

Department of Food Science

NUTRITIONAL LABELING

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Having your “Nutrition Facts” calculated

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The Nutrition Facts panel for the food label can use data from two sources. First, there is the type of nutritional analysis in which several lots of food are sampled and analyzed in a laboratory. In some instances, this is the only way. Another way is to calculate the nutritional analysis using a nutrient database.

Should I have my product analyzed, or should I use a database calculation?

Calculation of nutritional data from a database is usually the easiest and least expensive. Ingredients are stored in the database along with their nutrient analyses. The computer combines these analyses and produces a Nutrition Facts panel for the product.

Laboratory analysis of products for nutritional data is more expensive and time consuming. It requires that the product be properly sampled according to FDA protocol and analyzed by chemical methods. In some products such as: fried products, salted products or enrobed products, the amounts of ingredients are difficult to determine. In these, the quantity of each ingredient such as frying oil, salt flavoring, or coatings may vary from sample to sample.

Are there drawbacks to using a database calculation?

When the quantity of each ingredient for each serving can be determined by weight with only a moisture loss during cooking, it is often better to use the database. Databases do have some drawbacks, however. For instance, when a compounded food such as ketchup in the database may not be made from exactly the same ingredients in the same quantity as the ketchup used in your product. Thus the analysis may not be representative of the product.

What if my ingredient does not appear in the database?

Sometimes, an ingredient may not appear in the database. In this case, the supplier of the ingredient may be contacted for a nutrient analysis per 100 grams. This data would then be entered into the computer. The Nutrition Facts panel of the label will not suffice for this purpose.

How do I get the NC State Food Science Department’s assistance with a nutrition label?

For North Carolina residents, the NC Cooperative Extension Service in the Department of Food Science will calculate Nutrition Facts information for single products as time allows. Submit the attached form with ingredients listed by weight. Once your label is complete, send a copy to the NCDA&CS, Food and Drug Protection Division (919 733 7366) to make sure you have

everything right.

PRODUCT # _____
DATE _____

NCSU USE ONLY

Name of Product (such as "barbeque sauce") _____

Product Description (such as "dried herbs in mayonnaise and cream cheese") _____

Ingredients (by weight in grams or percent) only do not include volumes such as fluid ounces. Be sure all ingredients are actually weighed on a scale. Do not use volume to weight calculations.

Name of Ingredient (use description if necessary)	Weight in gram or percent	Form of ingredient such as fresh or dehydrated
1.		
2.		
3.		
4.		
5.		
6.		
7.		
8.		
9.		
10.		
11.		
12.		
13.		
14.		
15.		

Note: This information collected only for the purpose of calculation. This sheet will not be copied and will be returned to you. However, we will maintain your formula on the computer under password for a short time in case you request change or modifications.

Size of container (volume and weight grams) of product contained _____. Piece size and weight (for liquids, weight of one cup (8 fl Oz.) _____. Moisture loss after cooking: beginning weight (g) _____ end weight (g) _____

Name _____ Company _____

Mailing Address _____ City _____ State _____ Zip _____

Phone - Day _____ Night _____ Fax _____ Email _____

