Guidance for Nutritional Analysis of Standard Menu Items

This document includes guidance for chain restaurants on nutrition labeling as required by the King County Board of Health nutrition labeling regulation.

The King County nutrition labeling regulation states that:

Chain restaurants shall perform or obtain the required calorie and nutrient analysis using reasonable bases. (Reasonable bases are any reliable and verifiable calorie and nutrient analysis of a standard menu item, which may include the use of calorie and nutrient data bases, cookbooks, laboratory analyses and other reliable and verifiable methods of analysis.) Calorie and nutrient analysis using reasonable bases is required once per standard food item, provided that portion size is reasonably consistent and the food service establishment follows a standard recipe and trains to a consistent method of preparation.

Customers will rely upon the accuracy of the nutrition information provided by chain restaurants to assist them in managing their chronic diseases, such as diabetes, heart disease, and hypertension. Many other customers will use this nutrition information to assist them in making healthier choices to prevent chronic diseases and to manage their weight.

King County chain restaurants are encouraged to use knowledgeable staff or consultants to ensure accurate nutrition information of standard menu items. This guidance contains lists of some nutrition resources which are neither exclusive nor endorsed for those chain restaurants needing assistance in locating nutritional analysis software or companies specializing in conducting nutritional analysis.

In addition, technical assistance is available from Public Health Seattle and King County to answer your questions about resources and nutrition analysis.

Contact information for submitting questions and comments:

- On-line: [www.kingcounty.gov/health/healthyeating](http://www.kingcounty.gov/health/healthyeating)
- Call: 206-205-8777
Resources for Nutritional Analysis of Standard Menu Items

• **Nutritional Analysis Software**
  Nutritional analysis using software is an acceptable method for determining the nutrition labeling information for all foods sold in chain restaurants in King County. A listing of software for nutritional analysis which is neither exclusive nor endorsed is included in Appendix A. Accurate nutritional analysis with software is dependent on training and knowledge about food preparation methods and ingredients.

• **Nutritional Analysis Companies**
  To ensure accurate nutrition information of standard menu items it is helpful to have someone knowledgeable in food science and trained in nutritional analysis conduct the nutritional analysis. Registered Dietitians, Registered Dietetic Technicians and Certified Nutritionists are examples of trained professionals available to provide this service. Appendix B contains a list that is neither exclusive nor endorsed of resources that provide nutritional analysis for the food industry. This list will continue to be updated to assist chain restaurants with current resources.

• **Laboratory Nutritional Analysis**
  Nutritional analysis using laboratory analysis is an acceptable method for providing nutrition labeling information by King County chain restaurants. It is not required that fried foods have nutritional analysis conducted in a laboratory. Appendix C contains a list of companies neither exclusive nor endorsed that provide laboratory nutritional analysis of standard menu items.

**Documentation of nutrition menu labeling information**

• The menu labeling regulation requires that chain restaurant owners or operators provide documentation of the accuracy of the nutrition labeling information for calories, total grams of saturated fat, carbohydrate and milligrams of sodium, if requested by PHS&KC staff.

• Standard abbreviations: Food establishments shall use the following standard abbreviations when not using the words “calories,” “saturated fat,” “carbohydrate,”: “Cal”, “sat fat”, and “carb”.

• Providing alcoholic beverage nutrition information: Nutrition information for each individual beverage on the menu will not be required. To be in compliance with the rule, food establishments must list in a single location on the menu or approved alternate method the following average nutrition values:
  - red/white wine - 5 ounces: 122 calories; 4 grams carbohydrate; 7 milligrams of sodium
  - regular beer – 12 ounces: 153 calories; 13 grams carbohydrate; 14 milligrams of sodium
  - light beer – 12 ounces: 103 calories; 6 grams carbohydrate; 14 milligrams of sodium
  - distilled spirits (80 proof gin, rum, vodka, or whiskey) – 1.5 ounces: 96 calories
• Include this disclaimer statement: Signature drinks or liqueurs with added ingredients may increase calorie content.

• Nutritional values may be reported as actual value or rounded.

**Accuracy of nutrition menu labeling information**

The nutrition labeling regulation states that to be in compliance, the nutrition information provided for each standard menu item must use a reasonable bases.

If there are questions about the accuracy of the nutrition menu labeling information, the chain restaurant will be required to provide the background information on nutritional analysis to the health officer. A nutrition professional on staff with Public Health Seattle & King County will provide technical assistance to the chain restaurant to resolve the question regarding the accuracy of the nutritional analysis.
APPENDIX A:

This resource list of nutrition software is neither exclusive nor endorsed. Please submit additional suggestions of nutritional analysis software used by food establishments so we can update this resource list: [www.kingcounty.gov/health/healthyeating](http://www.kingcounty.gov/health/healthyeating) or call 206-205-8777

**Nutritional Analysis Software:**

Axxya Systems  
[www.axxya.com](http://www.axxya.com)  
**Nutritionist Pro:** Food Labeling

ESHA – Genesis R&D SQL  
[www.esha.com/genesissql](http://www.esha.com/genesissql)

ESHA – Food Processor SQL  
[www.esha.com/foodprosql](http://www.esha.com/foodprosql)

FoodWorks  
APPENDIX B:

This resource list of nutrition companies is neither exclusive nor endorsed. Please submit additional suggestions so we can update this resource list:  
www.kingcounty.gov/health/healthyeating or call 206-205-8777

Brooker Laboratories  
Contact: Daniel Brooker  
1-877-545-3207  
www.brookerlaboratories.com

Contact: Cindy Farricker, MS, RD, CDE  
425-455-8595  
eatsmart@earthlink.net

Compu-Food Analysis, Inc.  
Contact: Dagmar Francis  
1-800-738-3294  
http://compufoodanalysis.com

Energyent, Inc.  
Contact: Jinny Elder  
760-632-0732  
energyent@aol.com  
www.energyent.com

Food Consulting Company  
Contact: Karen C. Duester  
1–800-793-2844  
www.foodlabels.com

Food Label Pro  
Contact: Lacey Hall RD, MPH  
312-620-0116  
www.foodlabelpro.com

National Restaurant Association  
Contact: Erica Bohm  
1-800-953-3463  
www.healthydiningfinder.com/site/operators/related
NewWellness, Inc.
Contact: Jeanine Sherry MS, RD.
206-935-1808
www.nutritionhelper.com
Newwell2@comcast.net

NutriData
Contact: Carol Pirrone, MS, RD
1-866-635-2235
www.NutriData.com
info@NutriData.com

Nutrition Resources
Contact: Christin Loudon RD, CDE
703-715-8471
nutrcons@comcast.net
www.nutritionresources.com

Nutritional Computing Concepts
Contact: Madelyn L. Wheeler MS, RD, CDE, FADA, CD
Phone and Fax: 317 873-6897
mlwheeler@ncconcepts.com

Nutrition Dynamics Northwest
Contact: Kathy Rusk RD, CD
425-269-6979
www.nutritiondynamicsnw.com
kathy@nutritiondynamicsnw.com

Nutritional Solutions
Contact: Abbey Gerstein RD, CDN, CNS
1-888-905-FOOD
www.nutrition-solutions.com

Simply Nutritious
Contact: Beverly A. Utt, MS, MPH, RD
Phone: 253-582-3356  253-229-8160
simplynutr@aol.com

TMO Menu & Nutrition Resources, Inc.
Contact: Terri Oleksyn, R.D.
Phone: 585-354-0162
E-mail: info@menunutrition.com
APPENDIX C:

This is not an endorsement of the laboratory nutritional analysis companies on this list. Prices are those provided by the company in July 2007. Since prices may change, it is best to obtain the current price from the company. Please inform us of other companies so we may add them to the list.

<table>
<thead>
<tr>
<th>California</th>
<th>Iowa</th>
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| Michelson Laboratories, Inc.  
6280 Chalet Drive  
Commerce, CA  90040  
562-928-0553  
888-941-5050  
info@michelsonlab.com  
www.michelsonlab.com | Eurofins Scientific, Inc.  
3507 Delaware  
PO Box 1292  
Des Moines, IA  50313  
515-265-1461  
www.eurofinsus.com  
AlisonTrimble@EurofinsUS.com |

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<th>Colorado</th>
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| Industrial Laboratories Company, Inc.  
4046 Youngfield Street  
Wheat Ridge, CO  80033  
303-287-9691  
www.industriallabs.net  
kinman@industriallabs.net |                                |
|                   | *Volume discount applies; send in smaller batches |

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| Northeast Laboratories, Inc.  
129 Mill Street, Suite 11  
Berlin, CT 06037  
800.654.1230  
www.nelabsct.com |                                |

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<th>Illinois</th>
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| Silliker, Inc.  
900 Maple Road  
Homewood, IL  60430  
708-957-7878  
www.silliker.com |                                |
|                   | *Volume discounts available |

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<th>Louisiana</th>
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| ITS Caleb Brett  
713-844-3263  
cbwnalabs@intertek.com  
www.intertek-cb.com |                                |
| New Orleans, LA |                                |

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<th>Maryland</th>
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| Strasburger & Siegel Inc.  
7249 National Drive  
Hanover, MD  21076  
1-800-875-6532  
1-410-712-7373  
info@sas-labs.com  
www.sas-labs.com |                                |

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| Krueger Food Laboratories, Inc  
Dana A. Krueger, President  
45 Manning Road  
Billerica, MA 01821  
978-667-6900  
dkrueger@kfl.com  
www.kfl.com |                                |

|                   | *Volume discount: 10% for >50 samples |

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<th>North Carolina</th>
<th></th>
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</thead>
</table>
| Southern Testing and Research Labs  
Kim W. Baughman, PhD, Managing Director  
3809 Airport Drive  
Wilson, NC  27896  
252-237-4175  
kbaughman@microbac.com  
www.southerntesting.com |                                |
<table>
<thead>
<tr>
<th>State</th>
<th>Address/Contact Information</th>
</tr>
</thead>
</table>
| Minnesota     | Medallion Labs  
9000 Plymouth Ave North  
Minneapolis, MN 55427  
1-800-245-5615  
info@medlabs.com  
www.medlabs.com  
**Volume discount 10-25% (progressively higher discount for larger sample volume)** |
| Nebraska      | Midwest Laboratories  
13611 B Street  
Omaha, NE 68144  
402-334-7770  
[http://store.midwestlabs.com](http://store.midwestlabs.com)  
Food Processing Center, University of Nebraska-Lincoln  
143 Food Industry Complex  
Lincoln, NE 68583-0930  
Phone: 402-472-2832  
[http://fpc.unl.edu](http://fpc.unl.edu) |
| New York      | Certified Laboratories, Inc.  
200 Express Street  
Plainview, NY 11803  
516-576-1400  
800-CERT-LAB  
[www.800certlab.com](http://www.800certlab.com)  
*Volume discount (10%+) for >10 samples* |
| North Carolina| Craft Technologies, Inc.  
4344 Frank Price Church Road  
Wilson, NC 29893  
252-206-7071  
info@crafttechnologies.com  
www.crafttechnologies.com |
| Oregon        | Bodycote FPL  
12003 N.E. Ainsworth Circle  
Suite #105  
Portland, OR 97220  
1-800-FPL-9555  
503-253-9136  
nkahl@msn.com  
[www.fplabs.com](http://www.fplabs.com)  
*20% volume discount if >50 items and shipped in batches* |
| Pennsylvania  | Microbac  
2000 Corporate Drive, Suite 350  
Wexford, PA 15090  
724.934.5030  
[www.microbac.com](http://www.microbac.com)  
info@microbac.com  
*27 locations in the East and Midwest* |
| Texas         | Analytical Food Laboratories  
865 Greenview Dr  
Grand Prairie, TX 75050  
800-242-6494  
afl@afltexas.com  
[www.afltexas.com](http://www.afltexas.com)  
*Volume discount if >10 samples* |