

# Nutrition Analysis

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## **STEP 8:**

### **Triple-check Your Work**

Once your nutrition analysis results are in final form (Nutrition Facts Panel for a packaged product or a Nutrition Information Guide for a restaurant menu), make sure your values pass the “common sense” test.

Use your knowledge of food composition to review all nutrient values again. For example, it makes sense that you would expect to see higher calories, fat, etc., for a chili cheeseburger than a plain hamburger assuming the burger and bun sizes are the same.