

NUTRIENT ANALYSIS CHECKLIST

INGREDIENT LISTS:

- Describe each ingredient with as much detail as possible (i.e., specify types of oils, not just "vegetable oil"). Provide brand names of ingredients when applicable.
- Specify ingredient used most often used when a choice of ingredients (or substitutions) are allowed.
- Include recipe instructions such as the types of cooking procedures, duration and preparation methods used (i.e., marinating, baking, frying, resting).
- Indicate if any component of the recipe or product has added salt, sugar or other ingredients that may effect accurate analysis.
- Provide resources for nutrition information for items purchased or proprietarily prepared for a recipe from another source (such as flavorings, seasonings, meat mixtures.)

INGREDIENT AMOUNTS:

- List the amounts of raw or as purchased ("A.P.") item as well as the cooked yield for each ingredient such as grains, pastas or beans (i.e., 1 cup raw brown rice = 2.5 cups cooked rice).
- Provide measurements in both volume (cups, tablespoons, fluid ounces) and weight (grams, pounds, ounces.)

YIELD, SERVING SIZE & NUMBER OF SERVINGS:

- Provide the size of the container and fill amount, if the product will be packaged or bottled (number of ounces the container holds, number of ounces packaged in the container).
- Specify the gram weight or unit of one serving and amount of servings each recipe yields.
- Serving size as described on the Nutrition Facts Label for packaged food is regulated by the FDA and will be provided if you do not have it.

ADDITIONAL INFORMATION:

- Provide proposed product label dimensions for appropriate Nutrition Facts Label sizing and format.
- Specify details if multiple size offerings will be provided for the same recipe/formulation (i.e., a small box with 2 chocolates and a larger one with 6).

NUTRITION CLAIMS

- Indicate if you intend to market any nutrition claims regarding the products attributes (i.e., "low fat" or "low sodium").