



Creating a Nutrition Information Panel using the Nutrition Panel Calculator

Enter a name for your recipe and click **Create recipe**.

- 1** Add your ingredients from the FSANZ database or your own custom ingredients, then enter the amount of each ingredient.

Recipe Name : Chicken noodle soup Save and close Close

STEP 1 Create recipe by adding ingredients and amounts

Begin typing to search FSANZ and your custom ingredients + Create custom ingredient Clear all ingredients

Amount	Unit	Specific gravity	Food name	Energy (kJ)	Protein (g)	Fat (tot) (g)	Fat (Sat) (g)	Carb (tot) (g)	Sugars (g)	Sodium (mg)	Actions
0.25	kg		Chicken, breast, lean, casseroled	94.84	4.30	0.59	0.19	0.00	0.00	6.52	
200	g		Noodles (C)	29.92	0.31	0.06	0.05	1.35	0.01	1.78	
100	mL	1.01	Cream, pure, 35% fat	89.04	0.15	2.28	1.47	0.12	0.12	2.31	
1	L	1.02	Stock, chicken, liquid, commercial	20.13	0.26	0.26	0.06	0.45	0.06	259.71	
Total per 100 g				233.93	5.02	3.19	1.77	1.92	0.19	270.32	

FSANZ ingredient Custom ingredient (C)

- 2** Enter the **final weight** or the percentage **weight change**.

In some cases, the final weight will change due to preparation methods which result in a weight gain or loss.

See a list of common weight change factors at foodstandards.gov.au/weightchange/factors.

STEP 2 Enter recipe weights

Has your recipe gained or lost moisture? Read about weight change factors in the User Guide.

Initial weight: 1571.00 g Final weight: 1445.32 g Weight change: -8 %

- 3** Enter the **serve size** of your product, along with the number of **serves per package**.

If your serve size is measured in mL or L, remember to enter a specific gravity.

See a list of common specific gravities at foodstandards.gov.au/specificgravities.

STEP 3 Generate Nutrition Information Panel (NIP)

Creating a recipe that is a liquid? Read about specific gravities in the User Guide.

Serve size: 250 mL Specific Gravity: 1.01 Serves per package: 2

Recipe name	Energy (kJ)	Protein (g)	Fat (tot) (g)	Fat (Sat) (g)	Carb (tot) (g)	Sugars (g)	Sodium (mg)
Chicken noodle soup	257	5.5	3.5	1.9	2.1	0.2	297

All values are per 100 g/mL of the final recipe food as displayed on the NIP

To copy the Nutrition Information Panel click on the NIP and paste into desired program (i.e. Excel, Word).

NUTRITION INFORMATION		
Servings per package: 2		
Serving size: 250 mL		
	Average Quantity per Serving	Average Quantity per 100 mL
Energy	642 kJ	257 kJ
Protein	13.8 g	5.5 g
Fat, total	8.8 g	3.5 g
- saturated	4.9 g	1.9 g
Carbohydrate	5.3 g	2.1 g
- sugars	0.5 g	0.2 g
Sodium	742 mg	297 mg

Print or **save** your Nutrition Information Panel.