

Recipe Entry and Nutrition Labeling Guide



labelcalc
a datacor company

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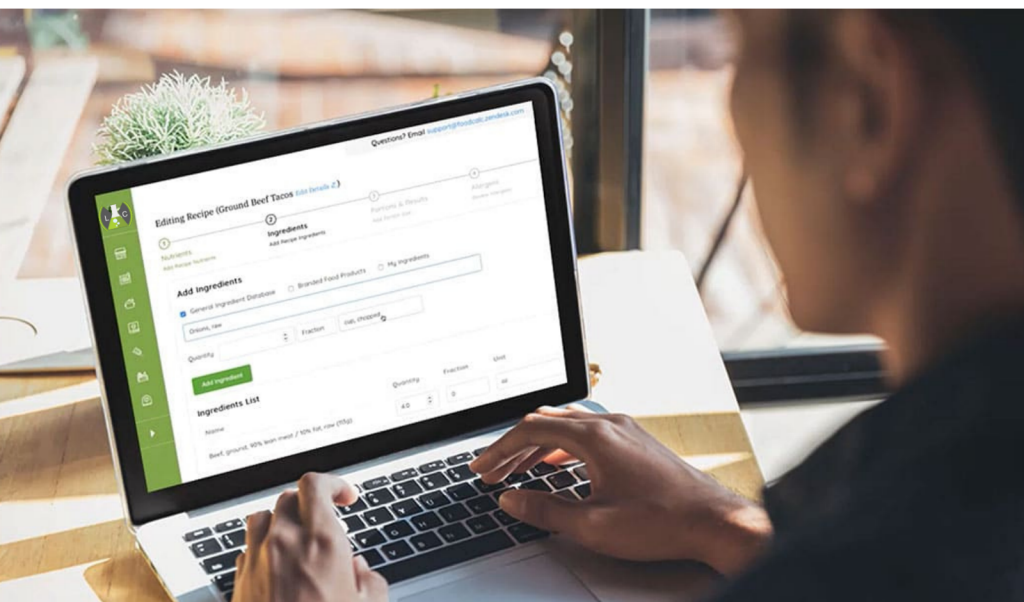
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Create Accurate FDA-Approved Nutrition Labels in 5 Steps

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Step 1: Gather your ingredients. Match your ingredients from the ingredient database or enter your own.

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Step 2: Build your product recipe.

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Step 3: Identify your food product serving size using LabelCalc's serving size assistance tools.

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Step 4: LabelCalc's nutrition label calculator will automatically flag allergens in your product based on ingredients and suggest your ingredient statement based on predominance of ingredients by weight. Simply confirm your allergen statement and edit your ingredient statement as needed.

5

Select 5: Select your preferred FDA approved label format. Download and print your FDA-compliant and retail-ready nutrition facts label instantly.

Available Label Formats

Questions? Email support@foodcalc.zendesk.com

☒ Standard Label ☐ Linear Label ☐ Tabular Label ☐ Dual Label

Available Label Options

☒ Standard Format ☐ Side-by-Side Format

☐ Include ingredient & allergen statement in facts panel

Nutrition Facts

4 servings per container

Serving Size 1 Taco (79g)

Amount per serving

Calories 110

% Daily Value*

Total Fat 4g	8%
Saturated Fat 2g	8%
Trans Fat 0g	
Cholesterol 20mg	6%
Sodium 125mg	6%
Total Crap 0g	0%



Labelcalc Terminology

Reference Guide and Entry Tips

Recipe Library

This is where your recipes are stored once you have begun entering them and saving your changes. They will remain under this tab once completed as well for quick reference in the future.

Working Recipe

A recipe that you are currently working on or recently worked on.

External Ingredients

These ingredients are a little like sub recipes. They are supportive ingredients that could be homemade or simply do not exist in the general or branded databases that LabelCalc provides. To enter an external ingredient, you will simply need the nutrient report or the Nutrition Facts panel for this ingredient. Then you will enter the nutrition information for your external ingredient and save it. The external ingredients you enter will then be available to pull up under the “my ingredients” tab, just like the sub recipes.

Sub-Recipe

Smaller recipes that support your final recipe. Many times, final recipes are comprised of several smaller ones. A great example of this is a pizza. If you are creating a recipe for pizza but you make your own pizza dough and you use a special, seasoned sauce that is homemade, these recipes are supportive to your final pizza recipe. In this case, you could mark these recipes as “subrecipes” when you are under the “Create a Recipe” tab. Later, when you go to make your final pizza recipe, you can pull these “subrecipes” up under the “my ingredients” database and place them in your final recipe.



Our Top 5 Tips for Recipe Entry

1 Tip #1: Begin your recipe entry by entering in external ingredients and sub recipes first. This will make your final menu/product recipe easier to enter without having to toggle back and forth between tabs. (As mentioned above, when external ingredients and subrecipes are entered, they live under the “my ingredients” option displayed next to the general and brand databases. Having your unique ingredients entered helps you pull up the necessary ingredients for your final recipe much quicker.

2 Tip #2: Categorize your recipes and include their descriptions. This small step will allow you to differentiate between changes and identify the correct recipe quickly when searching within your recipe database. You can also use custom item codes to categorize your recipes and ingredients.

3 Tip #3: Use the serving size tool. The FDA requires that the Nutrition Facts be displayed by single serving size and they have created parameters for food professionals to determine what a single serving size should look like.



About LabelCalc

LabelCalc is a leading provider of online nutrition analysis software designed to make nutrition analysis simpler and more cost-effective for food manufacturers and retailers.

LabelCalc's all-in-one online Nutrition Facts panel generator leverages a comprehensive USDA-compiled database and user-generated ingredients to build recipes. Users conduct nutrition analysis of food products and generate FDA-compliant nutrition labels in various format options.



**Visit www.labelcalc.com to
schedule a free demo!**



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