

Creating a Nutrition Information Panel using the Nutrition Panel Calculator

Enter a name for your recipe and click Create recipe.

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



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.

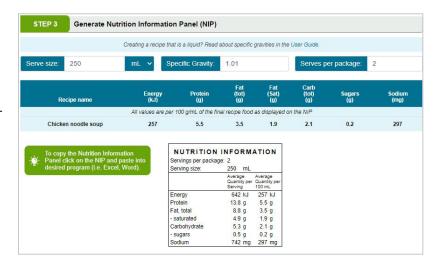
See a list of common weight change factors at <u>foodstandards.gov.au/weightchangefactors</u>.



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.



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

