

Appendix A - Nutrition panel calculator

Nutrition Panel Calculator

An upgrade of NPC is underway to improve usability and stability. Stay tuned for more info.

If you experience any issues with NPC please try again later or email npc@foodstandards.gov.au.

Recipe: Turmeric panna cotta

Current ingredients

500.00 ml	Milk, cow, fluid, regular fat (fat approximately 3.5%)
3.20 g	Turmeric, ground
0.50 g	Pepper, ground, black or white
0.70 g	Cinnamon, ground
21.00 g	Honey
17.00 g	Gelatine, powder, unflavoured
62.00 ml	Water, tap

Pre-NIP values

Nutrient	Qty per 100g
Energy (kJ)	338.59
Protein (g)	5.20
Fat, Total (g)	2.89
Fat, Saturated (g)	1.84
Carbohydrate (g)	8.24
Sugars (g)	8.08
Sodium (mg)	39.78

When you have finished entering your ingredients, select 'Create NIP'

I calculated these figures based on the recipe making 4 serves. As the whole recipe was ~620grams each serve is 155 grams

Recipe: Turmeric panna cotta

Recipe weights

Initial weight g

Final weight g

Weight change %

For your NIP

Note: It is up to you to chose an appropriate serve size and serves per package.

Serve size ▼

Serves per package

NUTRITION INFORMATION		
Servings per package:	4.00	
Serving size:	155.00 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	525 kJ	338 kJ
Protein	8.1 g	5.2 g
Fat, total	4.5 g	2.9 g
- saturated	2.9 g	1.8 g
Carbohydrate	12.8 g	8.2 g
- sugars	12.5 g	8.1 g
Sodium	62 mg	40 mg

Turmeric panna cotta

Total ingredient (raw) weight:

619.40 g

Total (cooked) weight:

619.40 g

Weight change:

0.00 %

Ingredient name: Milk, cow, fluid, regular fat (fat approximately 3.5%)
09A10163

Amount: 500.00 ml **Specific gravity:** 1.03

Energy:	291 kJ	Fat, total:	3.4 g	Carbohydrate:	6.2 g
Protein:	3.4 g	Fat saturated:	2.2 g	Sugars:	6.2 g

Ingredient name: Turmeric, ground
10E10074

Amount: 3.20 g

Energy:	1405 kJ	Fat, total:	8.6 g	Carbohydrate:	46.3 g
Protein:	7.7 g	Fat saturated:	1.5 g	Sugars:	25.1 g

Ingredient name: Pepper, ground, black or white
10E10080

Amount: 0.50 g

Energy:	1208 kJ	Fat, total:	2.7 g	Carbohydrate:	42.1 g
Protein:	10.7 g	Fat saturated:	0.1 g	Sugars:	0.6 g

Ingredient name: Cinnamon, ground
10E10062

	Amount: 0.70 g				
Energy:	1039 kJ	Fat, total:	2.7 g	Carbohydrate:	25.5 g
Protein:	4.2 g	Fat saturated:	0.1 g	Sugars:	13.8 g

Ingredient name: Honey
12A10047

	Amount: 21.00 g				
Energy:	1400 kJ	Fat, total:	0.0 g	Carbohydrate:	82.1 g
Protein:	0.2 g	Fat saturated:	0.0 g	Sugars:	82.1 g

Ingredient name: Gelatine, powder, unflavoured
10F60058

	Amount: 17.00 g				
Energy:	1449 kJ	Fat, total:	0.4 g	Carbohydrate:	0.0 g
Protein:	84.4 g	Fat saturated:	0.2 g	Sugars:	0.0 g

Ingredient name: Water, tap
01B10176

	Amount: 62.00 ml	Specific gravity:	1.00		
Energy:	0 kJ	Fat, total:	0.0 g	Carbohydrate:	0.0 g
Protein:	0.0 g	Fat saturated:	0.0 g	Sugars:	0.0 g

NOTE: All nutrient values shown above for these ingredients are per 100g EP

Working values may differ from final NIP due to rounding.

Printed: 13:04 Monday, 21 January 2019

Appendix B – Xyris FoodWorks Analysis

I entered the recipe into a free trial version of FoodWorks, a nutritional database that utilises Australian data on nutrient values in various foods.

FoodWorks [FoodWorks Sample For PRO]
FILE EDIT VIEW TOOLS HELP

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All Folders

- Food Records
- Foods
- Meal Plans
- Recipes
- Deleted Items

Welcome to the FoodWorks trial


Learn FoodWorks

- Watch the videos
- Explore the sample database
- Read the introductory guides
- Check the knowledge base

Open a different sample database
Click Help, point to Open Sample Database

Ready to start your own project?
Click File, point to New, then click New Database File

[Learn FoodWorks Professional](#) xyris.com.au



Food Record 1 (New)

General Foods NRVs/Goals Notes

Name: Food Record 1

Id: Alt.Id:

Folder: Food Records

Based on: Food Record

Age (Years): Activity:

Gender: PAL:

Weight (kg): Pregnancy:

Height (cm): Lactating

BMI:

Calculate Energy Requirement using: NRV Equations

Estimated Energy Requirement (EER):

Basal Metabolic Rate (BMR):

Description:

Turmeric panna cotta - Recipes

General Ingredients Method Overrides Measures Notes

Name: Turmeric panna cotta

Id: Alt.Id: Food Group:

Folder: Recipes

Based on: Recipe

Description: Turmeric panna cotta for Food as Medicine assignment

Created: Monday, 21 January 2019, 02:44 PM
Modified: Monday, 21 January 2019, 03:02 PM by lizao

Turmeric panna cotta (New)						
General	Ingredients	Method	Overrides	Measures	Notes	
Ingredient	Quantity	Note	Weight	Energy		
Milk,cow,ready to drink,regula...	2 cup		515.0	1468		
Spice,turmeric	1 tsp		2.7	37		
Pepper,black	1 pinch		0.2	2		
Spice,cinnamon	1/4 tsp		0.6	7		
Honey	1 tb		28.6	377		
Gelatine	1 tb		13.0	188		
Water,filtered	1/4 cup		62.5	0		

Based on 2.7grams (2700mg) of turmeric in the whole recipe this is 675mg/ serve. As some turmeric powders are only ~3% curcumin this would only be around 20mg of curcumin. However high curcumin content powders contain 95% curcumin content which would provide ~640mg curcumin.

Turmeric panna cotta (New)						
General	Ingredients	Method	Overrides	Measures	Notes	
Place the gelatin in the water and allow to bloom for 3-5 minutes						
Gently warm the milk over a low-moderate heat with the turmeric, black pepper and cinnamon, whisking to distribute evenly						
Take off the heat and add the gelatin and whisk in						
Add the raw honey and whisk in at the very end						
Sieve through a fine tea strainer into molds and allow to cool before refrigerating for 2-4 hours. If preferred you can strain through muslin to remove the spice residue.						
prep + cook time 10 minutes (+ refrigeration) serves 4						

Based on my previous calculations I used 'Override' to change the amount from 100 to 155g

Turmeric panna cotta (New)						
General	Ingredients	Method	Overrides	Measures	Notes	
Base analysis on: Ingredients						
General	Nutrient/Component	Default	Override	Result	Note	
Macro-Nutrients	General					
Vitamins	Weight (g)	100.000	100	100.000		
Minerals	Macro-Nutrients					
Fatty Acids	Energy (kJ)	333.864		333.864	Food energy including contribution from dietary fibre. Formula: EnergyNoDF + DietaryFibre*8 + Polydextrose*5N	
Amino Acids	Protein (g)	4.459		4.459		
Intolerances	Total fat (g)	3.440		3.440		
Miscellaneous	Saturated fat (g)	2.197		2.197		
	Trans Fatty Acids (g)	0.112		0.112		
	Polyunsaturated fat (g)	0.103		0.103		
	Monounsaturated fat (g)	0.890		0.890		
	Cholesterol (mg)	8.272		8.272	Determined by enzymatic or chromatographic method.	
	Carbohydrate (g)	7.979		7.979	Includes the free sugars plus dextrins, starch, and glycogen.	
	Sugars (g)	7.863		7.863	Sum of free monosaccharides and disaccharides	
	Starch (g)	0.116		0.116	The sum of all polysaccharides yielding glucose after hydrolysis with suitable enzymes: includes amylose, amylopectin	
Base Fatty Acids on:		Default				
Base Amino Acids on:		Default				
Final moisture adjustment:		<input type="text"/>	%			

Turmeric panna cotta (New)						
General	Ingredients	Method	Overrides	Measures	Notes	
Base analysis on: Ingredients						
General	Nutrient/Component	Default	Override	Result	Note	
Macro-Nutrients	General					
Vitamins	Weight (g)	155.000	155	155.000		
Minerals	Macro-Nutrients					
Fatty Acids	Energy (kJ)	517.489		517.489	Food energy including contribution from dietary fibre. Formula: EnergyNoDF + DietaryFibre*8 + Polydextrose*5N	
Amino Acids	Protein (g)	6.912		6.912		
Intolerances	Total fat (g)	5.332		5.332		
Miscellaneous	Saturated fat (g)	3.405		3.405		
	Trans Fatty Acids (g)	0.174		0.174		
	Polyunsaturated fat (g)	0.160		0.160		
	Monounsaturated fat (g)	1.379		1.379		
	Cholesterol (mg)	12.821		12.821	Determined by enzymatic or chromatographic method.	
	Carbohydrate (g)	12.367		12.367	Includes the free sugars plus dextrins, starch, and glycogen.	
	Sugars (g)	12.188		12.188	Sum of free monosaccharides and disaccharides	
	Starch (g)	0.179		0.179	The sum of all polysaccharides yielding glucose after hydrolysis with suitable enzymes: includes amylose, amylopectin	
Base Fatty Acids on:		Default				
Base Amino Acids on:		Default				
Final moisture adjustment:		<input type="text"/>	%			

Nutrient/Component	Default	Override	Result	Note
Starch (g)	0.179		0.179	The sum of all polysaccharides yielding glucose after hydrolysis with suitable enzymes; includes amylose, amylopectin
Water (g)	129.852		129.852	
Alcohol (g)	0.000		0.000	ethyl alcohol / ethanol
Dietary fibre (g)	0.238		0.238	Sum of the water-soluble components and the water-insoluble components of dietary fibre; can be calculated by
Ash (g)	1.010		1.010	Minerals
Vitamins				
Thiamin (mg)	0.008		0.008	Synonyms: Vitamin B-1; aneurin; thiamine
Riboflavin (mg)	0.260		0.260	Synonyms: Vitamin B-2; riboflavine
Niacin (mg)	0.270		0.270	Nicotinic acid and nicotinamide.
Niacin equivalents (mg)	1.149		1.149	Preformed niacin plus niacin equivalents from tryptophan.
Vitamin C (mg)	0.244		0.244	L-ascorbic acid plus L-dehydroascorbic acid. Synonyms: ascorbic acid; ascorbate (Note that these terms are not true
Vitamin E (mg)	0.174		0.174	Calculated by summation of the vitamin E activities of the active tocopherols and tocotrienols; expressed as alpha-
Tocopherol, alpha (mg)	0.187		0.187	
Vitamin B6 (by analysis) (m	0.103		0.103	

Vitamin B12 (µg)	0.769		0.769	Includes all the active form of vitamin B-12 in food. Synonym: cobalamin
Total folate (µg)	18.590		18.590	Includes both conjugated and free folate. Synonyms: folacin; folic acid
Folic acid (µg)	0.000		0.000	Folic acid, synthetic folic acid
Folate food (µg)	18.590		18.590	Folate, food, naturally occurring food folates
Folate, total DFE (µg)	18.590		18.590	Folate total = mcg food folate + (1.67 X mcg folic acid)
Total vitamin A equivalents	66.476		66.476	Total vitamin A activity = mcg retinol + 1/6 mcg beta-carotene + 1/12 mcg other provitamin A carotenoids. Synonym:
Retinol (µg)	62.825		62.825	All-trans retinol only. Synonym: preformed vitamin A
Beta carotene equivalent	29.597		29.597	This value is the sum of the beta-carotene plus 1/2 the quantity of the other carotenoids with vitamin A activity. Syn
Beta carotene (µg)	29.585		29.585	All-trans beta-carotene only.
Minerals				
Sodium (mg)	56.921		56.921	
Potassium (mg)	192.232		192.232	
Magnesium (mg)	15.976		15.976	
Calcium (mg)	149.760		149.760	

Phosphorus (mg)	116.088		116.088	
Iron (mg)	0.449		0.449	Includes both haem and non-haem iron.
Zinc (mg)	0.663		0.663	
Selenium (µg)	1.904		1.904	
Iodine (µg)	28.679		28.679	
Fatty Acids				
F18D2C6 linoleic (g)	0.116		0.116	
F18D3N3 alpha-linolenic (µ	0.030		0.030	Synonyms: alpha-linolenic acid; octadecatrienoic acid
F20D5N3 eicosapentaenoic	0.000		0.000	Synonyms: eicosapentaenoic acid; EPA; timnodonic acid
F22D5N3 docosapentaenoic	0.004		0.004	
F22D6N3 docosahexaenoic	0.000		0.000	Synonyms: docosahexaenoic acid; DHA
Amino Acids				
Tryptophan (g)	0.051		0.051	Includes only L-tryptophan.

Intolerances				
Salicylates	VH		VH	RPAH Salicylates
Amines	L		L	RPAH Amines
Glutamates	L		L	RPAH Glutamates
Miscellaneous				
Caffeine (mg)	0.000		0.000	

Appendix C – Percentage of the RDI per serving size (30yo female)

NUTRIENT	RDI/ AI for 30yo Female	AMOUNT IN RECIPE (PER 155g SERVE)	% RDI/ AI
Energy	10,361 (60kg, moderately active)	517kj	5
Protein	46 g/day	6.9g	15
Fluids	2.1 L/day	0.130L	15
(Including plain water, milk and other drinks)			
Fibre	25 g/day	0.24g	0.9
Vitamin A	700 µg/day of retinol equivalents	66.5µg	9.5
Thiamin	1.1 mg/day	.008mg	0.7
Riboflavin	1.1 mg/day	0.26mg	23.6
Niacin	14 mg/day of niacin equivalents	1.15mg	8.2
Vitamin B6	1.3 mg/day	0.10mg	7.7
Vitamin B12	2.4 µg/day	0.77µg	32.1
Folate	400 µg/day as dietary folate equivalents	18.6µg	4.7
Vitamin C	45 mg/day	0.244mg	0.5
Calcium	1000 mg/day	149.8mg	15
Iodine	150 µg/day	28.7µg	19.1
Iron	18 mg/day	0.45mg	2.5
Magnesium	310 mg/day	16.0mg	5.2
Potassium	2800 mg/day	192.2mg	6.9
Sodium	460-920 mg/day	56.9mg	6.2-12.4
Zinc	8 mg/day	0.66mg	8.2

Considering that a serving is only 5% of energy intake, the recipe contains more than 10% of the RDI for Vitamin B12, Riboflavin (B2), iodine, calcium and protein.

Appendix D – Nutrient Reference Values

I entered female, 30yo, 60kg, 1.8 Moderately active work, to determine nutrient requirements

Home > Nutrition Calculators > Daily nutrient requirements calculator

DAILY NUTRIENT REQUIREMENTS CALCULATOR

IN THIS SECTION

[Calculate your daily energy needs](#)

[Calculate your daily nutrient requirements](#)

[Average recommended number of serves calculator](#)

[Food Balance](#)

Shown below are some of your major nutrient requirements. You can get almost all of our nutrient requirements by eating nutritious foods. To see what your dietary pattern might look like try out the Average Recommended Number of Serves Calculator.

Find out what a serve size for each of the Five Food Groups is equal to.

NUTRIENT	DAILY REQUIREMENTS
Protein	46 g/day*
Fluids <i>(Including plain water, milk and other drinks)</i>	2.1 L/day**
Fibre	25 g/day**
Vitamin A	700 µg/day of retinol equivalents
Thiamin	1.1 mg/day*
Riboflavin	1.1 mg/day*
Niacin	14 mg/day of niacin equivalents
Vitamin B6	1.3 mg/day*
Vitamin B12	2.4 µg/day*
Folate	400 µg/day as dietary folate equivalents
Vitamin C	45 mg/day*
Calcium	1000 mg/day*
Iodine	150 µg/day*
Iron	18 mg/day*
Magnesium	310 mg/day*
Potassium	2800 mg/day*
Sodium	460-920 mg/day*
Zinc	8 mg/day*

This information was copied into an excel spreadsheet (Appendix C) to compare the amount in the recipe with the RDI