

How to create a Nutrition Information Panel

Nutrition Panel Calculator User Guide

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Summary

The Nutrition Panel Calculator (NPC) is an online tool which can help create a Nutrition Information Panel (NIP) for a food label. It is supported by data from FSANZ NPC dataset.

This document includes a step-by-step guide to using the NPC as well as some tips on common issues.

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Creating a Nutrition Information Panel

There are two screens in the Nutrition Panel Calculator (NPC). These are the:

- Manage personal recipe screen (screen 1)
- Build recipe and NIP screen (screen 2)

Most time is spent on the 'Build recipe and NIP' screen, which is the focus of this guide. Along with providing some tips and tricks for common problem areas.

To learn more about how to manage recipes see the [Backup and restore guide](#).

Screen 1 Manage personal recipes

The screenshot shows the 'Manage personal recipes' screen of the Nutrition Panel Calculator (NPC). The page has a dark blue header with the Food Standards Australia New Zealand logo and navigation links. Below the header is a breadcrumb trail: Home > Business guidance > Labelling > Nutrition Panel Calculator > Welcome to the Nutrition Panel Calculator. The main heading is 'Welcome to the Nutrition Panel Calculator'. The content area explains that this is the current version of the NPC and provides instructions on how to migrate data from the previous version. It also mentions a 'Quick Start Guide' and a 'User Guide'. A section titled 'Your feedback is important' encourages users to provide feedback. The 'Manage personal recipes' section includes a 'Create recipe' button, a 'Restore recipes' button, and a 'Backup recipes' button. Below this is a search bar and a table of recipes. The table has columns for 'Recipe Name', 'Date Created', 'Date Last Modified', and 'Actions'. The first row shows a recipe named 'My recipe' created and last modified on 18 May 2026. The page footer indicates 'Showing 1 to 1 of 1 recipes'.

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Home > Business guidance > Labelling > Nutrition Panel Calculator > Welcome to the Nutrition Panel Calculator

Welcome to the Nutrition Panel Calculator

This is the current version of the Nutrition Panel Calculator. You can create new recipes and manage all your calculations here.

If you have existing recipes saved in our previous version of the Nutrition Panel Calculator (now the [Nutrition Panel Calculator Archive](#)), back them up there first, then restore them into this calculator. Use our [step-by-step guide](#) for more information.

The Nutrition Panel Calculator (NPC) has been designed around the three steps you would typically take to produce a nutrition information panel (NIP).

Before you get started, take a look at our [Quick Start Guide](#) which shows you how to create a NIP in three easy steps. For more detailed information about how to use the NPC see our [User Guide](#).

Your feedback is important

If you discover any bugs or would like to give us feedback on your experience with the new NPC, please let us know by [contacting us](#).

Manage personal recipes

Create recipe: + Create recipe Restore recipes Backup recipes

Search recipes:

Show recipes

Recipe Name	Date Created	Date Last Modified	Actions
My recipe	18 May 2026	18 May 2026	

Showing 1 to 1 of 1 recipes

« < 1 > »

Screen 2 Build recipe and NIP

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Home > Business guidance > Labelling > Nutrition Panel Calculator > Welcome to the Nutrition Panel Calculator > Build recipe and NIP

Build recipe and NIP

Recipe Name : My recipe

Save and closeClose

STEP 1

Create recipe by adding ingredients and amounts

Begin typing to search FSANZ and your custom ingredients

Create custom ingredientClear 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
Values in this table indicate how much each ingredient contributes to the components per 100 g of the recipe before adjustments are made in Step 2 and Step 3. Creating a custom ingredient that is a liquid? Read about specific gravities in the User Guide . Note that the NPC will use the ingredient's specific gravity to convert the values for liquid ingredients entered as millilitres or litres into grams.											
Total per 100 g				0.00	0.00	0.00	0.00	0.00	0.00	0.00	

☐ FSANZ ingredient ☐ Custom ingredient (C)

STEP 2

Enter recipe weights

Has your recipe gained or lost moisture? Read about weight change factors in the [User Guide](#).

Initial weight: 0.00 g Final weight: 0 g Weight change: -100 %

STEP 3

Generate Nutrition Information Panel (NIP)

Creating a recipe that is a liquid? Read about specific gravities in the [User Guide](#).

Serve size: 0 g Serves per package: 0

Recipe name	Energy (kJ)	Protein (g)	Fat (tot) (g)	Fat (sat) (g)	Carb (tot) (g)	Sugars (g)	Sodium (mg)
All values are per 100 g/mL of the final recipe food as displayed on the NIP							
My recipe	0	0	0	0	0	0	0

Step 1 is incomplete.
Please review the following:
- Add or search for ingredients

Step 2 is incomplete.
Please review the following:
- Enter a valid final weight
- Enter a valid weight change

Step 3 is incomplete.
Please review the following:
- Enter a valid serve size
- Enter a valid serves per package

NUTRITION INFORMATION

Servings per package: 1.00

Serving size: 0.00 g

	Average Quantity per Serving	Average Quantity per 100 g
Energy	0 kJ	0 kJ
Protein	0 g	0 g
Fat, total	0 g	0 g
- saturated	0 g	0 g
Carbohydrate	0 g	0 g
- sugars	0 g	0 g
Sodium	0 mg	0 mg

Generate PDF report

Building recipes

The 'Build recipe and NIP' screen helps to develop a recipe and calculate the Nutrition Information Panel (NIP) values in three steps.



Step 1: Create recipe by adding ingredients and amounts

The first step of creating a NIP is to add the recipe ingredients. These can be added using either the foods in the NPC dataset or [custom ingredients](#). The search will return results with the energy and nutrient values displayed per 100 g of each food. An ingredient can be selected to show more detail and to add it to the recipe.

NPC dataset vs custom ingredients

The NPC can be used to calculate an NIP without using the ingredients in the NPC dataset. It is preferable to enter the information for each ingredient via the Custom Ingredient function. [Watch the video](#) or [read more here](#).

Once the ingredients are added, the amount of each ingredient can be entered in either grams, kilograms, millilitres or litres. This means common household measures such as cups or tablespoons will need to be converted into one of these units. Information on converting household measures is available in the [Calculations in the NPC document on the FSANZ website](#).

The calculated values for each ingredient in the Step 1 working table (see Figure 1) represents how much each ingredient contributes to the overall energy and nutrient values for 100 g of the recipe before adjustments are made to account for any gains or losses in recipe weight due to cooking in Step 2.

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
Values in this table indicate how much each ingredient contributes to the components per 100 g of the recipe before adjustments are made in Step 2 and Step 3. Creating a custom ingredient that is a liquid? Read about specific gravities in the User Guide. Note that the NPC will use the ingredient's specific gravity to convert the values for liquid ingredients entered as millilitres or litres into grams.											
600	g		Flour, wheat, white, plain	804.30	5.80	0.64	0.11	39.19	0.00	1.07	
160	g		Egg, chicken, whole, raw	79.18	1.82	1.29	0.44	0.04	0.04	19.19	
250	mL	1.03	Milk, cow, fluid, regular fat (fat approximately 3.5%)	67.05	0.78	0.78	0.51	1.43	1.43	8.30	
0.1	kg		My butter (C)	277.58	0.13	7.16	4.47	0.00	0.00	78.75	
Total per 100 g				1228.11	8.53	9.87	5.53	40.66	1.47	107.31	

FSANZ ingredientCustom ingredient (C)

Figure 1 The working table in Step 1 of the 'Build recipe and NIP' screen

Read more about how these values are derived the [Calculations in the NPC document on the FSANZ website](#).

Ingredients can also be deleted individually or as an entire list in the working table.

Learn more by watching our step-by-step [Ingredient Search Guide](#).

Step 2: Enter recipe weights

Once all the ingredients are added to the recipe, the next step is to make any changes to the weight of the recipe if it has been cooked or processed.

The Initial weight is the total weight of the ingoing ingredients in grams and is calculated by the NPC.

STEP 2 Enter recipe weights								
Has your recipe gained or lost moisture? Read about weight change factors in the User Guide .								
Initial weight:	1117.50	g	Final weight:	894.00	g	Weight change:	-20	%

Figure 2 Step 2 of the NPC 'Build recipe and NIP' screen

This means when an ingredient is entered in kilograms, millilitres or litres, the NPC converts the measure into grams to determine the Initial weight. For liquid measures (mL or L), the specific gravity assigned in the NPC dataset is also used to calculate the weight in grams.

For example, 250 mL of milk doesn't weigh 250 grams, it weighs 257.5 g and is calculated using the equation below:

Weight in millilitres x specific gravity = weight in grams

250 mL milk x 1.03 = 257.5 g milk

In the recipe used in Step 1, the amount of milk entered as an ingredient is 250 mL and the initial weight of the combined recipe will display as 1117.60 g (see Figure 3).

Amount	Unit	Specific gravity	Food name	Energy (kJ)	Protein (g)	Fat (tot) (g)	Fat (sat) (g)	Carb (tot) (g)	Sugars (g)	Sodium (mg)	Actions
Values in this table indicate how much each ingredient contributes to the components per 100 g of the recipe before adjustments are made in Step 2 and Step 3. Creating a custom ingredient that is a liquid? Read about specific gravities in the User Guide . Note that the NPC will use the ingredient's specific gravity to convert the values for liquid ingredients entered as millilitres or litres into grams.											
600	g		Flour, wheat, white, plain	804.30	5.80	0.64	0.11	39.19	0.00	1.07	
160	g		Egg, chicken, whole, raw	79.18	1.82	1.29	0.44	0.04	0.04	19.19	
250	mL	1.03	Milk, cow, fluid, regular fat (fat approximately 3.5%)	67.05	0.78	0.78	0.51	1.43	1.43	8.30	
0.1	kg		My butter (C)	277.58	0.13	7.16	4.47	0.00	0.00	78.75	
Total per 100 g				1228.11	8.53	9.87	5.53	40.66	1.47	107.31	
FSANZ ingredient Custom ingredient (C)											
STEP 2 Enter recipe weights											
Has your recipe gained or lost moisture? Read about weight change factors in the User Guide .											
Initial weight:	1117.50	g	Final weight:	894.00	g	Weight change:	-20.00	%			

Figure 3 Conversion of an ingredient entered as millilitres into grams using specific gravity

If the product is uncooked, or was made using all cooked ingredients, the final weight is the same as the initial weight. In this case, the initial weight can be copied into the final weight, or a weight change of zero can be entered.

If the product is cooked, soaked or dried, the weight of the recipe will change because these processes often result in gains or losses in water. In these cases, the final weight or weight change of the product will need to be entered.

Read more about [how to work out final weights and weight changes](#) including a list of common weight change factors.

Final weight or weight change?

For the NPC to calculate the final NIP, the Final weight or Weight change needs to be entered, not both. When a value is entered into one of these fields, the other field is automatically calculated.

Step 3: Generate the NIP

The final step is to enter the Serve size and Serves per package. This should be determined based on the total weight of the pack divided by the weight of each serve.

If the final product is a liquid or semi-solid such as custard, the average quantity in a serving must be expressed in millilitres (mL) in the NIP. This is outlined in [Standard 1.2.8](#) of the Code.

When the millilitre or litre units are selected for the Serve size, the Specific gravity box will appear allowing a value to be entered. The specific gravity is used to convert the nutrient values present in a 100 g portion of a liquid food into a 100 mL portion, for the NIP. Read more about [Specific gravities](#) including a list of values for common foods.

The NIP is now complete! It can be printed, saved or copied.

Return to the 'Manage personal recipes' screen to backup the recipe or start another recipe.

STEP 3

Generate Nutrition Information Panel (NIP)

Creating a recipe that is a liquid? Read about specific gravities in the [User Guide](#).

Serve size:

120

g

Serves per package:

6

Recipe name	Energy (kJ)	Protein (g)	Fat (tot) (g)	Fat (sat) (g)	Carb (tot) (g)	Sugars (g)	Sodium (mg)
All values are per 100 g/mL of the final recipe food as displayed on the NIP							
Cake	1700	10.8	6	3.9	56.9	5.8	62

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

NUTRITION INFORMATION

Servings per package: 6

Serving size: 120 g

	Average Quantity per Serving	Average Quantity per 100 g
Energy	2030 kJ	1700 kJ
Protein	13 g	10.8 g
Fat, total	7.2 g	6 g
- saturated	4.7 g	3.9 g
Carbohydrate	68.2 g	56.9 g
- sugars	6.9 g	5.8 g
Sodium	74 mg	62 mg

Figure 4 Step 3 of the 'Build recipe and NIP' screen

Saving vs Backing up

Clicking Save and close on the 'Build recipe and NIP' screen saves recipes to the browser's cache. This is temporary and recipes will be lost if the cache is cleared. They are only accessible on the device and browser in which they were created.

Clicking Backup recipes on the 'Manage personal recipes' screen creates a file that is downloaded and can be restored in any browser on any device.

Helpful reminders

Creating custom ingredients

While FSANZ has developed a dataset to support the NPC, containing average values for a range of foods, ingredients can be added using custom ingredients. A custom ingredient should be used where:

- nutrition information for the specific ingredients used in the recipe is available
- a food isn't in the FSANZ dataset and an alternative data source is available.

When a custom ingredient is created, it will automatically be stored as a custom ingredient for future use. It can not be used by others.

If nutrient data is used from other sources, make sure:

1. values are included for energy and the six mandatory nutrients
2. the values are per 100 g edible portion (EP) – data for a liquid food that is provided per 100 mL, will need to be multiplied by the specific gravity to get per 100 g values
3. the data meet the requirements of the Code.

Custom ingredients can be created on the 'Build recipe and NIP' screen as part of Step 1. A stored custom ingredient can be copied in the search results box.

Watch [our step-by-step video guide](#) on how to create a custom ingredient.

Edible portion

Nutrient values presented in the NPC are per 100 g edible portion (EP). The EP is the part of the food that can be eaten once inedible parts have been removed. Inedible components may include:

- peel, seeds, stems, cores and outer leaves of fruit and vegetables
- bones, connective tissue and gristle of meat and poultry
- head, scales, skin and guts of fish
- shells of shellfish, eggs and nuts
- brine or packaging liquid in canned and jarred products.

When producing an NIP, make sure that the quantity of each ingredient in the product is specified in terms of its EP. Read more about calculating EP in the [Calculations in the NPC document on the FSANZ website](#).

Final weight or weight change

Even if the recipe is not cooked, the NPC requires a final weight or weight change to calculate the final NIP.

Weight changes in cooking can be influenced by several factors. For example, the use of a saucepan lid can have a big impact on the final weight of a casserole, due to evaporation of water. The degree of weight change can also depend on the:

- surface area of the food
- processing time
- cooking temperatures.

The NPC assumes that any weight change is due exclusively to water.

Weight change factors can be determined by:

- Weighing the batch of cooked food and typing the weight, in grams, into the final weight box. Make sure the final weight looks sensible compared to the initial weight. This is the more accurate of the two options.
- Typing in a weight change factor in the weight change box using the list of common weight change factors available in the [Nutrition Panel Calculator 2026 – Weight change factors file on the FSANZ website](#). The weight change factors in this list have been compiled by FSANZ from numerous local and overseas sources. They are indicative only and should be used as a guide. It's better to calculate weight change factors specific to the recipe. Read how in the Calculations in the NPC document on the FSANZ website.

Weight change factors may be negative e.g. '-15' where a food loses moisture during cooking such as baking. A positive weight change factor e.g. '10' indicates that a food gains moisture during cooking such as boiling.

A weight change factor of -100% or greater cannot be entered. This results in a product with a final weight of zero and will return a validation error message.

Read more about calculating weight changes in the [Calculations in the NPC document on the FSANZ website](#).

Specific gravity

[Standard 1.2.8](#) requires that the average quantity of a beverage or other liquid food in a serving must be expressed in millilitres in the NIP.

In the NPC, specific gravity is the ratio of the weight of an amount of a liquid compared to the same amount of water. For example, it is known that 100 mL of cold water weighs 100 g. In comparison, 100 mL of honey weighs 143 g. By dividing the weight of the honey by the weight of the water, we get the specific gravity of honey: 1.43.

The specific gravity of a liquid can vary for several reasons. The specific gravity can increase or decrease depending on what is in it. It increases with the amount of solids, such as sugars. It decreases with the amount of alcohol and fat present in a liquid, or air present in a whipped ingredient. It can also vary with the temperature of the ingredient. The way a food is packed into the measuring instrument can influence it. For example, how tightly brown sugar is packed in the measuring cup.

The specific gravity is relevant at two places in the NPC and will likely not be the same at both places.

Specific gravity in step 1

In step 1 of the calculations, ingredients can be added in g, kg, mL and L units. The NPC does all calculations in step 1 using gram weights. So if mL or L is selected, they will need to be converted into grams. All liquid ingredients in FSANZ database have been allocated a specific gravity to allow this conversion. If a custom ingredient is used that is a liquid, and entered using mL or L a specific gravity must be added.

Specific gravity in step 3

In step 3 of the calculations, a serve size for the final product is selected in g, kg, mL or L units. If mL or L units are selected, a specific gravity must also be entered to allow the NPC to convert the NIP values from per 100 g to per 100 mL.

Specific gravity difference examples

The specific gravity value in step 1 is different to the specific gravity value in step 3 in a banana milkshake, as set out below.

Table 1 Specific gravity at various points throughout the NPC

Step	Ingredients/Product	Specific gravity value
Step 1	Regular fat milk	1.03
	Banana	Not applicable
	Regular fat vanilla ice cream	0.55
Step 3	Banana milkshake	0.96

Common specific gravities

FSANZ has compiled a table of common specific gravities from several recognised literature sources and are exactly the same as those included in the NPC. These values are provided solely as a guide. It is better to calculate the specific gravity value for the recipe using the final weight of the product and its corresponding volume and the following equation:

$$\text{Specific gravity (g/mL)} = \text{weight of 100 mL of food} \div 100$$

Information on common specific gravities is available in the [Nutrition Panel Calculator 2026 – Specific Gravities file on the FSANZ website](#).

Limitations of the NPC for complex recipes

There are many processing practices that may result in changes to the nutrient composition of the finished product <https://www.foodstandards.gov.au/business/labelling/nutrition-panel-calculator/reference-list> (USDA, 2007). These include, but aren't limited to, those listed below. The NPC can't adjust nutrient values to account for any changes in composition to the raw ingredient that may occur from these practices. Such changes may be highly variable depending on the specific product and the processing method employed. In these situations, it may be better to have the nutrient content of the food determined by laboratory analysis.

Boiling

Boiling dry foods such as rice, pasta and dried legumes will result in a net weight gain because they absorb water. Steaming a raw food may also result in a weight gain due to absorbed water. The weight gain during steaming may not be the same as the weight gain that occurs during boiling.

In this situation, two methods can be used to calculate a NIP.

Method 1 - select the boiled or cooked ingredient (preferred)

Instead of selecting the raw version of the ingredient in Step 1, select the cooked version. For example, instead of selecting **Pasta, white wheat flour, dry**, select **Pasta, white wheat flour, boiled from dry, no added salt**. Note that the extent of the water absorption depends on the particular processing conditions. For example, the size of the cooking container and whether or not a covering is used will affect water absorption.

This method could be used when an ingredient must be boiled or cooked before it is added to a recipe requiring further cooking. A pasta bake is a good example of this. In this case, the boiled or cooked ingredient would be the pasta, which is then added to the other ingredients and baked.

Method 2 - select the uncooked ingredient and add a weight change

This method may be useful if a suitable cooked version can't be identified in the NPC dataset. At step 1 of the maintain recipe ingredients screen, select the uncooked version. For example, select **Pasta, white wheat flour, dry** and enter the uncooked weight for example 500 g. Water used for boiling doesn't need to be added as a second ingredient.

At step 2, enter a final weight or weight change for the boiled food. For example, for 500 g of dry pasta which has been boiled, a weight change of 131% would be entered resulting in a final weight of 1155 g.

Or simply weigh the boiled ingredient and enter the result as the final weight.

This method can also be used when an ingredient must be boiled or cooked before it is added to a recipe requiring further cooking. Using the pasta bake example, follow the steps above to create an NIP for cooked pasta. Then use this data to create a custom ingredient for boiled pasta and add it as an ingredient to the recipe.

Adding salt to cooking water

Most of the boiled ingredients in the NPC are without added salt. If a recipe requires that salt is added to the cooking water, it's important to note that not all of this salt will end up in the food, if it is drained. There is limited data available on the uptake of sodium from cooking water into foods and the NPC is not capable of estimating this. We recommend laboratory analysis in these cases.

Frying

Frying foods such as potato chips and meat will result in a weight change due to loss of water and absorption of cooking fat or oil. The NPC can't calculate an NIP for fried foods without additional complex manual calculations. This is because it can't determine how much cooking fat will be absorbed by a particular food.

Given the NPC's limitations, the preferred method of producing an NIP for a fried food is to have the nutrient content of the fried food determined by laboratory analysis.

Baking

Baking may affect carbohydrate and thus energy levels. During baking, some of the starch in the food, for example baked potatoes, may be converted into a form of unavailable carbohydrate known as resistant starch. This may result in a slight reduction of the available carbohydrate, and thus energy, in the finished product.

Also during baking, carbohydrates may participate in a range of browning reactions. In the finished product, this again leads to a slight reduction in available carbohydrate, sugars or both.

Fermentation

Fermentation may have an effect on carbohydrate, and thus energy levels. The final carbohydrate content of a fermented product depends on the extent of fermentation. Fermentation generally involves the conversion of sugars, which are a carbohydrate component, into gases, alcohols and acids (often carbon dioxide and organic acids such as lactic acid).

Fermentation takes place in the production of foods such as sour dough breads, wines and beers, sauerkrauts and other fermented vegetables, yogurts, cheeses, and other fermented dairy goods. The NPC includes nutrient values for many of these foods.

If an ingredient is a fermented food, using an already fermented food, rather than the raw or unfermented version from the NPC is generally a better option. Although, it is important to note that the final carbohydrate content of the fermented product depends on the extent of fermentation, so consideration should be given to whether the NPC values adequately represent the ingredient.

Soaking, washing, rinsing and draining

The nutrient composition of foods may also be affected by soaking, washing, rinsing and draining. For example, this may affect cereal foods such as pasta and rice, where these processes may remove carbohydrates which impacts the energy.

Some ingredients may be supplied packed in brine such as vine leaves, or salt such as capers, so they may be washed or rinsed prior to use. In this instance, the extent of washing or rinsing may affect the amount of sodium, a component of salt or sodium chloride remaining.

Draining brine or oil from canned and bottled products, such as canned fish, can also affect the final nutrient values of the product. This depends on how much of this fluid is drained off.

In any of the situations described above, it's important to note, NPC values may not always adequately represent the product.

Trimming of fat

Any fat trimmed off meat carcasses or cuts, including poultry, may impact the fat content of the final product.

Take care when selecting meat cuts from the NPC dataset to choose the one that best reflects the trim level of the ingredient.

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