

Nutrition Analysis

A nutrition analysis is the nutritional breakdown of a food that represents the actual nutrient values which is used for nutrition facts labeling including: calories, calories from fat, total fat, saturated fat, trans fat, cholesterol, sodium, total carbohydrate, dietary fiber, sugars, protein, vitamin A, vitamin C, calcium, and iron. Nutritional analysis can be based on database analysis which is derived from the recipe formulation and processing methods; from laboratory analysis, or a combination of both. Database analysis is less costly and includes additional nutrients not required for nutrition facts labeling, but contribute to the overall nutritional attributes of the product. To insure accurate nutritional analysis and nutrition facts labels for your products, we will guide you as to the best method(s) for your particular product. Frequently, a nutritional analysis is most accurate and representative with a combination of database nutritional analysis and laboratory nutritional analysis.

A Nutritional Analysis is required to create the Nutrition Facts label. The Nutritional Analysis (raw nutritional values) consists of the amount of nutrients in the product and is typically based on 100 grams. The Nutrition Facts Label information is derived from the Nutrition Analysis but is converted based on serving size and must be calculated according to specific FDA regulations. Each nutrient has its own converting rules based on the serving size and nutrient value.