

Recipe Calculator Manual

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1. Introduction

Recipe Calculator software can be used to calculate nutrient values and Pyramid Food Group values for the Recipe/ Food/ Multi-Ingredient food. The nutrient values and Pyramid Food Group values for the recipe can be saved in the database. User can use the recipe data in our softwares Nutrioptimizer, Nutriadder for the design of Diet Plan.

Multi-Ingredient food contain ingredients from more than one Pyramid Food Group.

To compute the amount of each food group present in the food it is necessary to disaggregate multi-ingredient food and assign them to the specific Pyramid Food Group.

This recipe calculator can be used to arrive at Pyramid Food Group weights contained in 100 g of the recipe.

[The Food Group values in normal foods will help to arrive at the weights of each of the Pyramid Food Groups in the Diet Plan and also to compare the results with Pyramid Food Group Recommendations.]

Recipe Calculator

The screenshot shows the 'Nutrioptimizer' application interface. The top navigation bar includes 'New Food', 'Edit Food', 'Diet', 'Recipe Calculator1', 'Recipe Calculator2', and 'Help'. The 'Recipe Calculator2' tab is active. The 'Food Details' section on the left contains fields for 'Food Name' (Spinach with Dal (Palak Dal)-1), 'Food Type' (India), 'Food Category' (Breakfast, Lunch, Dinner, Snacks), 'Database to Store' (RecipeFoodData1), 'Net Weight' (2750 g), 'Net Volume' (ml), 'Serving Size' (70 g), 'No Of Pieces for NetWeight' (70), and 'Grams Per Serving' (70 g). The 'Ingredient Search' section on the right shows a 'Data' dropdown set to 'India', a 'Category Name' dropdown set to 'Cereals And Millets', and a list of ingredients including Amaranth seed, Barley, Jowar, Maize, and Quinoa. Annotations with arrows point to various fields: 'Select Food Category' points to the 'Food Category' dropdown; 'Enter Food Type' points to the 'Food Type' dropdown; 'Select Food Name' points to the 'Food Name' text field; 'Select Recipe Calculator 2 to arrive New Food Data from Ingredient list' points to the 'Recipe Calculator2' tab; 'Enter Net weight (After Cooking Weight)' points to the 'Net Weight' field; 'Enter Serving Size' points to the 'Serving Size' field; 'Select grams or ml or no' points to the 'Net Volume' field; 'Select Data Base from the drop down box The available databases are 1. India 2. India Raw 3. USDA SR28 4. USDA FPID' points to the 'Database to Store' dropdown; 'Select Database to Store in the drop down box' points to the 'Database to Store' dropdown; 'Enter Grams per Serving' points to the 'Grams Per Serving' field; 'Enter No of Pieces for the Net weight' points to the 'No Of Pieces for NetWeight' field; 'Select the category Name from the category name drop down box' points to the 'Category Name' dropdown; and 'Enter Ingredient name for search' points to the 'Ingredient Search' text field.

In the main screen, user can see the “Recipe Calculator2” tab. On clicking the tab user can see the drop down options of “Create” & “Edit”.

Select “Create” option to create a recipe. Select “Edit” to recall the recipe data for further modification.

On clicking “Create” Option the “Recipe Calculator” screen will be displayed.

2. Food Details

2.1 Enter food name in “Food Name” text box.

2.2 Under “Food Type”, Click the Drop down menu and choose “India”/ “US”.

2.2.1 If user want to add New “Food Type” click “Add” link.

2.2.2 “Food Type” screen will be displayed.

2.2.3 Enter the food type in “Enter Food Type” text box.

2.2.4 Click “Add” button the food type will be stored.

2.3 “Food Category”, Choose appropriate option.

2.4 “Database to Store” , Choose appropriate database for storing the computed data.

2.4.1 “Database to Store” dropdown box contains the following names India, India (USDA), Recipe Food Data 1, Recipe Food Data 2, Recipe Food Data 3, Recipe Food Data 4, Recipe Food Data 5.

2.4.2 The user can change the following names.

2.4.3 The Recipe Food Data 1, Recipe Food Data 2, Recipe Food Data 3, Recipe Food Data 4, Recipe Food Data 5.

2.4.4 For example select “Recipe Food Data 1” then click “Modify” button. The dialog box appear on the screen. It contains “Old Recipe Database Name” text box and “New Recipe Database Name” text box.

2.4.5 Enter new name in the “New Recipe Database Name” text box and click “Change”.

2.5 “Net Weight”- Enter the net weight of the recipe (Cooked weight).

2.6 “Net Volume”- Enter the net volume of the recipe in the case of liquid food (Cooked Volume).

2.7 “Serving Size”- Select the appropriate Serving Size.

2.8 “No. of pieces for Net Weight”- Enter the no. of pieces prepared based on the recipe.

2.9 “Grams per Serving”- Indicate the grams per serving.

3. Ingredient Search

3.1. “Data”-Select India Raw/USDA – SR28 /USDA with FPID database/ India as a source for the recipe & ingredients

3.2. “Category Name”- For each of the “Ingredients” in the recipe, choose the appropriate category name.

3.3. Enter the name of the ingredient chosen(under the Category) in the “Ingredient Search” text box.

3.4. Click the “Search” button

3.5. Click on the required ingredient from the displayed list “Right click” and point to “Add to Recipe Grid” and click again.

3.6 Now this “Ingredient” has been added to the “Ingredient Details” Table.

3.7 Similarly all the Ingredients are to be added to the “Ingredient Details” Table.

4. Ingredients Details Table:

Click the delete option if the ingredient is not needed

Ingredient Name List

Pyramid Food Group Quantity in each Food Group for 100gm of ingredient

For Spinach is Vegetable group 100gm Spinach 100gm of Vegetable group

Ingredient Quantity in grams

Calories Macro and Micro Nutrient Values as per the ingredient quantity

Ingredient Details																				
Delete	Ingredient Name	Pyramid Food Group For 100g							Grams(g)	Calories(kcal)	Carb(g)	Protein(g)	Fat(g)	SFA(g)	MUFA(g)	PUFA(g)	Cholesterol(mg)	Fiber(g)	Sugar(g)	
		G	V	F	H	P	O	SF												
	Green gram, dal (Phaseolus aureus)					100			300	977.27	157.77	71.64	4.05	0.74	0.11	1.6			28.11	2.85
	Spinach (Spinacia oleracea)	100							1635	398.58	33.52	34.99	10.46	2.99	0.7	4.82			38.91	3.92
	Chilies, green-1 (Capsicum annuum)	100							20	9.13	1.26	0.52	0.15	0.03	0.01	0.09			0.97	0.14
	Onion, big (Allium cepa)	100							70	33.63	6.69	1.05	0.17	0.04	0.03	0.07			1.72	4.12
	Tomato, ripe, local (Lycopersicon esculentum)	100							150	29.4	4.06	1.35	0.7	0.12	0.09	0.31			2.66	2.01
	Sunflower oil						100		75	675			75	8.54	19.47	46.99				
	Salt, table	0	0	0	0	0	0	0	5	0	0	0	0	0	0	0	0	0	0	0
	Beverages, water, tap, municipal	0	0	0	0	0	0	0	300	0	0	0	0	0	0	0	0	0	0	0
Net Wt: 2750 Total 2555 2123.01 203.3 109.55 90.53 12.46 20.41 53.88 0 72.37 13.04 15																				
Per Serving 70 54.04 5.17 2.79 2.3 0.32 0.52 1.37 0 1.84 0.33 3																				
Per 100g 100 77.2 7.39 3.98 3.29 0.45 0.74 1.96 0 2.63 0.47 5																				

Net weight of the Food / Recipe after Cooking

Per serving row gives Per serving gm values and the Nutrient values

Per 100gm of food Nutrient & Food Group Values

Calculate

Back

Total Weight of all ingredients

In this Table under the Ingredient Name, all the ingredients added to the recipe are listed.

4.1 “Pyramid Food Group for 100 gm of ingredient” columns

Whenever ingredient of the recipe is added to the “Ingredient Details” Table the “Pyramid Food Group for 100gm of Ingredients” columns display that ingredient’s disaggregated Pyramid Food Group values in 100 gm of the ingredient.

Along with nutrient values, Food Group values are available in the Database “India”, “USDA with FPID” and “India Raw”, so when selecting ingredients from these databases, auto display of Pyramid Food Groups in the “Pyramid Food Group for 100gm of Ingredients” columns is done.

In cases where the Pyramid Food Groups are not displayed (from the database) the Pyramid Food Group values have to be entered manually. In the USDA Raw (i.e. USDA SR28) the Food Group values are not available, so if user choose this database then user has to enter the Food Group values manually.

4.2. ‘Grams(g)’

The quantity (in grams) of the particular ingredient contained in the recipe is to be entered against each of the ingredients.

4.3 Calories+ Macro + Micro nutrients

The subsequent columns display the Calories, Macro and Micro nutrient values contained in the chosen quantity ('Grams(g)') of each ingredient.

4.4 At the bottom of the "Ingredient Details" Table, the "Net Weight" of the recipe is displayed.

4.5 In the "Total" row the "Total Weight", "Total Calories" and the "Total values of Macro & Micro nutrients" of all the ingredients chosen for the recipe is displayed.

4.6 A delete option for the ingredients is provided. If the ingredient is not needed then click Red button to delete the ingredient.

4.7 After adding all the ingredients and their respective quantities for the recipe click the "Calculate" button.

4.8 The details of Weight, Calories, Macro / Micro nutrients for "Total" , "Per Serving" and "Per 100g" are also displayed in the respective rows.

5. Food Group values :-

5.1 After clicking the “Calculate” Button in the “Ingredients Details” Table under the Sub heading of “Pyramid Food Group % in Food”, user can see for each ingredient the % of each Pyramid Food Group in the Food / Recipe.

(By clicking the Text Box of “Show Pyramid Food Group for 100 gm of Ingredient” user can see for each ingredient the disaggregated Food Group values for 100 gm of Ingredient . For rice in the “Grains” i.e. “G” column user can see as 100. This means 100 gm of rice is in Grain Food Group and the value is 100 grams of Grains.)

5.2 Each of the ‘Pyramid Food Group’ and its respective content in 100 gm of the Food / Recipe are displayed as a New Table, Pyramid Food Group Table.

5.3 Below the Ingredient Details Table user can see the Pyramid Food Group table

For Food Name : “Idli” the Pyramid Food Groups and their values are displayed in the New Table.

Food Name : Idli

Pyramid Food Group	For 100g of Idli
Grains (G)	40.4
Vegetables (V)	0
Fruits (F)	0
Dairy & Milk Products (M)	0
Protein(Meat & Bean) (P)	12.1
Oil (O)	0
Solid Fat (SF)	0
Added Sugar (S)	0

6. Save option

On clicking the ‘Save’ button the computed data of the Recipe stored in the location as chosen under “Database to Store” option against the Selected ‘Food Category’

7. Clear option

Clicking the ‘Clear’ button clears all the entered and computed recipe data.

8.Edit option

Nutrioptimizer Logged in as admin admin | Change Password | Logout
Your License will expire within 27 days

New Food Data | Edit/Import Food Data | Diet | Recipe Calculator1 | Recipe Calculator2 | Help

Food Search

TableName In DB: India | Food Category: Breakfast | Food Type: | Food Name: idli Search

Food Table

Delete	Edit	Food Name	Food Group	Food Type	Net Weight (g)	Grams Per Serving (g)	Calories(kcal)	Carbs(g)	Protein(g)	Fat(g)	SFA(g)	MUFA(g)	PUPA(g)	Cholesterol(mg)	Fiber(g)
		Idli-2	Breakfast,Dinner	India	519	115.33	132.83	27.21	4.48	0.32	0.07	0.04	0.13	0	2.23
		Idli	Breakfast,Dinner	India	1179	63.73	183.18	37.77	6	0.42	0.11	0.07	0.19	0	2.58

The saved details of a recipe may be altered by going to the “Nutrioptimizer” Screen and choosing the “Edit” option under “Recipe Calculator2” tab.

8.1. A “Food Search “ table appears on the screen.

Select details under

- Table Name in DB
- Food Category
- Food Type

Enter the Food Name in “Food Name” text box (Recipe Name)

8.2. Click the “Search “ button

“Food Table” appears with the name of the Food / Recipe.

8.3. Click the “Edit “ link

The recipe data as entered earlier is displayed

Any desired alteration in the entered data can be made.

After all the required editing of data has been completed hit the “ Calculate” button to see the new result.

This new result can be saved in the same earlier location by choosing the “Update” button. In case of not wanting to store the edited data, the original data can be retained in the database by clicking “Back” tab.

8.4. “Delete” option :

If the recipe data is not needed click the ‘Delete’ button, the recipe data will be deleted from database.