other liquid food, you will need to convert the nutrient values present in a 100 g portion of your liquid food to 100 mL. For further instructions on how to do this, go to Section 5.4.3 of the full Explanatory Notes.

Printing the nutrition information panel

To print a paper copy of your results click the 'Print Recipe' button.

The printout will preview on the screen. Right-click the report to access pop-up menu functionality, select Print. The report will include your final nutrition information panel in the top right corner and a list of all your ingredients. It should look something like this.

Recipe: Basil Pesto				
Ingredient list:	Canola, Parmesan, Parsley, Vinegar, Basil.			
Weight Adj (g):	380.4			
Serve Size:	7.6 g			
Serves Per Packet:	2			
		Nutrient	Qty per Serving	Qty per 100g
		Energy (kJ):	189.68	2495.85
		Protein (g):	0.41	5.39
		Fat, Total (g):	4.92	64.76
		Fat, Saturated (g):	0.54	7.06
		Carbohydrate (g):	0.01	0.14
		Sugars (g):	0.01	0.13
		Sodium (mg):	15.03	197.80
NOTE: All nutrient values for ingredients are per 100g edible portion (EP).				
Ingredient: Basil, Raw [Basil] 13A10434				
Amount:	10 ml	Specific gravity:	-	Sodium:
Energy:	119 kJ	Fat, total:	0.6 g	Carbohydrate:
Protein:	2 g	Fat, saturated:	0 g	Sugars:
Ingredient: Parsley, Continental, Raw [Parsley] 13A10105				
Amount:	50 ml	Specific gravity:	-	Sodium:
Energy:	95 kJ	Fat, total:	0.2 g	Carbohydrate:
Protein:	2.4 g	Fat, saturated:	0 g	Sugars:
Ingredient: Cheese, Parmesan [Parmesan] 09B10055				
Amount:	50 ml	Specific gravity:	-	Sodium:
Energy:	1848 kJ	Fat, total:	32.4 g	Carbohydrate:
Protein:	38.1 g	Fat, saturated:	20.6 g	Sugars:
Ingredient: Vinegar [Vinegar] 10F20042				
Amount:	40 ml	Specific gravity:	1.01	Sodium:
Energy:	2 kJ	Fat, total:	0 g	Carbohydrate:
Protein:	0.1 g	Fat, saturated:	0 g	Sugars:
Ingredient: Oil, Canola (Include Rape Seed Oil) [Canola] 04C10024				
Amount:	250 ml	Specific gravity:	0.92	Sodium:
Energy:	3700 kJ	Fat, total:	100 g	Carbohydrate:
Protein:	0 g	Fat, saturated:	7.2 g	Sugars:

Fig4. Recipe breakdown for Basil Pesto nutrition information.

The recipe also previews as nutrition information panel labels, as seen below.

The label size is **Avery L7160** which is readily available in stationery stores.

You can export your data to a variety of formats and produce customised labels.

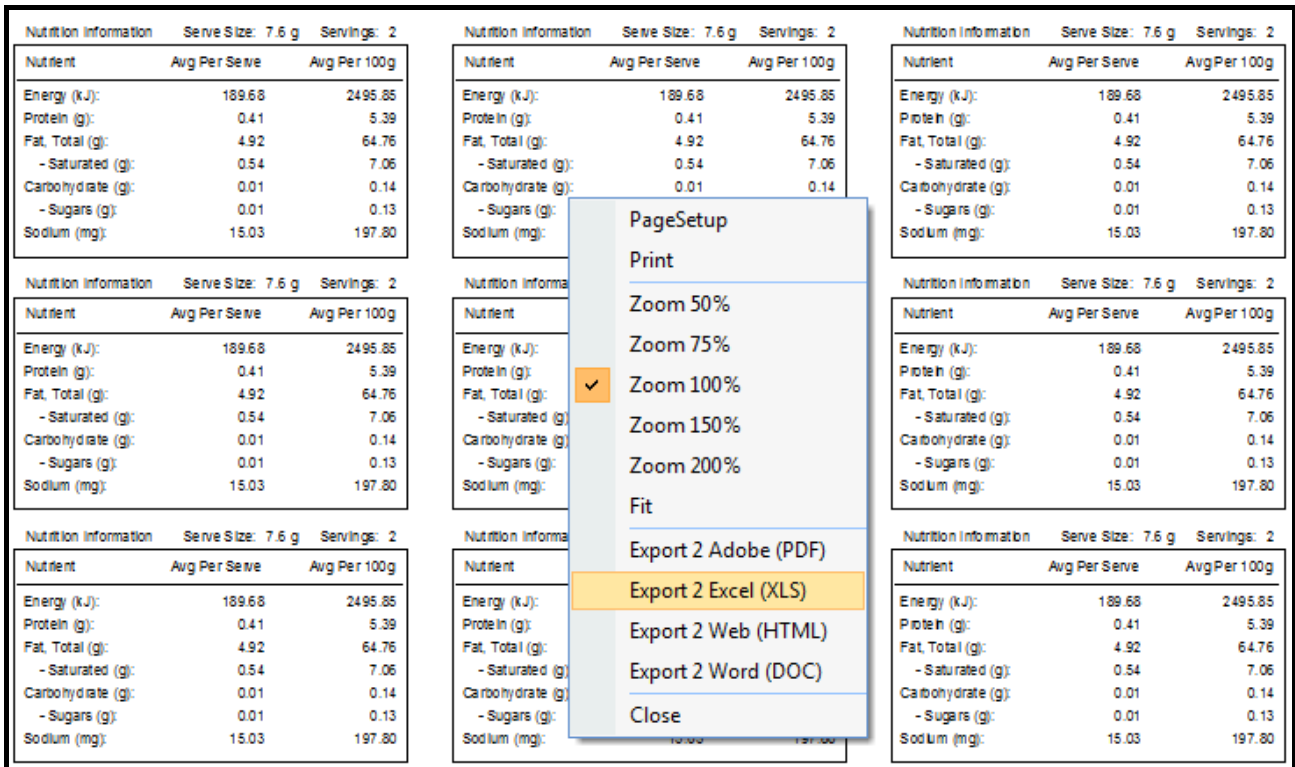


Fig 5. Nutrition information labels for Basil Pesto with right-click popup menu functionality.

Recipes are saved automatically. At any stage you can use the Reports screen to print as many labels as required, as seen below.

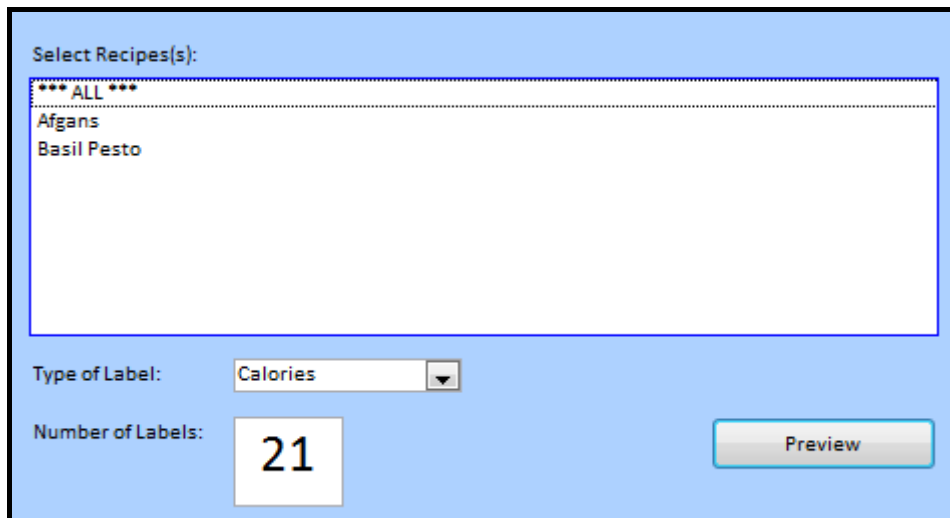


Fig 6. Report screen.

Nutrient-Panel has a selection of a variety of labels for Energy and Calorie labels.

Nutrition Information Serve Size: 7.6 g Servings: 2			Nutrition Information Serve Size: 7.6 g Servings: 2		
Nutrient	Avg Per Serve	Avg Per 100g	Nutrient	Avg Per Serve	Avg Per 100g
Energy (kJ):	189.68	2495.85	Calories:	45.31	596.12
Protein (g):	0.41	5.39	Calories from Fat:	44.30	582.88
Fat, Total (g):	4.92	64.76	Protein (g):	0.41	5.39
- Saturated (g):	0.54	7.06	Fat, Total (g):	4.92	64.76
Carbohydrate (g):	0.01	0.14	- Saturated (g):	0.54	7.06
- Sugars (g):	0.01	0.13	Carbohydrate (g):	0.01	0.14
Sodium (mg):	15.03	197.80	- Sugars (g):	0.01	0.13
			Sodium (mg):	15.03	197.80
Nutrition Information Serve Size: 7.6 g Servings: 2			Nutrition Information Serve Size: 7.6 g Servings: 2		
Nutrient	Avg Per 100g	Ingredients	Nutrient	Avg Per Serve	Ingredients
Energy (kJ):	2495.85	Canola, Parmesan,	Calories:	45.31	Canola, Parmesan,
Protein (g):	5.39	Parsley, Vinegar, Basil.	Calories from Fat:	44.30	Parsley, Vinegar, Basil.
Fat, Total (g):	64.76		Protein (g):	0.41	
- Saturated (g)	7.06		Fat, Total (g):	4.92	
Carbohydrate (g)	0.14		- Saturated (g):	0.54	
- Sugars (g):	0.13		Carbohydrate (g):	0.01	
Sodium (mg):	197.80		- Sugars (g):	0.01	
			Sodium (mg):	15.03	
Nutrition Information Serve Size: 7.6 g Servings: 2			Nutrition Information Serve Size: 7.6 g Servings: 2		
Nutrient	Avg Per Serve	Ingredients	Nutrient	Avg Per 100g	Ingredients
Energy (kJ):	189.68	Canola, Parmesan,	Calories:	596.12	Canola, Parmesan,
Protein (g):	0.41	Parsley, Vinegar, Basil.	Calories from Fat:	582.88	Parsley, Vinegar, Basil.
Fat, Total (g):	4.92		Protein (g):	5.39	
- Saturated (g)	0.54		Fat, Total (g):	64.76	
Carbohydrate (g)	0.01		- Saturated (g):	7.06	
- Sugars (g):	0.01		Carbohydrate (g):	0.14	
Sodium (mg):	15.03		- Sugars (g):	0.13	
			Sodium (mg):	197.80	

Fig 7. Sample of 6 Energy and Calorie labels for Basil Pesto.

This document has been designed as a quick reference to include only the basic operations required to create a standard nutrition information panel. If you need more detailed instructions, or if you would like further information about the limitations of the Nutrition-Panel and the origins and uses of the data, please refer to the full Explanatory Notes.

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