

Nutrition Analysis

STEP 6:

Perform the Due Diligence Checks

Now that you have the nutrient profile for your finished product on a per serving basis, you need to perform the due diligence checks to ensure correct calculations. To ensure your nutrient profile is accurate, you'll need to answer "yes" to the following questions:

- Does your spreadsheet report contain a value in every cell?
- Does the total for proximates equal 100%?
- Do the calories make sense in the context of 4-4-9 formula, Atwater factors, or another FDA-allowed method for calorie calculation?
- Do the fat components (saturated, monounsaturated, polyunsaturated, trans) make sense in the context of total fat?
- Do the carbohydrate components (dietary fiber, sugars, sugar alcohol, other carbohydrates) make sense in the context of total carbohydrate?

The "check data" feature in the *Genesis R&D* software can help you validate your nutrition analysis results.

