

# Nutrition Analysis

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## STEP 2:

### Set-up Your Raw Materials Database

Refer to the list of ingredients in your recipe. Determine which ingredients will need to be entered into the database as new food items and which ingredients will be matched with existing food items in the database. For example, a proprietary sauce manufactured for you will be a new food item, while a tomato slice will be matched with existing USDA data which is already in the database.

You may need to interpolate to account for missing values in some instances. Keep in mind:

- You cannot derive a total trans fat value if you don't have trans fat values for all ingredients.
- You cannot correctly account for moisture adjustment when you don't have moisture data for all ingredients in your recipe.
- Proximates will not total 100% when you don't have complete data for moisture and ash.

If a value is not reported on a supplier specification sheet, there are several ways to determine the value. Sometimes values can be deduced mathematically from trustworthy sources. In other cases, it may be necessary to go back to the supplier to get the information. Or it may be necessary to supplement supplier data with laboratory analysis.