

# Nutritional Panel Calculator Instructions

1. Go to the following link:

<https://www.foodstandards.gov.au/industry/npc/Pages/Nutrition-Panel-Calculator-introduction.aspx>

2. Click the following button



3. Select I have read the terms and conditions and then click OK.
4. Create recipe by adding ingredients and amounts.  
The first step of creating your NIP is to search for the ingredients you use in your recipe to make your final product.

**STEP 1** Create recipe by adding ingredients and amounts

ice cream Close Search

**FSANZ Ingredients**

Show 5 Ingredients

Food Name	Energy (kJ)	Protein (g)	Fat (tot) (g)	Fat (Sat) (g)	Carb (tot) (g)	Sugars (g)	Sodium (mg)	Actions
Ice cream, reduced fat, low carbohydrate (carbohydrate approximately 5%), vanilla flavour	368	2.8	3.3	2.2	7	4	70	+
Ice cream, regular fat, chocolate flavour	784	3.6	10.3	6.8	20	18	51	+
Ice cream, low fat (fat is less than 4%), vanilla flavour	516	4.6	3.1	2	19	19	69	+
Ice cream, rich (fat greater than 12.5%), vanilla flavour	951	4	14.4	9.5	20.6	20.6	55	+
Food ID: 09D10031 Description: Vanilla ice cream with a fat content of greater than 12.5%. PFK ID: F004507 Specific Gravity: 0.63								
Ice cream, regular fat, vanilla flavour	806	3.7	10.6	7.2	20.5	18.4	48	+

Showing 11 to 15 of 25 ingredients (filtered from 2,533 total ingredients) Previous 1 2 **3** 4 5 Next

**Your Custom Ingredients**

Show 5 custom ingredients

Food name	Energy (kJ)	Protein (g)	Fat (tot) (g)	Fat (Sat) (g)	Carb (tot) (g)	Sugars (g)	Sodium (mg)	Actions
My ice cream	950	3.8	14.1	9.8	20.3	20.3	58	+

Showing 1 to 1 of 1 custom ingredients (filtered from 6 total custom ingredients) Previous **1** Next

- Once you add your ingredients, enter the amount of each ingredient. You must enter amounts in grams, kilograms, millilitres or litres. You'll need to convert common household measures such as cups or tablespoons into one of the available units.

**STEP 1** Create recipe by adding ingredients and amounts

ice cream + Create custom ingredient Clear all ingredients

Amount	Unit	Specific gravity	Food name	Energy (kJ)	Protein (g)	Fat (tot) (g)	Fat (Sat) (g)	Carb (tot) (g)	Sugars (g)	Sodium (mg)	Actions
<i>Values in this table indicate how much each ingredient contributes to the components per 100 g of the recipe before adjustments are made in Step 2 and Step 3. Creating a custom ingredient that is a liquid? Read about specific gravities in the User Guide. Note that the NPC will use the ingredient's specific gravity to convert the values for liquid ingredients entered as millilitres or litres into grams</i>											
1	L	1.03	Milk, cow, fluid, regular fat (fat approximately 3.5%)	197.97	2.31	2.31	1.50	4.22	4.22	24.49	
250	g		Banana, cavendish, peeled, raw	65.72	0.23	0.05	0.00	3.24	2.11	0.00	
60	g		Beverage base, malted milk powder	63.25	0.46	0.29	0.13	2.64	1.73	14.66	
300	mL	0.58	My ice cream(C)	109.18	0.44	1.62	1.13	2.33	2.33	6.67	
Total per 100 g				436.12	3.44	4.27	2.76	12.43	10.39	45.82	

FSANZ ingredient Custom ingredient (C)

- Now that all of your ingredients have been added to your recipe, keep the initial weight the same as the final weight to keep it simple.

Amount	Unit	Specific gravity	Food name	Energy (kJ)	Protein (g)	Fat (tot) (g)	Fat (Sat) (g)	Carb (tot) (g)	Sugars (g)	Sodium (mg)	Actions
<i>Values in this table indicate how much each ingredient contributes to the components per 100 g of the recipe before adjustments are made in Step 2 and Step 3. Creating a custom ingredient that is a liquid? Read about specific gravities in the User Guide. Note that the NPC will use the ingredient's specific gravity to convert the values for liquid ingredients entered as millilitres or litres into grams</i>											
1	L	1.03	Milk, cow, fluid, regular fat (fat approximately 3.5%)	231.99	2.71	2.71	1.75	4.94	4.94	28.70	
200	mL	0.56	Ice cream, regular fat, vanilla flavour	69.87	0.32	0.92	0.62	1.78	1.60	4.16	
150	g		Banana, cavendish, peeled, raw	46.21	0.16	0.03	0.00	2.28	1.49	0.00	
Total per 100 g				348.07	3.19	3.66	2.37	9.00	8.03	32.86	

FSANZ ingredient Custom ingredient (C)

**STEP 2** Enter recipe weights

*Has your recipe gained or lost moisture? Read about weight change factors in the User Guide.*

Initial weight: 1292.00 g Final weight: 1292.00 g Weight change: 0 %

7. The final step is to enter the Serve size and how many serves are in the amount that you have entered into the recipe calc.

**STEP 3** Generate Nutrition Information Panel (NIP)

*Creating a recipe that is a liquid? Read about specific gravities in the User Guide.*

Serve size: 110 g Serves per package: 3

8. Click the following button to generate your NIP and save for later

