

Nutritional Analysis

WORK SMARTER. SAVE MONEY.

Modules

- ▶ **Catering Management Module**
- ▶ Bring consistency to production
- ▶ Define costings
- ▶ Automate your procurement
- ▶ Reduce administration

- ▶ **Ward / meal ordering module**
- ▶ Easy for staff to use – multiple devices
- ▶ Reduces wastage
- ▶ Add additional comments for special requests etc

Overview

- Inhouse Manager has developed a ground breaking nutritional analysis module which is fully integrated with all aspects of our catering software.
- Menu and recipe data is entered just once and then used across all modules to save time
- In addition to the McCance and Widdowson's 'composition of foods integrated dataset: open source UK government data, we also have all the nutritional information from Brakes and Bidfood pre-loaded into the software.

Modules

▶ **Allergens**

- ▶ Report on the 14 legislated allergens
- ▶ Updated and maintained by us
- ▶ Indicates where the allergen appears in the recipe

▶ **Nutritional Analysis**

- ▶ Fully integrated with catering management module
- ▶ Recipe and menu data input ONCE and feeds through
- ▶ Dynamic graphs – click through to the recipe to make changes

Pre-populated ingredient data linked to your major suppliers to save time and reduce the risk of manual errors.

Nutritional Ingredient Details

Brakes Baked Beans 6x2.62kg (kc3)

Delete Nutritional Ingredient

Main Details

Nutrients per 100g (11)

Related Ingredients (1)

Related Recipes (0)

Macronutrients	Grams	Kcal per g	Kcal
▶ Total Fat g	1.4	9	12.6
Saturated Fat g	0.2	9	1.8
Carbohydrate g	12.8	4	51.2
Total Sugars g	6.8	4	27.2
Dietary Fibre g (AOAC Basis)	4.5		
Dietary Fibre g (NSP Basis)	3.375		
Protein g	4.7		
Salt g	0.7		
Rows: 8			

Energy	Amount
▶ Energy Kcals	91
Energy KJ	384
Rows: 2	

Micronutrients	Milligrams
▶ Sodium mg	280
Rows: 1	

Nutrient Proportions	
▶ Total Fat Kcals %	14%
Saturated Fat Kcals %	2%
Carbohydrate Kcals %	56%
Total Sugar Kcals %	30%
Rows: 4	

Full recipe analysis showing nutrient breakdown per portion and per 100 gms with added ability to examine each nutrient in depth.

Recipe Details
Sample Client - Chicken Korma

[Delete Recipe](#) [Copy Recipe](#)

Recipe Details | [Ingredients \(8\)](#) | [Nutritional Ingredients \(8\)](#) | **Nutritional Analysis** | [Related Recipes \(0\)](#) | [Allergens \(2\)](#) | [Recipe Document](#) | [Recipe Nutrition Document](#)

Portion Weight (g): Analysis Status: Full Analysis

Nutrient	Per Portion	Per 100g	Traffic Light Label
+ Energy Kcals	235.90	122.23	
+ Energy KJ	989.88	512.89	
+ Total Fat g	10.52	5.45	Med
+ Saturated Fat g	3.61	1.87	Med
+ Carbohydrate g	9.53	4.94	
+ Total Sugars g	6.50	3.37	Med
+ Dietary Fibre g (AOAC Basis)	3.51	1.82	
+ Dietary Fibre g (NSP Basis)	2.50	1.29	
+ Protein g	25.21	13.06	
▷ - Salt g	2.35	1.22	High

Recipe Ingredient / Sub-Recipe	Nutritional Ingredient	Contribution per Portion	Contribution per 100g
Carrots Whole Fine - fresh prep	Carrots, old, boiled in unsalted water	0.02	0.01
Chicken Diced 50/50 Halal	Chicken, breast, casserole, meat only	0.12	0.06
Cooking Salt	Brakes Cooking Salt 4x3kg	1.50	0.78
Green Beans Sliced Frozen	Brake Sliced Green Beans (350051) 2.5kg	0.00	0.00
Milk Semi Skimmed	White sauce, savoury, made with semi-skimmed milk, homemade	0.05	0.03
Onions Cooking	Onions, fried in sunflower oil	0.00	0.00
Paste Korma Knorr	Knorr Korma Paste 4x1kg	0.66	0.34
Pepper Ground Black	Brakes Ground Black Pepper 6x500g	0.00	0.00

+ Sodium mg 940.11 487.10

Rows: 11

Reference Standards

- ▶ Multiple reference standards can be held in the software for you to measure your menu and recipes against
- ▶ Input a personalised reference standard
- ▶ Reference standards will show whether nutritional elements are measured on a daily or weekly standard and will be reflected in your reports

Wide range of menu reports allowing you to view the overall nutritional content as well as daily amounts.

Menu Cycle Nutrition

Filters

Client: *
Sample Client

Menu Cycle: *
Sample Menu 2017

Consumption Location: *
Dinning Room

Week:
1

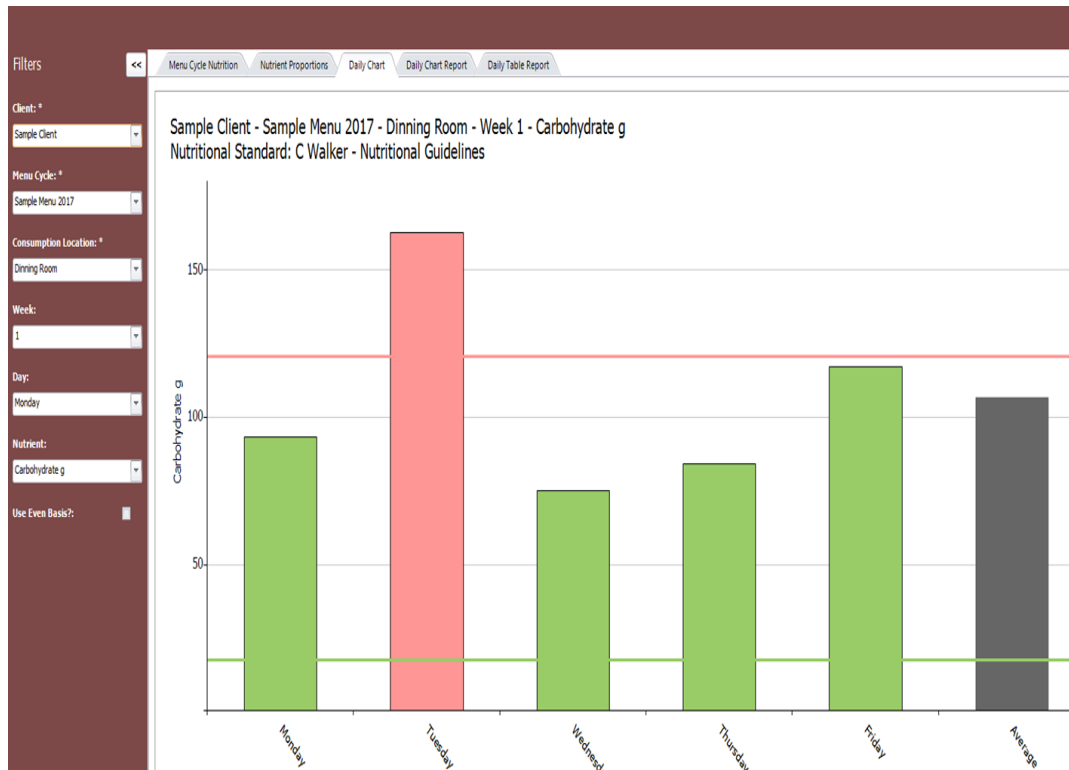
Day:
Monday

<< Menu Cycle Nutrition Nutrient Proportions Daily Chart Daily Chart Report Daily Table Report

	Week No	Day	Nutrient	Daily Average	Vs Reference Standard	
▶	1	Monday	Energy Kcals	945.9	Above Standard	Menu Cycle Breakdown >>
	1	Monday	Energy KJ	3,961.6	No Guideline	Menu Cycle Breakdown >>
	1	Monday	Total Fat g	39.9	No Guideline	Menu Cycle Breakdown >>
	1	Monday	Saturated Fat g	9.9	Within Standard	Menu Cycle Breakdown >>
	1	Monday	Carbohydrate g	93.3	Within Standard	Menu Cycle Breakdown >>
	1	Monday	Total Sugars g	27.8	Above Standard	Menu Cycle Breakdown >>
	1	Monday	Dietary Fibre g (AOAC Basis)	8.8	Within Standard	Menu Cycle Breakdown >>
	1	Monday	Dietary Fibre g (NSP Basis)	6.7	No Guideline	Menu Cycle Breakdown >>
	1	Monday	Protein g	50.0	Above Standard	Menu Cycle Breakdown >>
	1	Monday	Salt g	4.0	Above Standard	Menu Cycle Breakdown >>
	1	Monday	Sodium mg	1,601.8	Above Standard	Menu Cycle Breakdown >>

Rows: 11

Daily chart report: an extremely useful at-a-glance tool to review the nutritional menu content. One-click on any nutrient column reveals the background information.



Menu Cycle Breakdown

Filters

Client: *
Sample Client

Menu Cycle: *
Sample Menu 2017

Consumption Location: *
Dining Room

Week:
1

Week	Day	Menu Item	Nutrient	Amount Per Portion
1	Tuesday	Chicken Korma	Carbohydrate g	9.5
1	Tuesday	Quorn Korma	Carbohydrate g	10.4
1	Tuesday	Broccoli	Carbohydrate g	3.5
1	Tuesday	Cauliflower	Carbohydrate g	2.4
1	Tuesday	Salad Bar	Carbohydrate g	2,239.6
1	Tuesday	Basmati Rice	Carbohydrate g	42.4
1	Tuesday	Apple Crumble with Custard	Carbohydrate g	111.5
1	Tuesday	Daily Fruit Selection	Carbohydrate g	1,915.0

Rows: 8

Summary

- ▶ The new module is fully integrated with our catering management software.
- ▶ Live data allows for minimal input and maintenance.
- ▶ Different reference standards can be selected to measure your recipes and menus against, ensuring that you remain compliant within your industry.
- ▶ **Contact us:**
- ▶ **Anita Carthew, Business Development Director**
- ▶ **M: 07590 183832**
- ▶ **E: anita.carthew@inhousemanager.com**

