

Putting calories on menus in Ireland

TECHNICAL GUIDANCE FOR FOOD BUSINESSES
JUNE 2012

<p><i>saucy. Served with chips or a jacket potato, side salad and coleslaw.</i> €8.99 Chips 1,248 calories Jacket 1,145 calories</p> <p>Chicken Tikka Masala Tender and creamy tikka masala sauce marinated pieces of chicken breast, served with basmati rice, a nano bread, dahi and mango chutney. €7.95 883 calories</p> <p>Grilled Rump Steak A cut of rump steak, grilled. €9.99 792 calories</p> <p>Roast Beef Served with chips, tomato and nano bread.</p>	<p>Steak & Ale Pie 100% Prime Irish beef encased in a shortcrust pastry pie slow cooked in ale. Served with chips, peas and gravy. €18.99 1,336 calories</p> <p>Shepherd's Pie Made from 100% Prime Irish, topped with mashed potatoes and Cheddar cheese. Served with gravy and peas. €9.95 572 calories</p> <p>Roast Vegetable Pasta Tomatoes, courgettes and peppers in a rich tomato sauce coating penne pasta, finished with Cheddar cheese and served with a slice of garlic bread. €6.99 747 calories</p>	
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Background

Showing the calorie content of foods and drinks for sale in food outlets helps people make healthier choices. The Minister for Health, Dr James Reilly, T.D. is keen to have the calorie content of foods on menus to help reduce the level of obesity in Ireland.

A national consultation on putting calories on menus found the vast majority of consumers in Ireland (over 95%) want calorie information on menus*.

Recommendations from the national consultation include:

1. A calorie menu labelling scheme should be implemented in food service businesses in Ireland
2. A best practice calories on menu system should be adopted

* **Calories on Menus in Ireland - Report on a National Consultation, 2012**

THIS CALORIES ON MENUS LABELLING SYSTEM SHOULD BE BASED ON THE FOUR PRINCIPLES AND TECHNICAL GUIDANCE OUTLINED IN THIS BOOKLET.

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A note on food law in Ireland

Food businesses need to be aware that displaying the amount of calories on food and drink is a form of labelling which is regulated by food law in Ireland. The most important rule of labelling is that the consumer must not be misled. Therefore, calorie information provided on food and drinks must be accurate – see Annex 3, page 16 of this document for more information.

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Section 1.

Four principles for putting calories on menus in Ireland

Principle 1.

CALORIE INFORMATION IS PROVIDED FOR ALL STANDARD FOOD AND DRINK ITEMS SOLD

A 'standard' food or drink item is a product that:

- 1) Is on sale for at least 30 days a year; **and**
- 2) Remains the same each time it is made. In this way, calorie information calculated on these food and drink items remains accurate

Suggestions on how best to implement Principle 1 are outlined in Section 2 of this document.

Principle 2.

CALORIE INFORMATION IS DISPLAYED CLEARLY AND PROMINENTLY AT THE 'POINT OF CHOICE' FOR THE CONSUMER

The 'point of choice' is the place where consumers choose from the food and drink on offer. This place can be a menu board, printed menu, chalk board or display tag, etc. This is where information on both the foods and drinks on offer and the prices is given. Calorie information must be given clearly and prominently beside the price. Individual businesses must decide how to best arrange this according to their situation.

Suggestions on how best to implement Principle 2 are outlined in Section 2 of this document.

Principle 3.

CALORIE INFORMATION IS PROVIDED PER PORTION OR PER MEAL

Calorie information should be provided based on the food and drink served to an individual consumer. Therefore, calorie information must be provided per portion or per meal served.

Suggestions on how best to implement Principle 3 are outlined in Section 2 of this document.

This includes guidance on managing situations where calorie information cannot be provided per portion or per meal, e.g. with shared foods and self-service.

Principle 4.

INFORMATION ON HOW MANY CALORIES AN AVERAGE PERSON NEEDS IN A DAY IS GIVEN TO HELP CONSUMERS 'MAKE SENSE' OF CALORIES ON MENUS

It is important to show the consumer how many calories an average person needs in a day. Therefore, the average amount of calories women, men and children need every day will be displayed to help consumers 'make sense' of calorie information on foods and drinks on sale.

Suggestions on how best to implement Principle 4 are outlined in Section 2 of this document.

NOTE

There are many different types of catering and food service businesses in Ireland. Therefore, guidance on how best to implement the four best practice principles needs to be as flexible as possible. The many ways to comply with the four best principles are outlined in section 2. Food service businesses can choose the option that best suits their operation keeping one critical aspect in mind: calorie information must be clear and easily accessed by consumers so they are enabled to make informed food choices.

Section 2.

Best ways to implement the principles for putting calories on menus

How Principle 1 is best implemented

CALORIE INFORMATION IS PROVIDED ON STANDARD FOODS AND DRINKS SOLD

Calorie information should be displayed for each 'standard' food and drink item on the menu. A 'standard' item is a product that is offered for more than 30 days each year and remains the same each time it is made. See Annex 2, page 11 for examples of standard foods and drinks on menus.

When calorie information cannot be shown for all standard food and drink items

There are some situations where the calorie information for each standard food and drink item on the menu cannot be provided. Such situations include those where:

- *The food or drink can be 'customised' according to customer's preferences, e.g. sandwiches made according to customers choices*

In this situation, the calories provided by the 'Top 10 Bestselling' food items can be shown rather than every possible option

- *The food and drink are only offered for a limited period, e.g. 'menu specials'*

Foods and drinks offered for less than 30 days are not expected to carry calorie information, although food businesses can choose to provide calorie information on such items

- *The portion size is not controlled, for example self-service buffet*

Calorie information should be given for each food or drink item in terms of measured portions – for example, ladle of stew, scoop of potatoes, tablespoon of mayonnaise, etc

- *Information for 'meal deals' or 'combo meals' must be displayed*

Please see "How Principle 3 is best implemented" on page 5 for more information

- *There is too much information for display, e.g. menu with multiple drink sizes and different types of milks*

Please see "How Principle 3 is best implemented" on page 5 for more information

A NOTE ON ALCOHOL

Alcoholic drinks are high in calories. Therefore, calorie information on alcoholic drinks is useful to consumers. Providing calorie information on alcoholic drinks is at the discretion of the food business.

How Principle 2 is best implemented

DISPLAY CALORIE INFORMATION CLEARLY AND PROMINENTLY AT 'POINT OF CHOICE' FOR CONSUMERS

The 'point of choice' is the place where consumers choose from the food and drink on offer. This place can be a menu board, printed menu, chalk board or display tag, etc. This is where the foods *and* drinks on offer are described and the prices are given.

Calorie information at the 'point of choice' should be as clear and well-displayed as the price. To influence the consumer's decision, *calorie information must be available before an order is given*. If there is more than one 'point of choice' in a food outlet, calories should be posted at each point.

Typical 'point of choice' locations include:

- Printed menus
- Menu boards
- Chalk boards
- Shelf edging
- Counter display tags
- Table centres
- Flyer-style menus
- Before the order point of a drive-through restaurant
- Internet web pages from which food can be purchased, e.g. online pizza delivery

Clearly and prominently displaying calorie information can be achieved by:

- Positioning the calorie information beside the price of the foodstuff
- Ensuring the font and format of the calorie information are as prominent as the name and price of the menu item
- Using colour contrast appropriately so that the calorie information can be easily differentiated from the price

Informing consumers about the accuracy of the calorie information provided

Consumers should be informed about the accuracy of the calorie information provided. Statements to highlight this can include:

'The calorie information provided is calculated using average figures and based on a typical serving size'.

OR

'We ensure that the calorie information provided is as accurate as possible. However, we may occasionally substitute ingredients and this may slightly alter the calorie value displayed'

These statements need to be displayed at the 'point of choice'.

How Principle 3 is best implemented

CALORIE INFORMATION IS PROVIDED PER PORTION OR PER MEAL

Calorie information should be provided based on the food and drink served to an individual consumer. Therefore, calorie information must be provided per portion or per meal served. Guidance on providing calorie information on foods for sharing or from a self service is found below.

Putting calorie information on foods to share

The calorie information of foods for sharing, e.g. a pizza, can be provided in 2 ways:

1. The **calories for the whole pizza** are shown along with the **number of portions** in the whole pizza, e.g. Full 13.5" Pizza

Whole pizza contains 2,690 calories and serves 4 people

2. The **calories in a single portion** are shown along with the **number of portions** in the whole pizza, e.g. Full 13.5" Pizza

One portion of pizza contains 672 calories. There are 4 portions in the whole pizza

Putting calorie information on 'multi-portion' or 'combo' meals

The calorie information on multi-portion or combo meals can be provided in two ways.

1. **It is best to provide the calories for each individual item.**
 - a. Calories in main item, e.g. burger/steak/chicken
 - b. Calories in accompanying components, e.g. chips/potatoes/salad
 - c. Calories in extras, e.g. sauce/cheese/dressing
 - d. Calories in beverages
2. **An acceptable alternative is providing the maximum amount of calories from combining the meal items shown.**

Advising consumers on the maximum amount of calories will prevent them from underestimating the calorie value of the meal, e.g. consumers can be advised that a combo meal can provide 'up to 2,000 calories'.

Putting calories on different sized portions of the same food or drink

There may not be enough space to clearly display the calorie content for each portion size of the same food or drink. Calorie information on different sized portions of the same foods and drinks can be provided in 3 ways.

1. The best options are:

- Providing all of the calorie values, i.e. calorie information on small, medium and large portions can be written as '120, 180 and 220 calories'; **or**
- Providing the range of values from the lowest to the highest, i.e. calorie information on small, medium and large portions can be written as '120 to 220 calories'

2. An acceptable alternative is providing the amount of calories for either:

- The most popular choice; **or**
- The default option, i.e. the option given if the consumer does not specify the size at the 'point of choice'. It should be clearly stated beside the calorie information that the default option is being used

3. Another acceptable alternative is providing the maximum amount of calories for the largest available portion size of a food or drink.

Providing the maximum calorie value prevents the consumer from underestimating the amount of calories from food or drink chosen. For example, consumers are advised that food or drinks can provide "up to 800 calories for the largest portion size".

How Principle 4 is best implemented

Information on how many calories people need in a day is given to help consumers 'make sense' of calories on menus

The average amount of calories women, men and children need every day will be displayed to help consumers 'make sense' of calorie information on foods and drinks on sale.

This calorie information must be clear and easily seen by the consumer *before their choice is made*. This information must be the same in all food outlets. It is suggested that the following is stated:

CHILDREN
NEED ABOUT
1,800
CALORIES A DAY



WOMEN
NEED ABOUT
2,000
CALORIES A DAY



MEN NEED ABOUT
2,500
CALORIES A DAY



NOTE

See Annex 2 for examples of how this information can be displayed.

Section 3. Further Information

For further information on calorie menu labelling in Ireland please see:

'WHAT PEOPLE NEED TO KNOW ABOUT CALORIES ON MENUS IN IRELAND, 2012'

'PUTTING CALORIES ON MENUS IN IRELAND -REPORT ON A NATIONAL CONSULTATION 2012'

Annex

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Annex 1.

Ways to make your menu healthier and lower in calories

There are a number of ways you can make your menu items lower in calories and healthier for your customers, e.g.

- **Use healthier cooking methods**

Use cooking methods which use little or no fat, e.g. bake, grill, steam and boil instead of frying.

- **Use low-fat ingredients where possible**

Use low-fat ingredients where possible.

- Milk – Use low-fat or skimmed varieties
- Mayonnaise – Use low-fat or 'light' varieties
- Cream cheese – Use low-fat or 'light' varieties
- Butter – Use low-fat polyunsaturated spreads

- **Reduce portion sizes**

- **Provide a good range of healthy low-calorie options**

Your menu can offer:

- Wholemeal bread, past and rice
- Baked potatoes with low-fat toppings
- Extra side orders of salads, fresh vegetables and fruit
- Fruit of tomato-based sauces

- **Positively market the healthier options available to consumers**

Offer special deals on healthier menu items.

Top tips to help you serve up a healthier menu and save money

(from Caloriewise scheme in Northern Ireland- visit "<http://www.food.gov.uk/northernireland/nutritionni/caloriewise/>)

BASE MEALS ON STARCHY FOODS

Serve plenty of starchy foods such as bread, potatoes, rice, pasta and breakfast cereals.

MAKE THE SWITCH

Switch to semi-skimmed or skimmed milk.

GRATING ON YOU?

Use a small amount of strong flavoured cheese and grate it so that less is required.

GO LEAN

Order lean cuts of meat, trim off excess fat, or remove the skin from chicken before cooking.

SOMETHING FISHY?

Try to include more fish on the menu, especially oil rich fish such as salmon, mackerel, herring or trout.

EAT YOUR GREENS!

Serve plenty of fruit and vegetables - fresh, frozen, dried or tinned. Bulking out dishes with more veg can make them healthier and cheaper per portion.

A BIT OF SAUCE ON THE SIDE

Allow customers to add their own sauces and dressings.

SALT SHAKER

Limit the amount of salt you add during cooking and allow customers to add their own.

EYE CATCHERS

Put healthier foods in places that are easy to reach at the point of service and a reduced price can encourage sales.

Annex 2. How to display calories on menus

SAMPLE MENU 1 – CAFÉ MENU BOARD

	Small	Medium	Large	
Americano	€1.85	€2.20	€2.95	10 kcal
Latte	€2.10	€2.45	€3.10	152 kcal*
Cappuccino	€2.05	€2.40	€3.05	87 kcal*
Espresso	€1.45	€1.65	€1.85	10 kcal
Macchiato	€2.45	€2.80	€3.20	14 kcal*
Mocha	€2.25	€2.60		200 kcal*
Hot Chocolate	€2.10	€2.45	€3.40	355 kcal*
Tea		€1.95		15 kcal*
Chai Latte	€2.10	€2.45	€3.10	179 kcal*
Fruit Teas		€1.75		0 kcal
Fruit Smoothie		€2.15		195 kcal
Fruit Juices		€1.45		198 kcal

*kcal based on medium drinks with semi-skimmed milk



Women need around 2,000 kcals a day, men need about 2,500 kcals a day and children need about 1,800 kcals a day. The calorie information provided is calculated using average figures and is based on a typical serving size.

SAMPLE MENU 2 – FAST FOOD RESTAURANT MENU BOARD



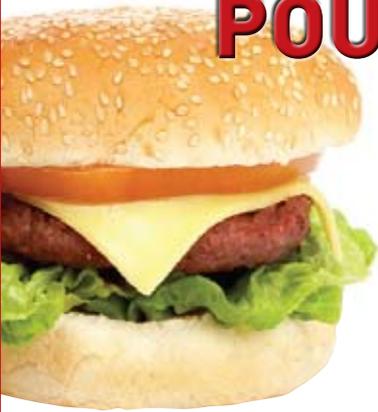
QUARTER POUNDER MEAL

ONLY
€4.39
(1,005 kcal)

Women need around 2,000 kcals a day, men need about 2,500 kcals a day and children need about 1,800 kcals a day.

The calorie information provided is calculated using average figures and is based on a typical serving size.

QUARTER POUNDER



ONLY
€3.20
(630 kcal)

CHICKEN SANDWICH



ONLY
€3.50
(360 kcal)

CHICKEN WRAP



ONLY
€3.20
(430 kcal)

FRIES



REG
€1.39
(280 kcal)

MED
€1.59
(370 kcal)

LARGE
€1.79
(450 kcal)

DRINKS

COLA | COLA LIGHT | LEMONADE | ORANGEFIZZ | MILKSHAKE
(180 kcal)* | (4 kcal)* | (180 kcal)* | (175 kcal)* | (430 kcal)*

* kcal based on medium sized drinks



SAMPLE MENU 3 – SANDWICH BAR MENU

Sandra's

SANDWICH & DELI BAR

OUR FAVOURITES

Egg Mayonnaise

Fresh, free-range eggs hard boiled to perfection and served in a light mayonnaise dressing. Topped with cress and crushed black pepper.

€2.29 426 calories

Farmhouse Cheddar & Pickle

Thick sliced Farmhouse Cheddar cheese with a generous helping of our homemade spiced pickle.

€2.49 588 calories

Wexford Ham & Wholegrain Mustard

Honey roast Wexford Ham spread with mild wholegrain mustard.

€2.49 417 calories

Chicken Salad

Slices of roasted chicken on a bed of seasonal salad leaves.

€2.79 390 calories

Prawn Mayonnaise

Sustainably caught Atlantic prawns in our trademark Marie-Rose sauce, served with a squeeze of lemon.

€2.99 355 calories

GOURMET SANDWICHES

Crayfish & Rocket

Freshly sourced shelled crayfish on a bed of peppered rocket with a sprinkling of paprika.

€3.49 370 calories

BLT

Locally sourced bacon, fresh lettuce and juicy ripe tomatoes served in organic white bread.

€3.89 530 calories

Steak & Cheese

Rump steak cooked medium-rare topped with melted gouda cheese and crushed black pepper.

€4.49 495 calories

ANY EXTRAS

Extra Salad	50 cents	10 calories
Extra Slice of Cheese	€1.00	105 calories
Extra Slice of Ham	€1.50	21 calories
Mayonnaise	€1.00	140 calories
Coleslaw	€1.50	65 calories

Standard sandwiches served with low-fat spread. Feel free to ask for butter instead! (Add 40 calories)

Women need around 2,000 kcals a day, men need about 2,500 kcals a day and children need about 1,800 kcals a day. We ensure that the calorie information provided is as accurate as possible. However, we may occasionally substitute ingredients as this may slightly alter the calorie value displayed.

SAMPLE MENU 4 – PUB DINING MENU

MAINS

Beer Battered Fish & Chips

Freshly battered fish served with chips, peas or mushy peas, a slice of lemon and tartare sauce.

€6.99
880 calories

Calories based on a serving with mushy peas

Grilled Irish Salmon

Irish salmon steak served with your choice of pepper & basil butter or sticky honey, lime & chilli, with baby potatoes and peas.

€7.99
387 calories

Fish Pie

White fish, smoked haddock and salmon in a creamy white sauce topped with mashed potatoes and cheese. Served with peas and buttered bread.

€8.99
756 calories

BBQ Chicken

Half an oven Irish roasted chicken with BBQ sauce. Served with chips or a jacket potato, side salad and coleslaw.

€8.99
Chips 1,248 calories
Jacket 1,145 calories

Chicken Tikka Masala

Mild and creamy tikka masala sauce over marinated pieces of chicken breast. Served with basmati rice, a naan bread, poppadoms and mango chutney.

€7.95
883 calories

8oz Rump Steak

An 8oz prime Irish rump steak, grilled to order.

€9.99
792 calories

8oz Sirloin Steak

Sirloin Irish steak served with chips, peas, half a grilled tomato and pan-fried mushrooms.

€10.99
854 calories

Mixed Grill

Prime 4oz Irish rump steak, sweet cured bacon served with seasoned chips, two fried eggs, roasted large flat mushroom, onion rings, peas and a grilled half tomato.

€11.99
1,436 calories

Sausage & Mash

Pork sausages, creamy mashed potato, peas and gravy.

€5.99
1,594 calories

Gammon, Egg & Chips

Succulent gammon served with two fried eggs, chips and peas.

€5.99
961 calories

Chilli Con Carne

Irish beef chilli, served with basmati rice and tortilla chips.

€6.99
662 calories

Steak & Ale Pie

100% Prime Irish beef encased in a shortcrust pastry pie slow cooked in ale. Served with chips, peas and gravy.

€10.99
1,336 calories

Shepherd's Pie

Made from 100% prime Irish beef, topped with mashed potatoes and Cheddar cheese. Served with gravy and peas

€9.95
572 calories

Roast Vegetable Pasta

Tomatoes, courgettes and peppers in a rich tomato sauce coating penne pasta, finished with Cheddar cheese and served with a slice of garlic bread.

€6.99
747 calories

SHARING PLATTERS

Can't decide? Feeling hungry? Try one of our great sharing platters

The Grill Platter

Half a spit roasted Irish chicken, flame-grilled Irish chicken breast, BBQ chicken wings, beer battered onion rings and corn on the cob, served with BBQ sauce and a sour cream and chive dip.

€14.99 (serves 2)
1,390 calories per person

The Surf & Turf Platter

Two 4oz Irish rump steaks, half a spit roasted Irish chicken, a rack of flame grilled BBQ ribs, scampi, seasoned chips, served with BBQ sauce and a garlic & herb dip.

€18.99 (serves 2)
1,670 calories per person

SIDES

Toasted garlic bread	€0.99 164 calories
Garlic bread with cheese	€1.49 290 calories
Bowl of crisp seasoned chips	€1.99 370 calories
Beer battered onion rings	€1.49 180 calories
Pan-fried mushrooms	€1.49 168 calories
Corn on the cob	€0.99 128 calories

STEAK SAUCES

	All €0.99
Peppercorn	60 calories
Diane	27 calories
Blue Cheese	120 calories



Women need around 2,000 kcals a day, men need about 2,500 kcals a day and children need about 1,800 kcals a day.

We ensure that the calorie information provided is as accurate as possible. However, we may occasionally substitute ingredients as this may slightly alter the calorie value displayed.

Annex 3.

Keeping calories on menus accurate - what food businesses need to do

HOW TO KEEP CALORIE INFORMATION ACCURATE

Once a food business has amended their menu to display calorie information for all standard menu items, certain steps need to be taken in order to keep this information accurate.

IMPORTANT

Displaying the amount of calories on food and drinks for sale is a form of labelling. The most important rule of labelling is that the consumer is not misled.

Therefore, food businesses must have clear procedures in place to ensure that calorie information is kept accurate.

Keep detailed records of the steps used to calculate calorie information

1. Develop a recipe for each standard item which must be recorded and followed by staff.
2. List the **correct name and detailed description of each ingredient** in the recipe, e.g. *'semi-skimmed milk and lean minced beef (5% fat),'* not *'milk and minced beef'*
3. List the **weight of each ingredient** in the recipe
4. List the **number of portions** provided by the recipe
5. Use the **calorie information provided by the manufacturer of the ingredient**, where possible, to calculate the calorie information
6. **Include the change in weight which occurs during cooking.** Most software packages take this factor into account. If calorie information is being calculated manually, the changes in the weight of foods during cooking can be found in McCance and Widdowson's 'The Composition of Foods'
7. **Recheck the information used to calculate the calorie content** of foods and drinks

Keep detailed records of the process used to update calorie information

A system to update calorie information must be established by a food business. If ingredients in a menu item change, the calorie information must be updated as soon as possible.

Display tags, chalk boards, etc., can be updated immediately. Consumers should be informed about the timeframe for calorie changes on printed menus (just as they would for price changes).

Train staff to make and serve standard food and drink items

A 'standard' food or drink item is a product that:

1. Is on sale for at least 30 days a year; **and**
2. Remains the same each time it is made. In this way, calorie information calculated on these food and drink items remains accurate

Staff need to be trained to:

1. Ensure that a food or drink item is the same each time it is made; **and**
2. Keep the portion size the same each time the food or drink is served, e.g. a specific sized spoon is used to measure all portions of potato salad

Annex 4. The different ways calories can be calculated

Background information on calculating calories in food or drink

To accurately calculate the calorie content of a standard food or drink item on your menu, the following information is needed:

1. The **amounts and types of ALL the ingredients used** to make the standard food or drink item
2. The **weight of a single portion** of the standard food or drink item
3. The **cooking methods used**

To calculate the amount of calories in a food or drink, *the calories must be calculated using the weight of every ingredient* in the recipe. Then the calorie content of every ingredient must be added together. This will provide the total calories for the entire dish. The total calories must be divided by the number of portions in the dish to provide the amount of calories in a single portion.

A NOTE ON CALCULATING CALORIES

Calorie information on foods is usually given per 100 grams. However, very few single portions of foods are 100 grams – some portions weigh less and some weigh much more:

- a portion of mayonnaise is 20 grams and a portion of lasagne is 400 grams

Therefore, the calorie information must be calculated according to the weight of a single portion of a food or drink item.

The cooking method also affects the calorie content, e.g. frying foods in oil adds a lot of calories to the food item.

Where information on the calorie content of foods and drinks can be found

USING THE CALORIE INFORMATION THAT MAY BE AVAILABLE ON PRE-PACKAGED FOOD AND DRINK

The calorie information on the label of pre-packaged food and drink can be used to calculate the amount of calories in a single portion of the food and drink. The calorie information on a label is usually provided per 100g. However, the amount of food or drink served or eaten as a single portion is rarely 100g.

The calorie information must be calculated from the weight of the product to provide the calorie information for a single portion of the food or drink item.

USING THE CALORIE INFORMATION ALREADY PROVIDED ON INGREDIENTS MAY BE USED

Calorie information can be calculated from the packaging of the ingredients used to make the food and drink. If a food business displays or uses calorie information which has been provided by a supplier, it is the food business' responsibility to ensure that reasonable precautions are taken to ensure that this information is correct.

NUTRITIONAL INFORMATION USING FOOD NUTRIENT COMPOSITION TABLES

Food Nutrient Composition Tables outline the nutritional composition of a wide range of food and beverage items. These tables are a reliable source of information. The Food Nutrient Composition Tables which are used to calculate calorie information must change according to the origin of the food:

- **The McCance and Widdowson 'Composition of Foods'**
Accepted for food produced in Ireland and the UK
- **Eurofir**
Accepted for food imported from the European Union
- **USDA Food Composition Data**
Accepted for food imported from the United States of America

USING COMPUTER SOFTWARE PACKAGES TO CALCULATE CALORIE INFORMATION

A computer software package may be purchased or the services of a software company may be used to calculate calorie information. If the services of a software company are employed to calculate calorie information, it is the *responsibility of the food business* to ensure that the correct Food Nutrient Composition Tables are used by the software company.

HOW TO CALCULATE THE AMOUNT OF CALORIES IN A MENU ITEM

Menu Item: Large Cherry Scone with Butter and Jam

A) Calculating the calorie information from the nutritional information given per 100g of a pre-packaged product

CHERRY SCONE (90g)	
Nutritional Information per 100g of product	
Energy*	308kcal
Protein	6.5g
Carbohydrate	56.2g
Fat	8.7g

PAT OF BUTTER (7g)	
Nutritional Information per 100g of product	
Energy	745kcal
Protein	0.6g
Carbohydrate	0.6g
Fat	82.2g

STRAWBERRY JAM (12g)	
Nutritional Information per 100g of product	
Energy	265kcal
Protein	0.6g
Carbohydrate	69g
Fat	0g

* Energy is written in calories (kcal)

TO CALCULATE THE CALORIE (KCAL) CONTENT PER PORTION:

$$\frac{\text{Energy (kcal) per 100g of product}}{100} \times \text{Weight of one portion of the product (g)}$$

STEP 1. CALCULATE THE AMOUNT OF CALORIES IN THE CHERRY SCONE

To calculate the calorie (kcal) content in one cherry scone (90g):

$$\frac{308\text{kcal per 100g}}{100} \times 90\text{g}$$

Total calories in 90g cherry scone: 277 calories

STEP 2. CALCULATE THE AMOUNT OF CALORIES IN THE PAT OF BUTTER

To calculate the calorie (kcal) content in one pat of butter (7g):

$$\frac{745\text{kcal per 100g}}{100} \times 7\text{g}$$

Total calories in 7g pat of butter: 52 calories

STEP 3. CALCULATE THE AMOUNT OF CALORIES IN THE STRAWBERRY JAM

To calculate the calorie (kcal) content in one packet of strawberry jam (7g):

$$\frac{265\text{kcal per 100g}}{100} \times 12\text{g}$$

Total calories in 12g strawberry jam: 32 calories

STEP 4. CALCULATE THE TOTAL AMOUNT OF CALORIES IN THE MENU ITEM 'LARGE CHERRY SCONE WITH BUTTER AND JAM'

1. Calories in 90g cherry scone: **277 calories**
2. Calories in 7g pat of butter: **52 calories**
3. Calories in 12g strawberry jam: **32 calories**
4. **Total calories in this menu item: 361 calories**

B) Calculating the calorie information from the nutritional information given for each ingredient in the recipe

Recipe for homemade cherry scones

- 520g plain flour
- 20g baking powder
- 125g unsalted butter
- 70g sugar
- 2.5g salt
- 220ml full-fat milk
- 2 eggs
- 200g glace cherries

How to serve

Serve with butter 7g and strawberry jam 12g

Number of portions in this recipe

Makes 14 large scones

STEP 1. CALCULATE THE CALORIE CONTENT OF EACH INGREDIENT IN THE RECIPE FOR HOMEMADE CHERRY SCONES

TO CALCULATE THE CALORIE (KCAL) CONTENT PER AMOUNT OF INGREDIENT USED:

$$\frac{\text{Energy (kcal) per 100g of ingredient}}{100} \times \text{Weight of ingredient used}$$

Ingredient	Energy per 100g (kcal)	Weight Used (g)	Energy per amount of each ingredient used (kcal)
Plain flour	341	520	1773
Baking powder	163	20	33
Unsalted butter	744	125	930
Sugar	394	70	276
Salt	0	3	0
Full-fat milk	66	220	145
2 eggs	151	100	151
Glacé cherries	251	200	502
Energy (kcal) in the full batch			3,810
Number of scones in the full batch			14
			3,810/14
Energy (kcal) per scone			272

STEP 2. CALCULATE THE CALORIE CONTENT OF EACH FOOD ITEM USED 'TO SERVE'

Serve scones with	Energy per 100g (kcal)	Weight Used (g)	Energy per amount of each ingredient used (kcal)
Butter	745	7	52
Jam	265	12	32

STEP 3. CALCULATE THE TOTAL AMOUNT OF CALORIES IN ONE HOMEMADE CHERRY SCONE WITH BUTTER AND JAM

1. Calories in 90g cherry scone: **272 calories**
2. Calories in 7g pat of butter: **52 calories**
3. Calories in 12g strawberry jam: **32 calories**
4. **Total calories in this menu item: 356 calories**



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