



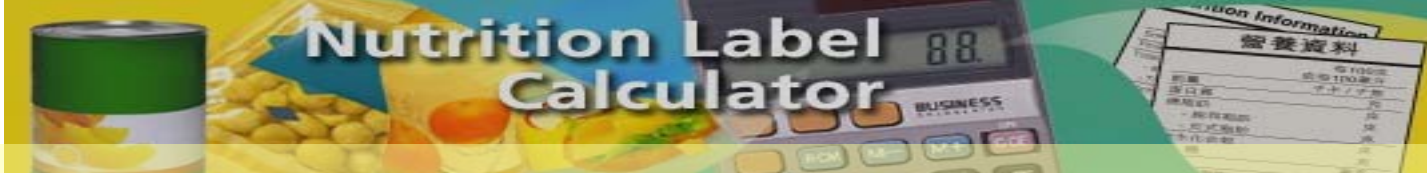
Nutrition Label Calculator

Nutrition Label Calculator – Experience Sharing Session

Part 2:

Hands-on experience to use the NLC

http://www.cfs.gov.hk/english/programme/programme_nifl/nlc-intro.html



Contents

1. Case 1 - NLC basic functions
 - demo “1+7”
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 - Solid / liquid products
 - Rounded / pre-rounded format
 - Tabular / Linear
 - Chinese / English / Bilingual
 - Other functions (%Chinese NRV, additional nutrients)
3. Case 3 - NLC hands-on trial

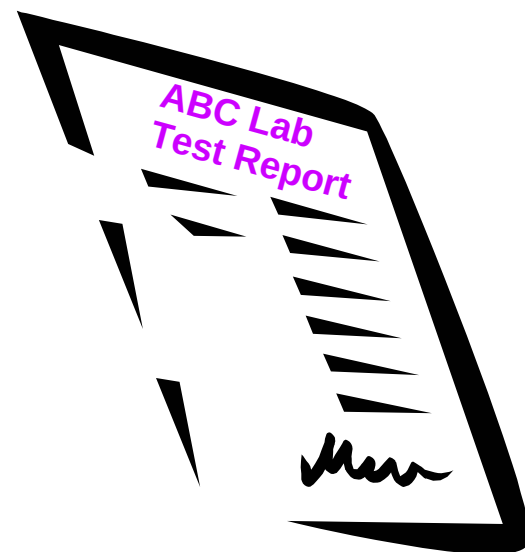
Case 1 – Product detail

- Product: wheat biscuits
- Net weight: 250g
- Package total surface area: >200cm²
- Sources of nutrient information:
 - Lab result / Supplier
- Nutrients to be declared: “1+7”
 - Energy (kcal)
 - Carbohydrates (available)
- Claims to be made: Nil
- Nutrient content expression: Per 100g
- Other information:
 - English only
 - Values rounded according to TGN



NUTRITION INFORMATION	
PER PACKAGE	PER SERVING
ENERGY	920kJ
PROTEIN	6.2g
FAT, TOTAL	4.0g
- saturated	0.8g
CARBOHYDRATE	35.8g
- sugars	11.8g
DIETARY FIBRE	6.6g
SODIUM	65mg

INGREDIENTS
containing cereals, almonds and sulphite as



Case 1 – Product nutrition information

ABC Lab: Test Report

Product Name: *Wheat Biscuit*

Test Results (in per 100g)

Test Items

Energy: *379.8 kcal*

Available CHO: *80.4 g*; **Sugars:** *1.48 g*;

Total Fat: *2.2 g*; **Saturated Fat:** *0.489 g*; **Trans Fat:** *0.375 g*

Protein: *9.6 g*

Sodium: *794 mg*

Checked by: *S.Li*

Approved by: *M.Yu*

Remarks: *Batch no. 3940293*

Case 2 – Making NL for bottled mixed fruit juice

Information needed

1. types and contents of ingredients of the juice
2. manufacturing process of the juice [may require relevant adjusting factors (e.g. retention factor, yields factor)]
3. nutrient content of the ingredients from relevant food composition databases or other sources
4. quantity of the juice produced by the recipe

Case 2 – Product detail

- Product: mixed fruit juice
- Net weight: 150 ml
- Package total surface area: >200cm²
- Nutrients to be declared: “1+7” + dietary fibre
 - Energy (kcal)
 - Carbohydrates (available)
- Claims to be made: Nil
- Nutrient content expression:
 - Per 100ml
 - Per package (1 bottle = 150ml)
- Other information:
 - 100g juice = 115ml
 - Bilingual
 - Pre-rounded format (for further editing)
 - % Chinese NRV, etc.



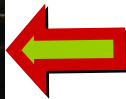
1. Collect recipe & processes

Ingredients

1. Orange 4 large, navel
2. Strawberry 200 g
3. Sugar 20 g

Processes

1. Wash and cut orange into half, squeeze orange juice using a squeezer.
2. Wash and remove strawberry stems and leaves, cut each into 4.
3. Place strawberry, orange juice and sugar into a blender.
4. Blend until the fruits become well mixed juice. Pour juice into bottles.



2. Adjust weight of raw ingredients

Ingredient 1						
	(step 1)		(step 2)		(step 3)	
Ingredients (Source)	Actual weight (g)	Process	Edible conversion factor (%)*	Weight of edible portion (g)	Preparation yield (%)*	Weight after processing (g)
Orange (USA)	1195.6	Peel, juice, blend	49	[585.844]	100	585.844

- * To account for the removal of peels, pulps, seeds and handling loss:
1. Estimated from [USDA Yields Table](#)
 2. [Measured directly](#) during manufacturing process



3a. Find & sum ingredients' nutrient profiles

Nutrients (As per amount of the ingredient)	Orange juice (USA)			
	FCD	Nutrient (per 100g) = A ₁	Retention Factor = R ₁	A ₁ x R ₁
Energy (kcal)	SR21	45	1	45
Protein (g)	SR21	0.70	[1]	0.7
Tot. fat (g)	SR21	0.20	1	0.2
Sat fat (g)	SR21	[0.024]	1	0.024
Trans fat (g)	Advice	0	1	0
Avail CHO (g)	SR21	10.4 - 0.2 =10.2	1	10.2
Sugars (g)	SR21	8.40	1	8.4
Dietary fibre (g)	SR21	0.2	1	0.2
Sodium (mg)	SR21	[1]	1	1



3b. FCDs used and other adjusting factors

- Raw ingredients from USA, Australia, and China
 - US FCD orange juice and Oz FCD strawberry
 - ! no trans fat data
 - ✓ Advice sought from nutrition experts: assume 0
 - China FCD sugar
 - ! no trans fat, sat fat and sugars data
 - ✓ Advice sought from nutrition experts: assume 0 for fats; assume total CHO = sugar

Search retention factor – e.g. nuts, roasted, Na

USDA Table of Nutrient Retention Factors, Release 6

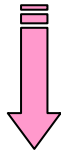
Retention Code	Food Group Code	Retention Description	Calcium, Ca	Iron, Fe	Magnesium, Mg	Phosphorus, P	Potassium, K	Sodium, Na	Zinc, Zn	Copper, Cu	Vitamin C, total ascorbic acid	Thiamin	Riboflavin	Niacin
3707	11	SWEETPOTATOES,BOILED IN SKIN	95	95	95	95	90	95	95	95	75	80	95	95
3708	11	SWEETPOTATOES,BOILED (PARED)DRAINED	95	95	95	95	90	95	95	95	75	80	95	95
3709	11	SWEETPOTATOES,BLD(PARED)WATER USED	100	100	100	100	100	100	100	100	80	85	95	95
3710	11	SWEETPOTATOES,FRIED	100	100	100	100	100	100	100	100	80	80	95	95
3711	11	SWEETPOTATOES,REHEATED	100	100	100	100	100	100	100	100	95	95	100	100
3712	11	SWEETPOTATOES,CKD FROM FRN,BAKED	100	100	100	100	100	100	100	100	80	80	95	95
3713	11	SWEETPOTATOES,CKD FROM FRZN,BOILED	95	95	95	95	95	95	95	95	75	80	95	95
3751	11	TOMATOES,BOILED/BAKED	100	100	100	100	100	100	100	100	95	95	95	95
3752	11	TOMATOES,FRIED/BROILED	100	100	100	100	100	100	100	100	95	95	95	95
3754	11	TOMATOES,REHEATED	100	100	100	100	100	100	100	100	100	100	100	100
3771	11	VEG,OTHER,BAKED	100	100	100	100	100	100	100	100	85	90	95	95
3774	11	VEG,OTHER,BLD,LITTLE WATER,DRAINED	95	95	95	90	90	95	95	95	80	85	95	90
3775	11	VEG,OTHER,BLD,WATER COVER,DRAINED	95	95	95	90	90	95	95	95	75	80	90	85
3776	11	VEG,OTHER,BLD,WATER USED	100	100	100	100	100	100	100	100	85	90	95	95
3780	11	VEG,OTHER,FRIED	100	100	100	100	100	100	100	100	85	85	95	90
3784	11	VEG,OTHER,STEAMED	100	100	100	100	100	100	100	100	85	90	95	95
3785	11	VEG,OTHER,STIR FRY	100	100	100	100	100	100	100	100	85	90	95	95
3788	11	VEG,OTHER,REHEATED	100	100	100	100	100	100	100	100	90	95	100	100
3789	11	VEG,OTHER,CKD FROM FRZN(BLD,DRAIND)	95	95	95	90	90	95	95	95	80	90	95	90
2201	12	NUTS,BAKED,W/DRIPPINGS	100	100	100	100	100	100	100	100	80	85	95	95
2202	12	NUTS,BROILED	100	100	100	100	100	100	100	100	80	85	95	95
2203	12	NUTS,ROASTED	100	100	100	80	100	95	100	100	80	85	95	95
2204	12	NUTS,BOILED,W/DRIPPINGS	100	100	100	100	100	100	100	100	80	85	95	95

Source: US Department of Agriculture. USDA Table of Nutrient Retention Factors, Release 6 (2007). (<http://www.ars.usda.gov/Services/docs.htm?docid=9448>)

Search specific density – e.g. vinegar

- Specific gravity = 1.01g/ml
- 1 tbsp = 15ml = 15.15g

$$\frac{1.01g}{1ml} = \frac{100g}{?ml} = \frac{?g}{15ml}$$



$$\frac{1.01g}{1ml} = \frac{100g}{99.01ml} = \frac{15.15g}{15ml}$$

Attachment 11 -

Indicative specific gravities of a selection of beverages and other liquid foods (for reference purposes only)

Food group ID	Food sub-group	Indicative Specific gravity (g/mL)
01A1	Beer, regular alcohol	1.01
01A2	Wine	1.00
10F2	Vinegar	1.01
12A1	Honey, all types	1.43
12A1	Syrup, corn, light or dark	1.39

Source: Food Standards Australia New Zealand (2002) User Guide - Nutrition Information Labelling. (http://www.foodstandards.gov.au/_srcfiles/revised_NIP_User_guide_july02.pdf)

Answers for strawberry's nutrient profiles (1)

NUTTAB 2006 Online Version

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Strawberry, Raw

Food ID: 06A10039
Scientific Name: (<i>Fragaria ananassa</i> Duch.)
Description: Flesh and seeds. Composite sample analysed.
Group: Fruit: Unprocessed
Derivation: Analysed
Sampling Details: Results derived from 5 analyses. Heavy metals were derived from 20th ATDS from samples purchased nationally. Amino acids analysed by State Chemistry Laboratory (1991). Proximates, Vitamins and Minerals by Wills et al (1987). Folate Project analysed by AGAL (1997/98). Iodine, SORB, MANN analysed by AGAL (2002). I also determined in the 22nd ATDS (10 samples in total from NSW, NT, Qld, Tas & WA), samples purchased in December 2004; Se, Cr, Ni & Mo also determined in this program. Cholesterol, retinol and fatty acids imputed based on international literature.
Reference: (1) Wills, R.B.H., Lim, J.S.K. and Greenfield, H. (1987) Composition of Australian foods. 40. Temperate fruits. Food Technology in Australia 39:520-521,530. (2) Food Standards Australia New Zealand. (2003) The 20th Australian Total Diet Survey, Canberra, Food Standards Australia New Zealand. (3) Australian Government Analytical Laboratory. (1991) Analysis of Breakfast Cereals. Unpublished, commissioned laboratory report to National Food Authority.
Edible Portion: 97% (flesh, seeds)
Inedible Portion: Stalk
Fat Factor: 1
Nitrogen Factor: 6.25

Minerals		Lipids	
Antimony	0.0 UG	C16:0	0.00 G
Arsenic	1.6 UG	Total Saturated Fatty Acids	0.0 G
Cadmium	3.4 UG	C18:1	0.00 G
Calcium	13 MG	Total Monounsaturated Fatty Acids	0.0 G
Chromium	0.2 UG	C18:2w6	0.00 G
Selenium	1.0 UG	C18:3w3	0.00 G
Sodium	6 MG	C22:5w3	0 MG
Zinc	0.2 MG	Total Polyunsaturated Fatty Acids	0.0 G

Nutrient	Value per 100 g
Proximates	
Energy	92 KJ
Moisture	91.9 G
Nitrogen	0.27 G
Protein	1.7 G
Fat	0.1 G
Ash	0.3 G
Fructose	1.5 G
Glucose	1.2 G
Sucrose	0.0 G
Maltose	0.0 G
Lactose	0.0 G
Sugars, total	2.7 G
Starch	0.0 G
Available Carbohydrate	2.7 G
Mannitol	0.0 G
Sorbitol	0.0 G
Total Dietary Fibre	1.4 G

Answers for strawberry's nutrient profiles (2)

Ingredient 2

	(step 1)		(step 2)		(step 3)	
Ingredients (Source)	Actual weight (g)	Process	Edible conversion factor (%)	Weight of edible portion (g)	Preparation yield (%)	Weight after processing (g)
Strawberry (Oz)	204.93	Decap, blend	97	[198.782]	100	[198.782]

Nutrients (As per amount of the ingredient)	Strawberry, raw (Australia)			
	FCD	Nutrient (per 100g) = A ₁	Retention Factor = R ₁	A ₁ x R ₁
Energy (kcal)	NUTTAB	92 ÷ 4.2 = 21.905	1	[21.905]
Protein (g)	NUTTAB	[1.7]	1	1.7
Tot. fat (g)	NUTTAB	[0.1]	1	0.1
Sat fat (g)	NUTTAB	[0.0]	1	0
Trans fat (g)	Advice	0	1	[0]
Avail CHO (g)	NUTTAB	[2.7]	1	2.7
Sugars (g)	NUTTAB	[2.7]	1	2.7
Dietary fibre (g)	NUTTAB	[1.4]	1	1.4
Sodium (mg)	NUTTAB	[6]	1	6

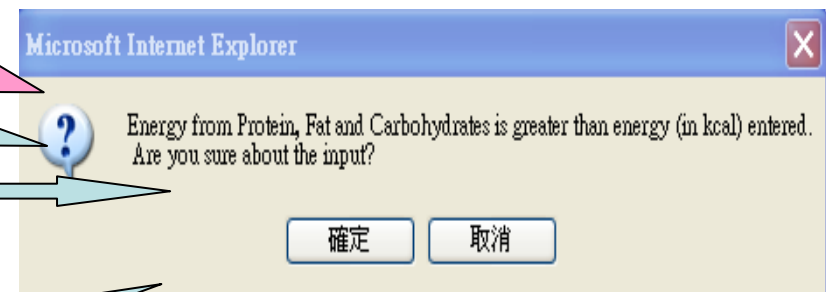


4a. Enter adjusted data into NLC - ingredient 1

Ingredient Name:

Ingredient Amount: g

Energy (kcal)	45	(per 100 g)
Protein (g)	0.7	(per 100 g)
Fat, Total (g)	0.2	(per 100 g)
- Saturated fatty acids (g)	0.024	(per 100 g)
- Trans fatty acids (g)	0	(per 100 g)
Carbohydrates (g)	10.2	(per 100 g)
- Sugars (g)	8.4	(per 100 g)
Dietary Fibre (g)	0.2	(per 100 g)
Sodium (mg)	1	(per 100 g)



- $[(0.7\text{g} \times 4\text{kcal}) + (0.2\text{g} \times 9\text{kcal}) + 10.2\text{g} \times 4\text{kcal}] = 45.4\text{kcal}$
- 45 vs 45.4

4a. Enter adjusted data into NLC - ingredients 2 & 3

Ingredient Name:

Ingredient Amount: g

Energy (kcal)	21.905	(per 100 g)
Protein (g)	1.7	(per 100 g)
Fat, Total (g)	0.1	(per 100 g)
- Saturated fatty acids (g)	0	(per 100 g)
- Trans fatty acids (g)	0	(per 100 g)
Carbohydrates (g)	2.7	(per 100 g)
- Sugars (g)	2.7	(per 100 g)
Dietary Fibre (g)	1.4	(per 100 g)
Sodium (mg)	6	(per 100 g)

Ingredient Name:

Ingredient Amount: g

Energy (kcal)	400	(per 100 g)
Protein (g)	0	(per 100 g)
Fat, Total (g)	0	(per 100 g)
- Saturated fatty acids (g)	0	(per 100 g)
- Trans fatty acids (g)	0	(per 100 g)
Carbohydrates (g)	99.9	(per 100 g)
- Sugars (g)	99.9	(per 100 g)
Dietary Fibre (g)	0	(per 100 g)
Sodium (mg)	0.4	(per 100 g)

4b. Confirm information accuracy

Step II: Enter ingredient(s) and its / their nutrient contents

Please press “Add Ingredient(s)” to enter ingredient(s) and its / their nutrient contents.

[Add Ingredient\(s\)](#) | [Delete Checked Ingredient\(s\)](#) | [New Calculation](#) | [Cancel](#)

Ingredient	Delete this item ?	Ingredient amount (g)	Energy (kcal)	Protein (g)	Fat, Total (g)	Saturated fatty acids (g)	Trans fatty acids (g)	Carbohydrates (g)	Sugars (g)	Dietary Fibre (g)	Ingredient	Sodium (mg)
Orange juice (USA)	☐	585.844	263.63	4.101	1.172	0.141	0	59.756	49.211	1.172	Orange juice (USA)	5.858
Stawberry, raw (Australia)	☐	198.782	43.543	3.379	0.199	0	0	5.367	5.367	2.783	Stawberry, raw (Australia)	11.927
Sugar, granulated (China)	☐	20.01	80.04	0	0	0	0	19.99	19.99	0	Sugar, granulated (China)	0.08
Total (g)	-	804.636	387.213	7.48	1.371	0.141	0	85.113	74.568	3.955	Total (g)	17.865

5a. Print label for 100ml of fruit juice



Nutrition Information 營養資料	
	Per 100 ml / 每 100 毫升
Energy / 能量	41.880 kcal / 千卡
Protein / 蛋白質	0.809 g / 克
Fat, Total / 脂肪總量	0.148 g / 克
- Saturated fatty acids / 飽和脂肪酸	0.016 g / 克
- Trans fatty acids / 反式脂肪酸	0.000 g / 克
Carbohydrates / 碳水化合物	9.207 g / 克
- Sugars / 糖	8.067 g / 克
Dietary Fibre / 膳食纖維	0.427 g / 克
Sodium / 鈉	1.930 mg / 毫克

5b. Print label for 1 bottle of fruit juice with %NRV

Step III: Print Label

Label Type:

☐ Chinese ☒ English ☐ Both

☒ Tabular Format
☐ Linear Format
(Only for small packages with total surface area of less than 200cm²)

☐ Present information in gram
☒ Present information in millilitre

100 g of final food product equals to ml of final food product

☐ Per 100ml
☒ Per Package
☐ Per Serving

☐ %Chinese NRV Per 100ml
☒ %Chinese NRV Per Package
☐ %Chinese NRV Per Serving

Serving(s) Per Package:

Serving Size: (ml)

☒ **To view in Rounded format:**
(Energy will be rounded up to the nearest 1 unit. For nutrients with units pre-set, values in g to the nearest 0.1 g, mg to 1 mg, and µg to 1 µg, and any respective %Chinese NRV to the nearest 1%.)

(Energy or nutrients with very small values per 100g (or ml) that meet the definition of "0" as stipulated in Table 2 of the [Technical Guidance Notes](#) will be set to 0, regardless whether the label is presented as per 100g (or ml), per package, per serving, or %Chinese NRV.)

(For nutrient(s) entered by users with unit(s) determined by the users, the value will be rounded up to the nearest 0.1.)

☐ **To view in Pre-rounded format:**
(Energy and all nutrients will be rounded up to three decimal places)

(Any respective %Chinese NRV will be rounded to the nearest 1%.)

Nutrition Information		
Serving(s) Per Package : 1		
Serving Size : 150 ml		
	Per Package	%Chinese NRV Per Package/
Energy	63 kcal	3%
Protein	1.2 g	2%
Fat, Total	0.0 g	0%
- Saturated fatty acids	0.0 g	0%
- Trans fatty acids	0.0 g	--
Carbohydrates	13.8 g	5%
- Sugars	12.1 g	--
Dietary Fibre	0.0 g	0%
Sodium	0 mg	0%

Case 3 – Product detail

- Product: iceberg salad with roasted walnuts and balsamic vinegar
- Net weight: 650g
- Package total surface area: >200cm²
- Nutrients to be declared: “1+7”, dietary fibre
 - Energy (kJ)
 - Carbohydrates (Total)
- Claims to be made: Nil
- Nutrient content expression:
 - Per serving (1 serving = 260g, no. of servings per package = 2.5)
- Other information:
 - Chinese
 - Rounded format



1. Collect recipe & processes

Ingredients

- | | |
|--------------------------|----------------------|
| 1. Iceberg lettuce (Oz) | 2 whole, about 700 g |
| 2. Walnut kernels (UK) | 100g |
| 3. Soybean oil (US) | 3 tablespoons |
| 4. Balsamic vinegar (US) | 2 tablespoons |

Processes

1. Remove outer leaves and stem base of the iceberg lettuce. **Wash**, pat dry and **shred** into medium pieces.
2. **Roast** walnuts in microwave for 1 minute. Crash them into small pieces.
3. Pack ingredients 2, 3 and 4 separately in small plastic bags, with iceberg lettuce together into container.

Supplementary information

- Specific density of soybean oil: **1 tbsp = 13.6g** [Source: USDA SR21]

Answers for iceberg lettuce nutrient profiles (1)

NUTTAB 2006 Online Version

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Lettuce, Iceberg, Raw

Food ID: 13A10857
Scientific Name: Lactuca sativa
Description: Round in shape, with packed layers of crisp green leaves.
Group: Vegetables: Raw
Derivation: Analysed
Sampling Details: Proximates, vitamins and minerals are derived from a composite of five purchases of common iceberg lettuces from Sydney outlets in 1983-4 (Wills et al. 1987). Iodine and some vitamins and minerals are derived from a composite sample of 9 purchases of iceberg lettuces in 2000. Folate and some vitamins and minerals were derived from 10 purchases of common iceberg lettuces purchased in Victoria in 1997 (97/98 Folate Program). Amino acids were determined from a composite of 4 lettuces purchased in Melbourne in 1991. As, Cd, Cu, Hg, I, Mo, Ni, Pb, Sb, Se, Sn and Zn were determined from a composite of mixed lettuce types purchased nationally (ATDS). Retinol, folic acid and CHOL are imputed.
Reference: (1) Wills, R.B.H., Lim, J.S.K. and Greenfield, H. (1986) Composition of Australian foods. 32. Leafy, stem and other vegetables. Food Technology in Australia 38:416-417,421. (2) Australia New Zealand Food Authority. (2001) The 19th Australian Total Diet Survey, Canberra, Australian New Zealand Food Authority. (3) Food Standards Australia New Zealand. (2003) The 20th Australian Total Diet Survey, Canberra, Food Standards Australia New Zealand. (4) Australian Government Analytical Laboratory. (1991) Analysis of Breakfast Cereals. Unpublished, commissioned laboratory report to National Food Authority.
Edible Portion: As purchased 75% leafhead
Inedible Portion: 25% outer leaves, stem base and dirt
Fat Factor: 1
Nitrogen Factor: 6.25

Nutrient	Value per 100 g
Proximates	
Energy	40 KJ
Moisture	95.5 G
Nitrogen	0.15 G
Protein	1.0 G
Fat	0.1 G
Ash	0.4 G
Fructose	0.2 G
Glucose	0.2 G
Sucrose	0.0 G
Maltose	0.0 G
Lactose	0.0 G
Sugars, total	0.4 G
Starch	0.0 G
Available Carbohydrate	0.4 G
Total Dietary Fibre	1.5 G

Minerals	
Antimony	0.0 UG
Arsenic	0.4 UG
Selenium	0.5 UG
Sodium	26 MG
Tin	0.3 UG
Zinc	0.2 MG
Vitamins	
Thiamin	0.03 MG
Riboflavin	0.03 MG

Lipids	
C16:0	0.00 G
Total Saturated Fatty Acids	0.0 G
C18:1	0.00 G
Total Monounsaturated Fatty Acids	0.0 G
C18:2w6	0.00 G
C18:3w3	0.00 G
C20:5w3	0 MG
Total Polyunsaturated Fatty Acids	0.0 G
Total Long Chain Omega 3 Polyunsaturates	0 MG
Cholesterol	0 MG

Answers for iceberg lettuce nutrient profiles (2)

Ingredient 1

	(step 1)		(step 2)		(step 3)	
Ingredients (Source)	Actual weight (g)	Process	Edible conversion factor (%)	Weight of edible portion (g)	Preparation yield (%)	Weight after processing (g)
Iceberg lettuce (Oz)	700	Remove outer leaves, stem	[75]	[525]	100	[525]

Nutrients (As per amount of the ingredient)	Iceberg lettuce (Oz)			
	FCD	Nutrient (per 100g) = A ₁	Retention Factor = R ₁	A ₁ x R ₁
Energy (kJ)	NUTTAB	[40]	1	[40]
Protein (g)	ditto	[1.0]	1	[1.0]
Total fat (g)	[ditto]	[0.1]	1	[0.1]
Sat fat (g)	[ditto]	[0]	1	[0]
Trans fat (g)	Advice	0	1	[0]
Total CHO (g)	[ditto]	[0.4+1.5 = 1.9]	1	[1.9]
Dietary fibre (g)	[ditto]	[1.5]	1	[1.5]
Sugars (g)	[ditto]	[0.4]	1	[0.4]
Sodium (mg)	[ditto]	[26]	[1]	[26]



Answers for walnut kernels nutrient profiles (1)

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Nuts continued

1021 to 1028

Composition of food per 100g edible portion

No.	Food	Description and main data sources	Edible conversion factor	Water g	Total nitrogen g	Protein g	Fat g	Carbo- hydrate g	Energy value	
									kcal	kJ
Nuts and seeds, general continued										
1021	Pecan nuts	9 samples, kernel only	0.49	3.7	1.74	9.2	70.1	5.8	689	2843
1022	Pine nuts	20 samples, pine kernels	1.00	2.7	2.64	14.0	68.6	4.0	688	2840
1023	Pistachio nuts, roasted and salted	10 samples, kernel only	0.55	2.1	3.38	17.9	55.4	8.2	601	2485
1024	Sesame seeds	10 samples, with and without hulls	1.00	4.6	3.44	18.2	58.0	0.9	598	2470
1025	Sunflower seeds	Analysis and literature sources	1.00	4.4	3.74	19.8	47.5	18.6 ^a	581	2410
1026	Tahini paste	Ref. McCarthy and Matthews (1984) and calculation from No. 1028	1.00	3.1	3.49	18.5	58.9	0.9	607	2508
1027	Trail Mix	10 samples; mix of nuts and dried fruit	1.00	8.9	1.45	9.1	28.5	37.2	432	1804
1028	Walnuts	10 samples, kernel only	0.43	2.8	2.77	14.7	68.5	3.3	688	2837

Nuts continued

1021 to 1028

Composition of food per 100g edible portion

No.	Food	Starch g	Total sugars g	Dietary fibre NSP g	Fatty acids				Cholest- erol mg	mg			
					Satd g	Mono- unsatd g	Poly- unsatd g	Trans g		Na	K	Ca	Mg
Nuts and seeds, general continued													
1021	Pecan nuts	1.5	4.3	4.7	5.7	42.5	18.7	0	0	1	520	61	130
1022	Pine nuts	0.1	3.9	1.9	4.6	19.9	41.1	0	0	1	780	11	270
1023	Pistachio nuts, roasted and salted	2.5	5.7	6.1	7.4	27.6	17.9	0	0	530	1040	110	130
1024	Sesame seeds	0.5	0.4	7.9	8.3	21.7	25.5	0	0	20	570	670	370
1025	Sunflower seeds	16.3	1.7 ^a	6.0	4.5	9.8	31.0	0	0	3	710	110	390
1026	Tahini paste	0.5	0.4	8.0	8.4	22.0	25.8	N	0	20	580	680	380
1027	Trail Mix	0.1	37.1	4.3	N	N	N	N	0	27	620	69	110
1028	Walnuts	0.7	2.6	3.5	5.6	12.4	47.5	0	0	7	450	94	160

Answers for walnut kernels nutrient profiles (2)

Ingredient 2

	(step 1)		(step 2)		(step 3)	
Ingredients (Source)	Actual weight (g)	Process	Edible conversion factor (%)	Weight of edible portion (g)	Preparation yield (%)	Weight after processing (g)
Walnut kernels (UK)	115.9	Microwave roast 1 min	[100]	[115.9]	99.9	[115.784]

Nutrients (As per amount of the ingredient)	Walnut kernels (UK)			
	FCD	Nutrient (per 100g) = A ₁	Retention Factor = R ₁	A ₁ x R ₁
Energy (kJ)	UK	[2837]	1	[2837]
Protein (g)	ditto	[14.7]	1	[14.7]
Total fat (g)	[ditto]	[68.5]	1	[68.5]
Sat fat (g)	[ditto]	[5.6]	1	[5.6]
Trans fat (g)	[ditto]	[0]	1	[0]
Total CHO (g)	[ditto]	[3.3+3.5 = 6.8]	1	[6.8]
Dietary fibre (g)	[ditto]	[3.5]	1	[3.5]
Sugars (g)	[ditto]	[2.6]	1	[2.6]
Sodium (mg)	[ditto]	[7]	[0.95]	[6.65]



Answers for soybean oil nutrient profiles (1)

Oil, soybean, salad or cooking_(1)

[New Search](#)

Refuse: 0%

NDB No: 04044 (Nutrient values and weights are for edible portion)

Nutrient	Units	Value per 100 grams	Number of Data Points	Std. Error
Proximates				
Water	g	0.00	4	0
Energy	kcal	884	0	0
Energy	kJ	3699	0	0
Protein	g	0.00	3	0
Total lipid (fat)	g	100.00	0	0
Asa	g	0.00	3	0
Carbohydrate, by difference	g	0.00	0	0
Fiber, total dietary	g	0.0	0	0
Sugars, total	g	0.00	0	0
Minerals				
Magnesium, Mg	mg	0	3	0.023
Phosphorus, P	mg	0	10	0.055
Potassium, K	mg	0	1	0
Sodium, Na	mg	0	1	0
Zinc, Zn	mg	0.01	1	0
Copper, Cu	mg	0.000	1	0
Iron, total, alpha	mg	64.26	10	2.144
Iron, total, beta	mg	21.30	10	1.122

Lipids				
Fatty acids, total saturated	g	15.650	0	0
4:0	g	0.000	0	0
6:0	g	0.000	0	0
8:0	g	0.000	3	0
10:0	g	0.000	3	0
12:0	g	0.000	3	0
Fatty acids, total monounsaturated	g	22.783	0	0
14:1	g	0.000	3	0
22:6 n-3	g	0.000	0	0
Fatty acids, total trans	g	0.533	0	0
Fatty acids, total trans-monoenoic	g	0.000	0	0
Cholesterol	mg	0	0	0
Stigmasterol	mg	59	3	3.671
Campesterol	mg	62	3	3.223
Beta-sitosterol	mg	172	3	5.573
Amino acids				
Isoleucine	g	0.000	0	0
Threonine	g	0.000	0	0
Isoleucine	g	0.000	0	0
Leucine	g	0.000	0	0
Lysine	g	0.000	0	0

Answers for soybean oil nutrient profiles (2)

Ingredient 3

	(step 1)		(step 2)		(step 3)	
Ingredients (Source)	Actual weight (g)	Process	Edible conversion factor (%)	Weight of edible portion (g)	Preparation yield (%)	Weight after processing (g)
Soybean oil (US)	3tbsp = 40.8	--	[100]	[40.8]	100	[40.8]

Nutrients (As per amount of the ingredient)	Soybean oil (US)			
	FCD	Nutrient (per 100g) = A ₁	Retention Factor = R ₁	A ₁ x R ₁
Energy (kJ)	SR21	[3699]	1	[3699]
Protein (g)	ditto	[0]	1	[0]
Total fat (g)	[ditto]	[100]	1	[100]
Sat fat (g)	[ditto]	[15.65]	1	[15.65]
Trans fat (g)	[ditto]	[0.533]	1	[0.533]
Total CHO (g)	[ditto]	[0]	1	[0]
Dietary fibre (g)	[ditto]	[0]	1	[0]
Sugars (g)	[ditto]	[0]	1	[0]
Sodium (mg)	[ditto]	[0]	[1]	[0]



Answers for balsamic vinegar nutrient profiles (1)

Vinegar, balsamic_(1)

Refuser: 0%_

NDB No: 02069 (Nutrient values and weights are for edible portion)

[New Search](#)

Nutrient	Units	Value per 100 grams	Number of Data Points	Std. Error
Proximates				
Water	g	76.45	4	0.586
Energy (2)	kcal	88	0	0
Energy	kJ	369	0	0
Protein	g	0.49	4	0.101
Total lipid (fat)	g	0.00	3	0
Alch	g	0.37	4	0.06
Carbohydrate, by difference	g	17.03	0	0
Sugars, total	g	14.95	4	0.249
Sucrose	g	0.00	3	0
Glucose (dextrose)	g	7.57	3	0.779
Fructose	g	7.38	3	0.859
Lactose	g	0.00	3	0
Maltose	g	0.00	3	0
Galactose	g	0.00	3	0
Minerals				
Calcium, Ca	mg	27	4	3.15

Iron, Fe	mg	0.72	4	0.069
Magnesium, Mg	mg	12	3	2.222
Phosphorus, P	mg	19	3	4.958
Potassium, K	mg	112	6	20.075
Sodium, Na	mg	23	4	2.675
Zinc, Zn	mg	0.03	3	0.013
Copper, Cu	mg	0.026	3	0.007
Manganese, Mn	mg	0.131	3	0.015
Vitamins				
Vitamin C, total ascorbic acid	mg	0.0	1	0
Vitamin A, RAE	mcg, RAE	0	0	0
Vitamin A, IU	IU	0	1	0
Lipids				
Fatty acids, total saturated	g	0.000	1	0
Fatty acids, total trans	g	0.000	1	0

Footnotes:

1 Contains 6% acetic acid. Total proximates do not equal 100%.

2. Acetic acid is included in energy calculation.

Answers for balsamic vinegar nutrient profiles (2)

Ingredient 4

	(step 1)		(step 2)		(step 3)	
Ingredients (Source)	Actual weight (g)	Process	Edible conversion factor (%)	Weight of edible portion (g)	Preparation yield (%)	Weight after processing (g)
Balsamic vinegar (US)	2tbsp = 30.3	--	[100]	[30.3]	100	[30.3]

Nutrients (As per amount of the ingredient)	Balsamic vinegar (US)			
	FCD	Nutrient (per 100g) = A ₁	Retention Factor = R ₁	A ₁ x R ₁
Energy (kJ)	[SR21]	[369]	1	[369]
Protein (g)	[ditto]	[0.49]	1	[0.49]
Total fat (g)	[ditto]	[0]	1	[0]
Sat fat (g)	[ditto]	[0]	1	[0]
Trans fat (g)	[ditto]	[0]	1	[0]
Total CHO (g)	[ditto]	[17.03]	1	[17.03]
Dietary fibre (g)	Advice	0	1	[0]
Sugars (g)	[ditto]	[14.95]	1	[14.95]
Sodium (mg)	[ditto]	[23]	[1]	[23]



4a. Enter adjusted data into NLC - ingredient 1

Ingredient Name:

Ingredient Amount: g

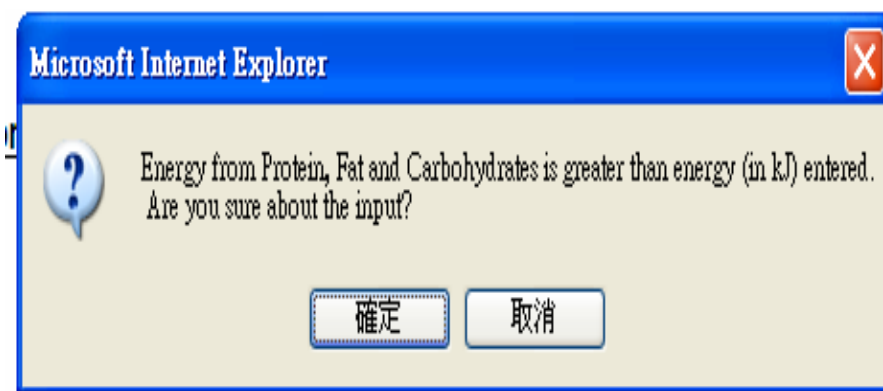
Energy (kJ)	40	(per 100 g)
Protein (g)	1	(per 100 g)
Fat, Total (g)	0.1	(per 100 g)
- Saturated fatty acids (g)	0	(per 100 g)
- Trans fatty acids (g)	0	(per 100 g)
Carbohydrates, Total (g)	1.9	(per 100 g)
- Dietary Fibre (g)	1.5	(per 100 g)
- Sugars (g)	0.4	(per 100 g)
Sodium (mg)	26	(per 100 g)

4a. Enter adjusted data into NLC - ingredient 2

Ingredient Name: Walnut kernel (UK)

Ingredient Amount: 115.784 g

Energy (kJ)	2837	(per 100 g)
Protein (g)	14.7	(per 100 g)
Fat, Total (g)	68.5	(per 100 g)
- Saturated fatty acids (g)	5.6	(per 100 g)
- Trans fatty acids (g)	0	(per 100 g)
Carbohydrates, Total (g)	6.8	(per 100 g)
- Dietary Fibre (g)	3.5	(per 100 g)
- Sugars (g)	2.6	(per 100 g)
Sodium (mg)	6.65	(per 100 g)



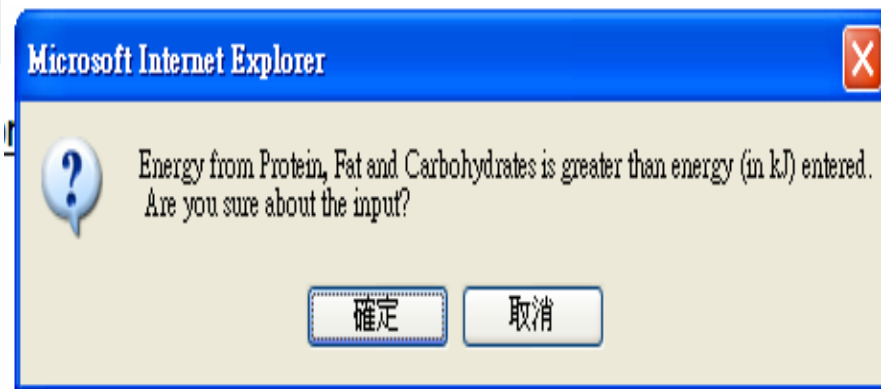
- $[(14.7\text{g} \times 17\text{kJ}) + (68.5\text{g} \times 37\text{kJ}) + 6.8\text{g} \times 17\text{kJ}] = 2900\text{kJ}$
- 2837 vs 2900

4a. Enter adjusted data into NLC - ingredient 3

Ingredient Name: Soybean oil (US)

Ingredient Amount: 40.8 g

Energy (kJ)	3699	(per 100 g)
Protein (g)	0	(per 100 g)
Fat, Total (g)	100	(per 100 g)
- Saturated fatty acids (g)	15.65	(per 100 g)
- Trans fatty acids (g)	0.533	(per 100 g)
Carbohydrates, Total (g)	0	(per 100 g)
- Dietary Fibre (g)	0	(per 100 g)
- Sugars (g)	0	(per 100 g)
Sodium (mg)	0	(per 100 g)



- $[(0\text{g} \times 17\text{kJ}) + (100\text{g} \times 37\text{kJ}) + 0\text{g} \times 17\text{kJ}] = 3700\text{kJ}$
- 3699 vs 3700

4a. Enter adjusted data into NLC - ingredient 4

Ingredient Name:

Ingredient Amount: g

Energy (kJ)	369	(per 100 g)
Protein (g)	0.49	(per 100 g)
Fat, Total (g)	0	(per 100 g)
- Saturated fatty acids (g)	0	(per 100 g)
- Trans fatty acids (g)	0	(per 100 g)
Carbohydrates, Total (g)	17.03	(per 100 g)
- Dietary Fibre (g)	0	(per 100 g)
- Sugars (g)	14.95	(per 100 g)
Sodium (mg)	23	(per 100 g)

4b. Confirm information accuracy

Step II: Enter ingredient(s) and its / their nutrient contents

Please press “Add Ingredient(s)” to enter ingredient(s) and its / their nutrient contents.

Add Ingredient(s) | Delete Checked Ingredient(s) | New Calculation | Cancel

Ingredient	Delete this item ?	Ingredient amount (g)	Energy (kJ)	Protein (g)	Fat, Total (g)	Saturated fatty acids (g)	Trans fatty acids (g)	Carbohydrates, Total (g)	Dietary Fibre (g)	Sugars (g)	Ingredient	Sodium (mg)
Iceberg lettuce (Australia)	☐	525	210	5.25	0.525	0	0	9.975	7.875	2.1	Iceberg lettuce (Australia)	136.5
Walnut kernel (UK)	☐	115.784	3284.792	17.02	79.312	6.484	0	7.873	4.052	3.01	Walnut kernel (UK)	7.7
Soybean oil (US)	☐	40.8	1509.192	0	40.8	6.385	0.217	0	0	0	Soybean oil (US)	0
Balsamic vinegar (US)	☐	30.3	111.807	0.148	0	0	0	5.16	0	4.53	Balsamic vinegar (US)	6.969
Total (g)	-	711.884	5,115.791	22.418	120.637	12.869	0.217	23.008	11.927	9.64	Total (g)	151.169

5. Print label for 1 serving of salad

Step III: Print Label

Label Type:

☒ Chinese ☐ English ☐ Both

☒ Tabular Format ☐ Linear Format
(Only for small packages with total surface area of less than 200cm²)

☒ Present information in gram ☐ Present information in millilitre

☐ Per 100g ☐ Per Package ☒ Per Serving

☐ %Chinese NRV Per 100g ☐ %Chinese NRV Per Package ☐ %Chinese NRV Per Serving

Serving(s) Per Package: Serving Size: (g)

Output Format:

☒ To view in Rounded format:
(Energy will be rounded up to the nearest 1 unit. For nutrients with units pre-set, values in g to the nearest 0.1 g, mg to 1 mg, and µg to 1 µg, and any respective %Chinese NRV to the nearest 1%.)

☐ To view in Pre-rounded format:
(Energy and all nutrients will be rounded up to three decimal places)
(Any respective %Chinese NRV will be rounded to the nearest 1%.)

(Energy or nutrients with very small values per 100g (or ml) that meet the definition of "0" as stipulated in Table 2 of the [Technical Guidance Notes](#) will be set to 0, regardless whether the label is presented as per 100g (or ml), per package, per serving, or %Chinese NRV.)

(For nutrient(s) entered by users with unit(s) determined by the users, the value will be rounded up to the nearest 0.1.)



營養資料

每包裝所含食用分量數目 : 2.5
食用分量 : 260 克

每食用分量	
能量	1,868 千焦
蛋白質	8.2 克
脂肪總量	44.1 克
- 飽和脂肪酸	4.7 克
- 反式脂肪酸	0.0 克
總碳水化合物	8.4 克
- 膳食纖維	4.4 克
- 糖	3.5 克
鈉	55 毫克

Nutrition Label Calculator

Thank you!

Please fill in and submit the Evaluation Form.