

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
- 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 or call 206-205-8777.

Nutritional Analysis Software:

Axya Systems

www.axyia.com

Nutritionist Pro: Food Labeling

ESHA – Genesis R&D SQL

<http://www.esha.com/genesissql>

ESHA – Food Processor SQL

<http://www.esha.com/foodprosql>

FoodWorks

www.NutritionCo.com/Foodworks.htm

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

National Restaurant Association

Contact: Erica Bohm

1-800-953-3463

www.healthydiningfinder.com/site/operators/related/index.htm

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

Contact: Terri Oleksyn, R.D.

Phone: 866-579-6368

E-mail: info@menunutrition.com

www.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.

California

Michelson Laboratories, Inc.
6280 Chalet Drive
Commerce, CA 90040
562-928-0553
888-941-5050
info@michelsonlab.com
www.michelsonlab.com

Colorado

Industrial Laboratories Company, Inc.
4046 Youngfield Street
Wheat Ridge, CO 80033
303-287-9691
www.industrialabs.net
kinman@industrialabs.net
*Volume discount applies; send in smaller batches

Warren Analytical Laboratory
650 "O" Street
Greeley, CO 80631
970-475-0252
800-945-6669
kates@warrenlab.com
www.warrenlab.com
*Volume discount applies (about 10%)

Connecticut

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

Illinois

Silliker, Inc.
900 Maple Road
Homewood, IL 60430
708-957-7878
www.silliker.com
*Volume discounts available

Iowa

Eurofins Scientific, Inc.
3507 Delaware
PO Box 1292
Des Moines, IA 50313
515-265-1461
<http://www.eurofinsus.com>
AlisonTrimble@EurofinsUS.com

Louisiana

ITS Caleb Brett
713-844-3263
cbwnalabs@intertek.com
www.intertek-cb.com
New Orleans, LA

Maryland

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
*Possible volume discount

Massachusetts

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

North Carolina (Continued)

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

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
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/>

New York

Certified Laboratories, Inc.
200 Express Street
Plainview, NY 11803
516-576-1400

800-CERT-LAB

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

*20% volume discount if >50 items and shipped in batches

Pennsylvania

Microbac
2000 Corporate Drive, Suite 350
Wexford, PA 15090
724.934.5030

info@microbac.com

www.microbac.com

*27 locations in the East and Midwest

QC Laboratories
1205 Industrial Blvd
Box 514
Southampton, PA 18966
215-355-3900
800-289-8378

www.qclaboratories.com

*10% volume discount if >10 samples

Texas

Analytical Food Laboratories
865 Greenview Dr
Grand Prairie, TX 75050
800-242-6494

afl@aftexas.com

www.aftexas.com