

## **Calorie and Saturated Fat Tool Media Site Script**

### **Slide 1:**

Hello my name is Jessica Mottilla and I am a Public Health Nutritionist for The School Nutrition Team at DPI. The following media site training gives a comprehensive overview about how to use the Calorie and Saturated Fat Tool for Recipe Analysis.

### **Slide 2:**

With the changes to the NSLP effective July 1, 2012, calculating calories and saturated fat quantities for each item served is imperative to make sure your meals are fitting within the range requirements. We realized that this can be a cumbersome and overwhelming task for all schools, and especially the schools who do not have Nutrient Analysis software systems. For some products, this nutrition information can easily be found on product Nutrition Fact Labels. Today you will learn how to find and interpret the information that is provided for you on these labels. On the other hand, some products do not provide this information as easily, and it will be up to you to do a little detective work. For this, we would like to introduce and provide a brief overview of the USDA Nutrient Database, which can be a great tool for you. Finally, for some products, the Nutrition Facts Label is nowhere to be found. These include homemade items, or those that you make from scratch, like; homemade breads, side dishes such as potato salad or macaroni and cheese and entrees such as meat sauce for spaghetti. For these we have made a quick and easy Recipe Calculator that will help you determine what you need to know about your favorite recipes.

We hope that through the use of these tools, you will be better equipped to calculate, manage, and organize the caloric and saturated fat information for all products served.

### **Slide 3:**

During today's training we will first review how to read a nutrition label. Next, we will review an example recipe that will be investigated for calories and saturated fat throughout the training. Following this, we will discuss how to find nutrient information through labels on a container or package, USDA Brown Box Nutrient Fact Sheets, State Processed Nutrient Fact Sheets, and the USDA Nutrient Database. Throughout the training we will be working through calorie and saturated fat calculations for large quantities found in bulk recipes. Finally, we will review the Excel Calculator for Calories and Saturated Fat.

### **Slide 4:**

The nutrition facts labels will provide you with all of the information you need and more! Once you have gathered all of the nutrition facts labels for your recipe, you should go through them one at a time to determine the amount of calories and saturated fat that they contribute to your recipe.

The first thing to look at on the nutrition facts label is the serving size. All of the information provided on the label is for that serving size listed. Continue down the label to see the calories and saturated fat. Please note sodium as this is also listed and something you should be aware of.

### **Slide 5:**

Here is the recipe we will be discussing throughout the rest of this presentation. Please note the amount of ingredients in the recipe. They are very large. 10 pounds of pork-taco filling, 3 cups of salsa and so on.

**Slide 6:**

Here is an example of a shredded cheese nutrition label with a serving size of  $\frac{1}{4}$  cup. Our recipe calls for 2  $\frac{1}{2}$  pounds or 10 cups, so we now want to figure out the number of  $\frac{1}{4}$  servings in our recipe. To do this, we should divide the total number of cups of shredded cheese in the recipe, which is 10, by the serving size,  $\frac{1}{4}$  or .25 cups. This tells us that there are 40-  $\frac{1}{4}$  cup servings in our recipe. Using this information, we can multiply the calories and saturated fat by 40. This gives us 4400 calories and 240g of saturated fat from the shredded cheese in our recipe.

**Slide 7:**

You may also be using USDA foods in your recipes. Nutrition fact sheets for these items can be found on our website, and the link is shown on the screen ([http://fns.dpi.wi.gov/fns\\_factsheet](http://fns.dpi.wi.gov/fns_factsheet)).

**Slide 8:**

For this recipe, we will be using USDA Brown Box Foods Refried Beans. After following the steps on the previous page, I will click "Vegetables/Fruits By Material Title" to find the product. Under this category there are several types of beans listed. Select "Beans, Canned, Refried, Dry, #10," as that is the product we are using. The product information will appear on the web page like you see on the screen. You may use this information to calculate the calories and saturated fat amounts the refried beans add to this recipe.

**Slide 9:**

Next, we will work through a State Processed food example. The link to this information is found on the screen. [http://fns.dpi.wi.gov/fns\\_factsheet](http://fns.dpi.wi.gov/fns_factsheet)

**Slide 10:**

For this recipe, we will be using the State Processed Food item of reduced fat pork taco filling. The serving size on the fact sheet is 3.17 oz. Our recipe calls for 10 lbs of the pork taco filling, so we want to figure out the number of 3.17 oz servings in our recipe. Again, we want to divide the total amount of taco filling in the recipe, which is 10 lbs by the serving size, 3.17 oz. To begin, let's convert the 10 lbs to ounces. Since there are 16 oz per pound, if we multiply 10 lbs by 16 oz, this is equal to 160 oz of taco filling in the recipe. 160 oz divided by 3.17 oz give us 50.47- 3.17 oz servings in the recipe. Using this information, we can multiply the calories and saturated fat by 50.47. This gives us 5602.17 calories and 85.8 g of saturated fat from the pork taco filling.

All of your food products come with a nutrition facts label attached. In the case where you cannot find the nutrition facts label, please contact the manufacturer or food supplier. However, for items that can be found in the Food Buying Guide, you are able to use other resources such as the USDA Nutrient Database, to get the estimated calories and saturated fat grams for the product.

**Slide 11:**

For our example recipe, we were able to use the nutrition facts label for the calories and saturated fats for the cheddar cheese, refried beans and pork taco filling. We didn't have the nutrition facts labels available for the salsa or tortillas. It is important to note that you should only use the USDA Nutrient Database for products that are found in The Food Buying Guide. For processed products such as pizza, breaded chicken patties and pre-made meatballs, you should contact the manufacturer or your vendor to get accurate nutrient data about them. This will give you the most accurate calorie and saturated fat information. If you cannot find the nutrition facts label for one reason or another, this is the second best way to find the calories and saturated fats. The first step is to go to the website listed on this slide. Once you are at the homepage for the USDA Nutrient Database you'll see you are able to type in a food to

search for in the 'Food List'. This list has thousands of common food items that are also found in The Food Buying Guide.

**Slide 12:**

For our recipe, I need to find the calories and saturated fat information for 3 cups of salsa. I type in 'SALSA' in the search column and click enter. The USDA Nutrient Database returns my search with a number of salsa options. Here I choose the BEST possible match to what I am using in my recipe. The most similar entry is "sauce, salsa, ready to serve." When I click on this, am brought to the page listed on this screen. .

**Slide 13:**

In this screen you are able to manipulate the amount used in your specific recipe by typing in the column at the top and center of the table. Since we want 3 cups, I type '3' into the column where it has Cups listed. The other two columns showing units in grams and cans will remain the same. After typing in "3," click enter on the keyboard to update the information.

**Slide 14:**

Now that I have the correct amount of salsa for my recipe, I'll record the nutrition information I need; the calories and saturated fat. On the USDA Nutrient Database, Calories are equal to 'Energy'. Next I need to locate the amount of saturated fat. I will scroll down to the very bottom of the webpage where the fat information is located. Much like energy=calories, fat=lipids/fatty acids on this website.

**Slide 15:**

Next, I will retrieve data for my 8" tortilla the same way that I found my refried beans. This information, along with all of the other nutrient information found on previous slides can now be added to the master recipe sheet.

**Slide 16:**

The Public Health Nutritionists have developed a tool on Excel to help aid you in adding your calories and saturated fat gram amounts together when evaluating a recipe. There are four tabs on the Calorie and Saturated Fat Tool. The first is a directions page. Please refer to this tab if you are confused at any point when trying to use the document. The second tab is a blank recipe area for you to list your recipe. The third tab is an example of a recipe we investigated for calories and saturated fat. Finally, the fourth tab is a single-serving recipe template for items such as a sandwich or pre-made salad.

**Slide 17:**

When filling out this template you should first type in the number of servings that your recipe creates. It is imperative that you fill out this box. If you do not, you will not be able to see the calories and saturated fat per serving.

**Slide 18:**

Next, type in the ingredient you are entering information for under the "Ingredient" column. Continue through the Excel document column by column, entering the **total** amount of that ingredient that is used in the recipe, the **total** calories for that ingredient in the recipe, and finally the **total** grams of saturated fat for that ingredient in the recipe. Please remember that you need to enter the total amount. Although these numbers seem very large, the Excel document will be dividing the total servings into the final amount. Also, because we are just concerned with foods that add calories and saturated fat to the recipe, there is no need to enter herbs or spices in the calculation.

**Slide 19:**

Once you have filled out information for all of the ingredients, scroll down to row 19. In this row you will see the total calorie and saturated fat grams per RECIPE. This number may seem large, but that is okay! The next row, row 20 will list the totals per SERVING. And, you're done!

**Slide 20:**

If you have any further questions or concerns please contact any of the Public Health Nutritionists listed here for assistance.

**Slide 21:**

Thank you for viewing this training on the new Calorie and Saturated Fat Tool for Nutrient Analysis.