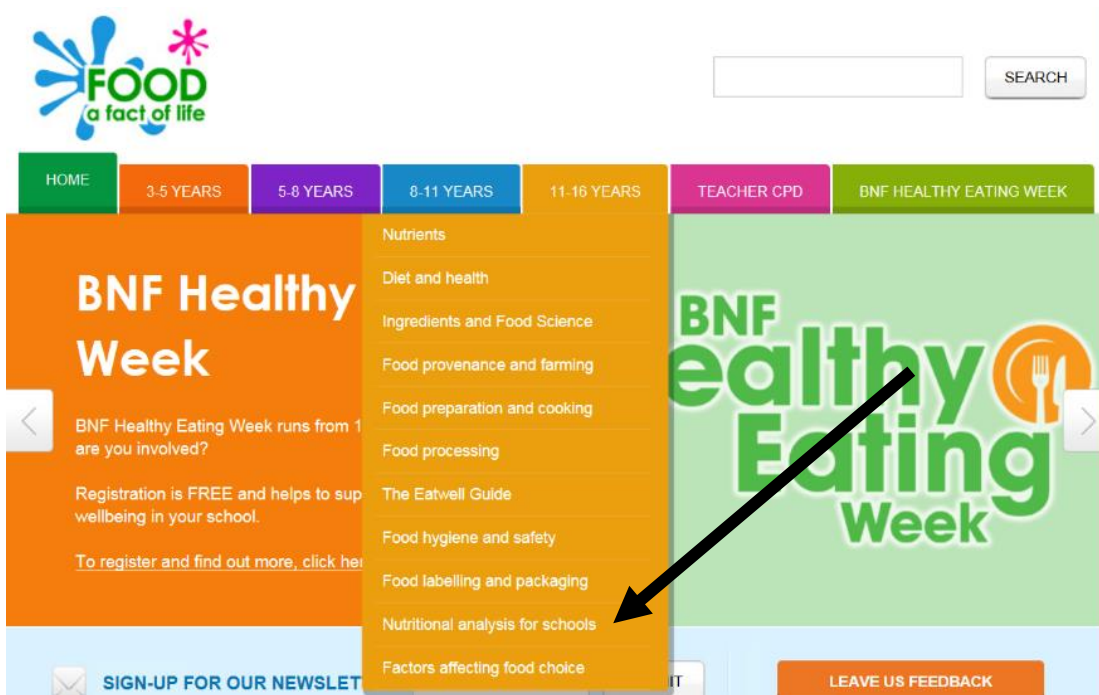Creating a Food Label using Nutritional Analysis Programs

Using internet explorer type in the following address: http://www.foodafactoflife.org.uk/

Hover over the 11-16 years tab and select **'Nutritional analysis for schools'**

Find the link that says **click here**

Click on **calculate a recipe** and then type in the recipe name.
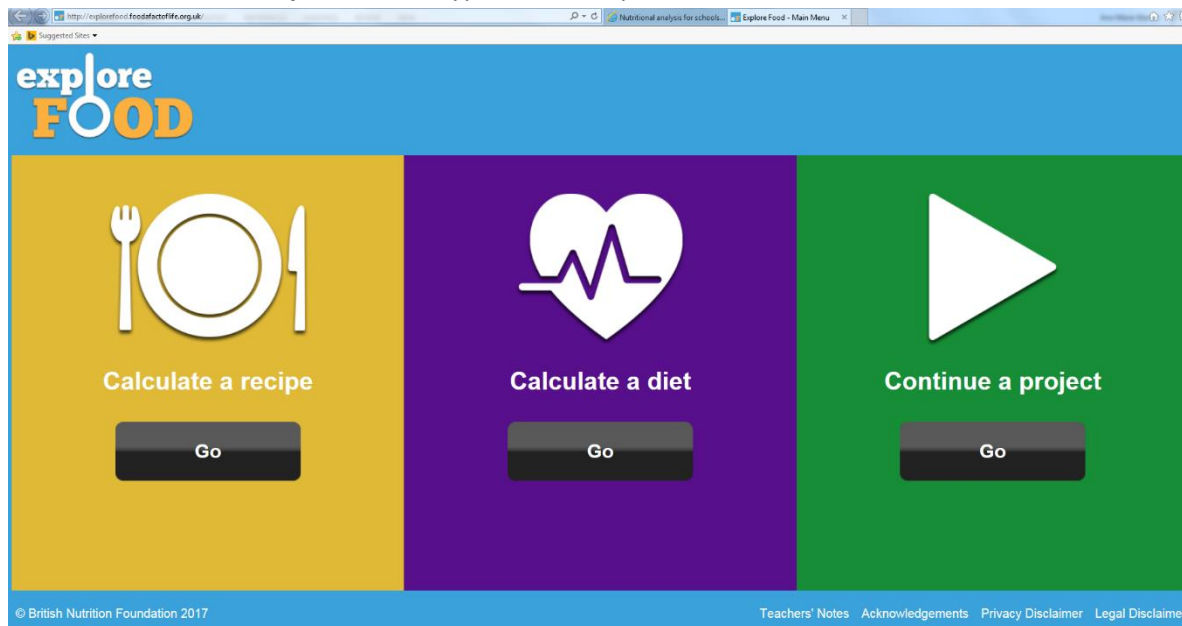
Using the ingredient sheets on the website key in the ingredients and quantities needed.

USEFUL QUANTITIES

1 tablespoon= 20g

1 dessert spoon= 15g
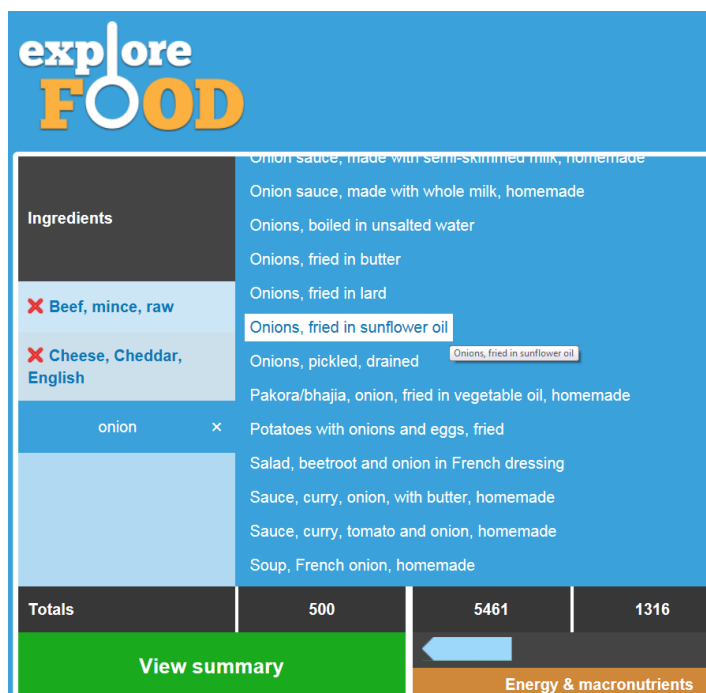
1 teaspoon= 5g

Chicken breast= 100g

Medium sized vegetable (e.g. onion or pepper)= 25g

Small vegetable (e.g. garlic clove)= 5g
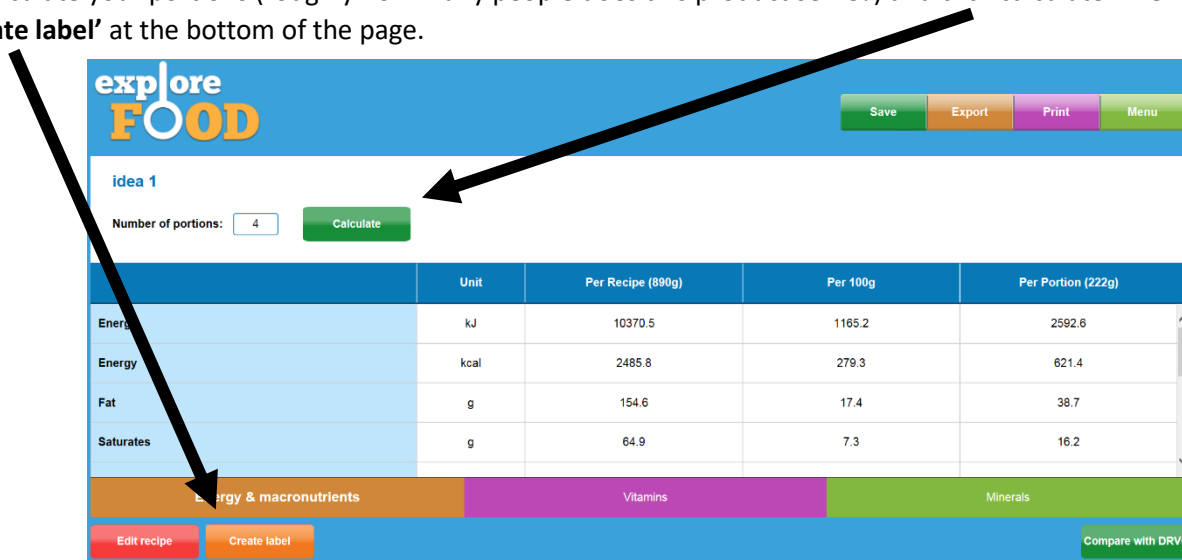
If you are using liquids then ml = g
e.g. 100ml milk = 100g milk

When selecting ingredients try to find the best fit for your product:

When you have finished click on view summary at the bottom.

Recalculate your portions (roughly how many people does this product serve?) and click calculate. Then click on **'create label'** at the bottom of the page.


explore FOOD				Save	Export	Print	Menu

idea 1

Number of portions: 4   Calculate

	Unit	Per Recipe (890g)	Per 100g	Per Portion (222g)
Energy	kJ	10370.5	1165.2	2592.6
Energy	kcal	2485.8	279.3	621.4
Fat	g	154.6	17.4	38.7
Saturates	g	64.9	7.3	16.2

Energy & macronutrients	Vitamins	Minerals

Edit recipe   Create label   Compare with DRVs

Type in your product name and create label. You will then need to **'print screen'** and then copy the label and crop into a word document.

Green= low

Amber= moderate

Red= high

Energy 555kJ 132kcal 7% | Fat 4.1g 6% | Saturates 0.7g 4% | Total Sugars 11g 12% | Salt 0.23g 4%
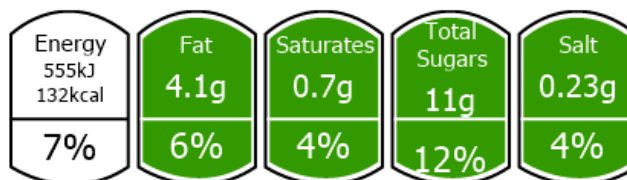
of an adult's Reference Intake.
Typical values per 100g: Energy 175kJ/42kcal

Nutrition Information Typical Values

	Per 100g	Per portion (316g)
Energy (kJ)	175	555
Energy (kcal)	42	132
Fat (g)	1.3	4.1
Saturates (g)	0.2	0.7
Carbohydrate (g)	6.1	19
Total Sugars (g)	3.4	11
Fibre (g)	0.8	2.5
Protein (g)	1.9	6.1
Salt (g)	0.07	0.23