

Nutritional Information

February 2022



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Exporting the Nutritional Information csv file

Here you will be able to export a csv file that can be passed to suppliers. Once completed it can be imported into Enterprise.

Steps:

- 1. When in Stock Admin navigate to Importer on the left-hand menu.
- 2. Select Nutrition
- 3. Select your Enterprise and supplier.
- 4. Export the csv file
- 5. Retrieve the file from your downloads

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| STOCK ITEMS | | | | | | | | | | | | | | Guide | |
| ARCIPIS | Demo | Company | | | - 333 FOO | DS | | | Ŷ | 🛓 Export Template | | + Selec | t Template | | |
| MENUS | | | | | | | | | | | | | | | |
| SOPPLIERS | Supplier | Stock Category | Supplier Product | Pack Size | Volume/Weight (g) | Energy (KJ) | Energy (Kcal) | Fat (g) | Carbohydrate (g) | Saturates (g) | Sugars (g) | Protein (g) | Fibre (g) | Salt (g) | |
| SALE ITEMS | | | | | | | | | | | | | | | |
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| NutritionTemplate | "CSV 🗠 🄇 | | | | | | | | | | | | (| Show all | × |

Completing the Nutritional Information csv template

Nutritional information and weight/volume by gram or ml should be entered by supplier item.

We require the weight of a pack size related to the supplier item to calculate Nutritional information for Batch items and Recipes. It is important that the weight of the pack size is as accurate as possible.

Attention should be paid to the default supplier items as when adding ingredients into your batch or recipe the ingredient added will use the default supplier item nutritional values of that stock item.

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Rules & Consideration:

- If there are supplier items that you don't have the information for these should be deleted from the file.
- The file will not upload if there is missing nutritional information & Weight/Volume values.
- Each row on the file will need to be completed, if you wish not to include the supplier item in the upload you will need to delete the row from the spread sheet. This will then keep its Data Status as New.

Example 1:

I only have information for Cox Apple – in the below scenario if the file is uploaded it will fail as it sees all other rows as missing data

| | G | н | 1 | J | К | L | M | N | R | S | Т | U | V | W | х | Y | Z | AA |
|----|--------------------|--------------------|----------|--------------|-------------|-----------|-------------|-------------------------------|------------|----------|------------|-----|-----------|--------------|--------|---------|-------|------|
| 1 | SupplierProduct | StockItemStockSize | PackSize | WeightVolume | ProductCode | DefaultYN | DefaultStar | DivisionCanOrder | DataStatus | EnergyKj | EnergyKCal | Fat | Saturates | Carbohydrate | Sugars | Protein | Fibre | Salt |
| 38 | COKE | BOTTLE | -24 | | | | | | New | | | | | | | | | |
| 39 | COKE | BOTTLE | -24 | | | | | | New | | | | | | | | | |
| 40 | COKE | BOTTLE | -24 | | | | | | New | | | | | | | | | |
| 41 | COKE | BOTTLE | BOTTLE | | | | | | New | | | | | | | | | |
| 42 | COKE | BOTTLE | BOTTLE | | | | | | New | | | | | | | | | |
| 43 | COKE | BOTTLE | BOTTLE | | | | | | New | | | | | | | | | |
| 44 | COKE BIB | IT | (1X7IT) | | 1753 | Y | | Demo Restaurants | New | | | | | | | | | |
| 45 | COKE DIET BIB | LT | (1X7LT) | | 1756 | Y | | Demo Restaurants, Demo Retail | New | | | | | | | | | |
| 46 | COX APPLE | EACH | EACH | 130 | | | Y | Demo Restaurants | New | | | | | | | | | |
| 47 | COX APPLE | EACH | 5KG BOX | 5000 | 114 | Y | Y | Demo Restaurants | New | 0 | 2600 | 10 | 0 | 700 | 500 | 15 | 120 | 0 |
| 48 | DAVID PRAWNEY TEMP | G | G | | | Y | Y | Demo Restaurants | New | | | | | | | | | |
| 49 | EGGS FREE RANGE M | EACH | 1X30EACH | | | | | | New | | | | | | | | | |
| 50 | FANTA ORANGE BIB | LT | (1X7LT) | | 1774 | Y | | Demo Restaurants | New | | | | | | | | | |
| 51 | FISHCAKES | EACH | EACH | | | Y | | Demo Restaurants | New | | | | | | | | | |
| 52 | FLOUR ITALIAN | KG | KG | | | | | | New | | | | | | | | | |
| 52 | ELOUR OAT | VC | VC | | | | | Domo Bostourants | Maur | | | | | | | | | |

To get the file imported, all other rows will need to be deleted from the file.

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| 1 | SupplierProduct | - Sto | ckitemStockS | ii - PackSize | WeightVolun - | ProductCor - I | Default | - DefaultSt - | DivisionCanOrder | - DataStat | - Energy + EnergyK | + F + Satur | rat - Carbohydra - Su | iga - Prote | Fib - Si | |
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- No columns should be removed
- No columns headers should be changed/renamed
- When entering information for a supplier item all nutrition information and weight/volume needs to be included. If the item holds no nutritional information, then zeros should be entered.
- All items with no data (no information has ever been entered for that supplier item) will show a data status as New
- Energy: You can enter either Kcal or Kj for a supplier item, this is in the instance that you know one value and not the other. For the unknown you can enter 0 and we will work out the other when the file is imported.



Importing the Nutritional Csv Template

Steps:

- 1. When in Stock Admin navigate to Importer on the left-hand menu
- 2. Select Nutrition
- 3. Select your Enterprise and Supplier
- 4. Select "Select Template"
- 5. Browse and select the file you wish to import, and select open
- 6. The file will then validate
- 7. Once the file is validated review what you are importing
- 8. Select Import or Cancel

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| SUPPLIERS | Supplier Stock Category Supplier Product | Pack Size Volume/Weight (g) Energy (KJ) Energy (Kcal) F | at (g) Carbohydrate (g) Saturates (g) | Sugars (g) | Protein (g) | Fibre (g) | Salt (g) |
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| MENUS | Vimport X Cano | cel | | | | | | | | | | | |
| SUPPLIERS | Supplier Stock Category | Supplier Product | Pack Size | Volume/Weight (g | Energy (KJ) | Energy (Kcal) | Fat (g) | Carbohydrate (g) | Saturates (g) | Sugars (g) | Protein (g) | Fibre (g) | Salt (g) |
| SALE ITEMS | 133 FOODS FRUIT AND VEG | COX APPLE | 5KG BOX | 5000.00 | 10978 | 2609,00 | 10.00 | 8.00 | 700.00 | 500.00 | 15.00 | 120.00 | 0.00 |

Once successfully imported you will then need to approve the Nutritional values.

Approving Nutritional Values

To approve Nutritional information, you will need the user operation added to your permissions. If you don't have permission to do this, please contact support.

Steps:

- 1. When in Stock Admin select Stock Items, then Nutrition
- 2. Select your Supplier
- 3. Filter on Show Items Requiring Approval
- 4. Select the tick box "Include Unapproved Values" to see the values you imported. (Unapproved values will show in red)
- 5. Select Approve





Entering Nutritional Values manually

Nutritional values can be entered manually through the UI instead of using the csv imported method.

Steps:

- 1. When in Stock Admin, Select Stock Items and Nutrition
- 2. Select the Item you wish to enter Nutritional values
- 3. Enter your values
- 4. Select Save
- 5. Then approve your values this can also be done on the nutrition list page.





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= Has no data recorded

= Requires Approval

Entering Nutritional Information for a Recipe

If you have undergone a lab test of your dish and you have the Nutritional Values from a third party these can be entered on a recipe directly, we consider these are being manuals entries and not calculated by Enterprise.

Steps:

- 1. When in Stock Admin, select Recipes
- 2. Select the Recipe you wish to update
- 3. Select the Nutrition tab
- 4. Enter your Values

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| 📀 Demo Restaurants | € Back To R | Recipes List | Copy Recipe | Ø Delete | Recipe 🗹 | Active | | | | D | Show Re | cipe Report | ~ | Pu | ıblish |
| STOCK SIZE GROUPS | APPLE (| CRUMBLE | Ø 2 | | | | | | | | | | _ | | |
| RECIPES 1 | Recipe Category | DESSERTS 🖋 | | | | | | Prep Time | - | 0:0 | + ca | iok Time | - | 0:0 | + |
| accives | Allergens May Contain | Celery, Cereals \ | With Gluten - Bar | iey | | | | Cost % | - | 25.00% | + | GP % | - | 75.00% | + |
| DEVELOPMENT RECIPES | Suitability | No Information | | | | | | Net Price | | £50.00 | | Gross Price | | 60.0000 | |
| ALLENDERS | Cost | £12.50 | | | | | | | | | | VAT Rate | | 20 - | |
| UNLINED TO SALE ITEMS | Description | Apple Crumble | / | 3 | | | | | | | | | | | |
| CATEGORIES | Ingredients | Sale Items | Allergens | Nutrition | Notes | Final Dish Photo | Steps Photos | Cost Break | down | Menus | EPOS | Choice | 1 | | |
| CHOICES | Weight/Volume | (g/ml) | 1 | 1 | | | | | | | | | o ca | alculated 🧃 | Manual |
| MENUS | | Energy (KJ) | Energy (KCal) | Fat (g) | | Saturates (g) | Carbohydrate (g) | Sugars (g) | l. | Protein (| g) | Fibre (g) | | Salt (g) | |
| SUPPLIERS | Dish 🕘 | | | | | | | | | | | | | | |
| SALE ITEMS | %RI | | | | | | | | | | | 17 | | | |



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| zonal. | | | | | | | | | Das | hboard | Stock | Cash | Repor | ts / | Admin * |
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| STOCK SIZE GROUPS | APPLE 0 | CRUMBLE | ø 😢 | | | | | | | | | | | | |
| | Recipe Category | DESSERTS 🖋 | | | | | | Prep Time | - | 0:0 | + | Cook Time 🚯 | - | 0:0 | + |
| RECIPES | Allergens | Celery, Cereals | With Gluten - Bar | ley | | | | Cost % | - | 25.00% | + | GP % | - | 75.00% | + |
| (0.7)(2.1) | May Contain | No Information | | | | | | | | | | | | | _ |
| DEVELOPMENT RECIPES | Suitability | No Information | | | | | | Net Price | | £50.00 | | Gross Price | | 60.0000 | |
| ALLENGENS | Cost | £12.50 | | | | | | | | | | VAT Rate | | 20 - | - |
| UNLINED TO SALE ITEMS | Description | Apple Crumble | 1 | 3 | | | | | | | | | | | |
| CATEGORIES | Ingredients | Sale Items | Allergens | Nutrition | Notes | Final Dish Phot | to Steps Photos | Cost Break | down | Menus | EPO | S Choice | (| | |
| CHOICES | Weight/Volume | (g/ml) | 250 | | | | | | | | | | O Ca | lculated 🖲 | Manual |
| MINUS | | Energy (KJ) | Energy (KCal) | Fat (g) | | Saturates (g) | Carbohydrate (g) | Sugars (g) | | Protein (| g) | Fibre (g) | 3 | Salt (g) | |
| AVER OF B | Dish 🔮 | 1372 | 328 | 20 | | n | 23 | 25 | | 4 | | 2 | | 1 | |
| and the second second | %RI | 16% | 16% | 29% | | 55% | 9% | 28% | | 8% | | | 1 | 17% | |
| SALE ITEMS | | | | | | | | | | | | | | | |

*The March release will include the ability for us to calculate the nutritional information based on the Nutritional information that has been uploaded as well as the ingredients added to your recipes. We will also show the Nutritional information per 100g in the March release, please note that if you wish to view Nutritional information per 100g we will require the weight of a recipe.

% Reference Intake

As part of a healthy balanced diet, an adult's reference intakes ("RIs") for a day are:

Energy: 8,400 kJ/2,000kcal

Total fat: 70g

Saturates: 20g

Carbohydrate: 260g

Total sugars: 90g

Protein: 50g

Salt: 6g

% Reference Intake (% RI) is calculated by the nutritional information divided by recommended daily allowance expressed in a percentage.

The reference intake is representative of the Nutritional information per portion.

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