

Nutrition Analysis

STEP 4:

Make Adjustments for Processing

Until this step you have accounted for the nutrient values prior to processing. Processing can affect the nutrient content in important ways. For example:

- If you are simmering a sauce, soup or other item, you will need to enter a moisture adjustment to account for the water evaporation.
- If you are baking an item such as a cake, cookies or muffins, you will need to enter a moisture adjustment to account for the water evaporation.
- If you are deep-fat or pan-frying an item, the specific frying oil needs to be treated as a separate ingredient and entered in your list of recipe ingredients according to the amount absorbed. However, the fried item will lose moisture as it absorbs fat. This moisture loss needs to be entered at this step.
- Some vitamins are not retained during cooking and storage. The vitamin losses should be accounted for during this step.

Your production data will inform you how to account for many of these processing changes. In some cases, you may need laboratory analysis to provide additional guidance for processing adjustments.