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REGISTERED DIETITIAN

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Nutritional Analysis Worksheet, Continued.

If so, what percentage of moisture did the product have *before* frying? _____ %

What percentage did the product have after frying? _____ %

What type of oil/fat did you use for frying? _____

How many items/units did you fry? _____

What was the total weight of the product before frying? _____

What was the total weight of the product after frying (before adding any additional ingredients to the product)?

Total weight of the oil before frying? _____

Total weight of oil after frying? _____

Date _____

Signature _____



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Instructions for Completing the Nutrition Analysis Worksheet

1. Detailed description of Ingredient(s) -- Please provide as much detail as possible. For example,
For chicken, the description should read:
 - a. Chicken breast, white meat only, no skin
 - b. Chicken, thigh, with skin and bone
 - c. Etc...For Oil, the description should read:
 - a. Extra virgin olive oil
 - b. Partially hydrogenated oil
 - c. Etc...
2. Include all Nutritional Labels, ingredient statements for items that are not standard, such as eggs.
3. In documenting the amount of the ingredient, please be precise with the weights and indicate the amounts in either volumes or weights accordingly.
4. Processing methods need to be indicated. If this item is fried a more detailed description will be needed (see appropriate form).

It is important to be very specific and accurate with all of the measurements and ingredients in your recipe. The nutrition analysis will be affected if any of the items descriptions or weights and volumes are not reported correctly.