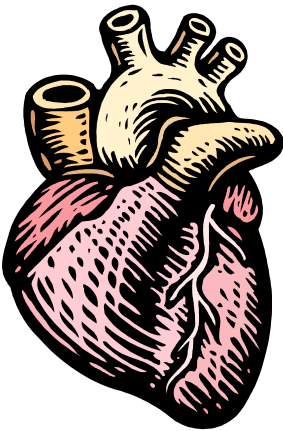
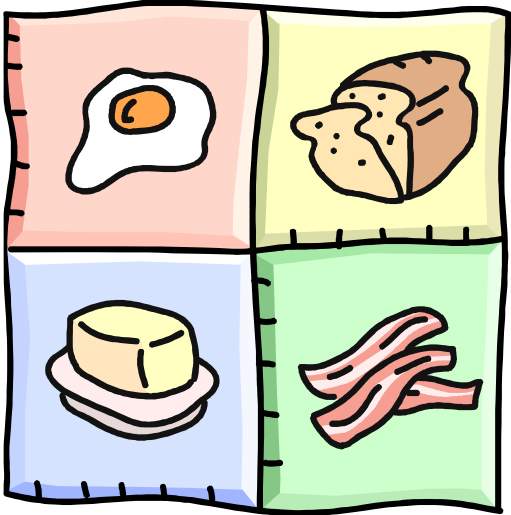


# Nutritional Information Guide



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## **About This Guide**

The purpose of this guide is to help meal prep owners have a better understanding of basic nutrition and key issues within the meal prep industry. The manual has been developed by Dietetic Designs LLC in conjunction with Corp21 Inc.

Dietetic Designs LLC, “The Nutrition Connection” is a team of Consultant RD’s that have a variety of experiences within the Health Care Field and Nutrition Industry. The services offered by Dietetic Designs LLC vary from answering general nutritional questions, completing nutritional analyzes and analyzing recipes.

Having studied the meal prep industry and having been involved in the association as a dietitian, many meal prep businesses are requesting nutritional information due to the high customer demands. As this demand increases, the meal prep businesses will need to provide nutritional information and be knowledgeable.

This guide provides an overview of Nutritional issues and information for the meal prep industry. It is organized around the following topics:

### **A. Basic Nutrition**

We discuss general nutritional information; protein, fats, carbohydrates, vitamins and minerals, fiber and water.

### **B. The Food Guide Pyramid**

We discuss the details of the food guide pyramid and how to read it.

### **C. The Meal Prep Industry and Obesity**

We discuss the data published pertaining to obesity and how this effects the meal prep industry

### **D. Portion Sizes**

We discuss what is recommended for portion sizes according to the food guide pyramid and what “typical” American Portions are. This information will help meal prep businesses to understand how many servings are in each recipe.

### **E. The Importance of Reading Food Labels and Food Claims Information**

We discuss what is included on a food label and how to understand the information. We provide key web sites to find additional information on food claims

### **F. How Nutritional Information is Calculated**

We describe basic information pertaining to how to calculate nutritional information and what to consider.

### **G. Food Fads and Diets**

We provide information pertaining to some of the Fad Diets and provide an overview of 6 diets.

### **H. How to Make Recipes Healthier**

We provide suggestions on food items that can be used as substitutes for other items to reduce calories, fat, and sodium in recipes.

## **I. Understanding Special Diets**

We provide an overview of different kinds of special diets such as diabetic, vegetarian, kosher, Allergens (Peanuts, Lactose Free and Gluten Free) and celiac.

## **J. Preventing Cross Contamination and Improving Food Safety**

We provide an overview of guidelines to improve food safety within the meal prep facility.

## **Appendices**

We provide Meal Prep Facility and Kitchen Monitoring forms and lots of other information.

## **Disclaimer**

Information that is included in this book has been gathered from credible and reliable sources. However, the accuracy of this guide is not guaranteed and Corp 21 and Dietetic Designs assume no responsibility. The intent of this manual is to provide information and to draw awareness of the basic issues pertaining to nutrition and food service. Since information and regulations are ever changing and are updated regulatory there is no guarantee as to accuracy of the content of this guide. The intent of this book is not to provide any legal advice. Laws vary from state to state and country to country and it is each individual's responsibility to seek out the accurate and updated information pertaining to regulations. When developing your food safety guidelines and establishing policies, it is advisable to seek legal advice and counsel.

The science of nutrition and the regulations supporting nutritional claims are extremely comprehensive and it is impossible to capture all aspects and every point of view in this guide. The goal of this guide is to provide basic information. In some cases, additional resources have been suggested, however please keep in mind that some of the resources only apply to certain regions and countries, therefore you may need to seek out information pertinent to your area.