

How to setup recipes for 100 gram data using Nutritionist Pro Desktop Software.

- Nutritionist Pro makes showing recipe 100 gram data easy for you.
- How to scale the recipe to 100 grams in our Desktop software application
- 1. Open your recipe and go to the General Tab. Change the Measure to 100 gram from the drop down. See image below



2. You have 2 save options for the recipe. You can hit save and save the measure as 100 grams OR you can select Save As and make a copy of the recipe. Rename the recipe so you can easily identify the 100 portion one.

P				Foods - Nutritionist Pro							
ile	Edit View	Go To	ols Actions Help)							
	New		•								
	Open	Open Ctrl+O									
	Close Save Ctrl+S			Recipes) - Drink, Apricot Buttermilk [Read-only]							
	Save As			changes FGP C	ategories MyPyramid	MyPlate					
	Delete	-		C Dhild C Infant							
	Import	mport			Value	100a Value	Unit	Imputed	% Dailu Value		
	Export			<u> </u>	1.000	100.000	gram(s)		to brany stando		
	caportan				0.537	53.742	kilocalorie(s)		0		
	Print		Ctrl+P		2.249	224.855	kiloioule{s]				
					0.017	1.739	gram(s)		0		
	1 Drink, Aprico	1 Drink, Apricot Buttermilk 2 Ambrosia			0.113	11.251	gram(s)		0		
	2 Ambrasia						gram(s)				
	2 Ambrosia				0.005	0.458	gram(s)		0		
	3 MORTON Salt, Kosher 4 Salt Table				0.000	0.000	gram(s)				
					0.019	1.871	milligram(s)		0		
	4 July Tuble				0.003	0.259	gram(s)		0		
	Exit	Exit			0.001	0.138	gram(s)				
_					0.000	0.024	gram(s)				
			SFA 4:0				gram(s)				
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			SFA 14:0				gram(s)				
			SFA 16:0, Palmitic				gram(s)				
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			SFA 20:0				gram(s)				
			SFA 22:0				gram(s)				
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	Client S	ource of c	urrent Vitamin A value	IS:							
_	General Constant										

3. To print reports with 100 gram data click on the print icon and select any of the recipe reports we offer see image below.

۲	Foods - Nutritionist Pro										
File Edit View Go Tools Actions Help											
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Database Foods (Ingredients & Recipes) - Drink, Apricot Buttermilk [Read-only]											
Name: Drink, Apricot Butternilk											
Foods Recipe General Nutrients Exchanges FGP Catego											
Percent Daily Values: @ Adult Child C _Infant	Food Recipe										
Recipe Books Name											
Veight	C Nutrition Facts report										
Q Kilocalories	C handfart annun andreis										
✓ Kilojoules	ingredient summary analysis										
Templates	C Recipe card										
Carbohydrate	C Nutrition summary										
Available Carbohydrate											
Fat, Total	C Shgpping list										
Menu Alcohol	C Summary card										
Templates Cholesterol	- Yields										
Saturated Fat	TIDIUS PLAN IN TIDIUS PARA										
Monounsaturated Fat	Yield 1: Yield 2: Yield 3: Yield 4:										
Polyunsaturated Fat											
	Report destination										
D SFA 120 Lawie	Preview window										
SEA 14-0	C Printer										
SFA 16:0 Palmitic	C Estant Ga										
SFA 17.0	s Exdact nie										
SEA 18:0 Stearic											
SFA 20:0	Nutrients Preview Close Help										
SFA 22:0											
MFA 14:1	gram(s)										
MFA 16:1	gram(s)										
Client Source or current Vitamin A values:											
Technologies											

4. See this sample report below showcasing data in 100 gram values. The are other reports that can be printed from the software for **100 grams unrounded data**

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File Edit View Go Tr Database Foods Foods Foods Recipe Books Outnerfides Templates	Foods - Nutritionist Pro Food Recipe Nutrition Facts Report Food Recipe Nutrition Facts Report Mile Colspan="2">Colspan="2">Colspan="2">Colspan="2">Colspan="2">Colspan="2">Colspan="2">Colspan="2">Colspan="2">Colspan="2">Colspan="2">Colspan="2">Colspan="2">Colspan="2">Colspan="2">Colspan="2">Colspan="2">Colspan="2">Colspan="2"Colspan=""2"Colspan="2"Colspan="2"Colspan		Data source: Anoya Systems
Client 4	Vitamin A 14 % Calcium 6 % Vitamin C 1 % Iron 1 %	•	 ☐ Defined items gnly
Ready	📀 🧔 💁 🚥 🖬 🖬 🖬 🖬		2:38 PM 4/1/2016