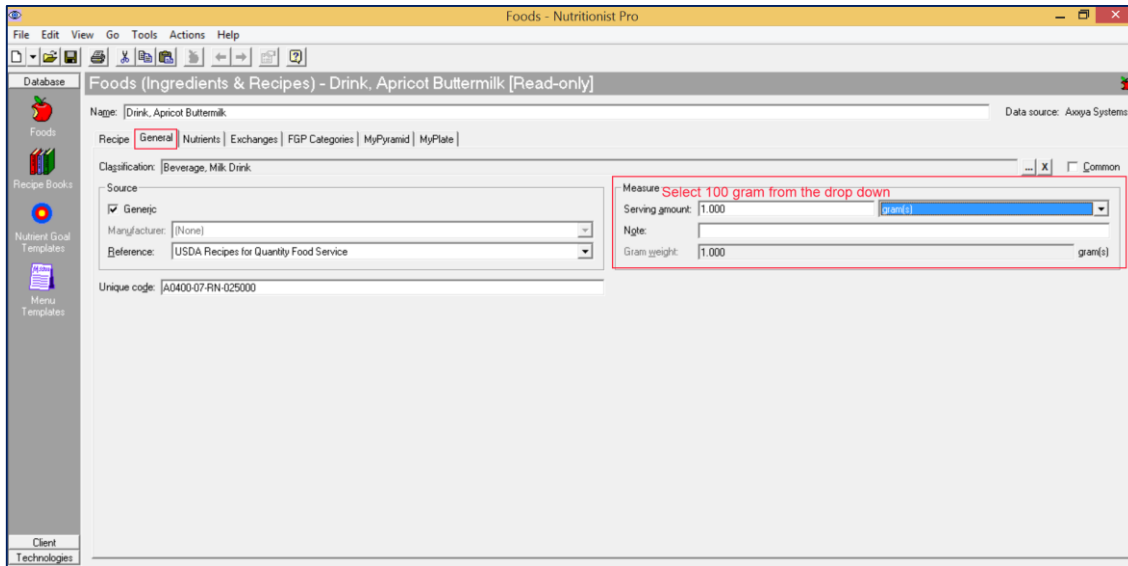
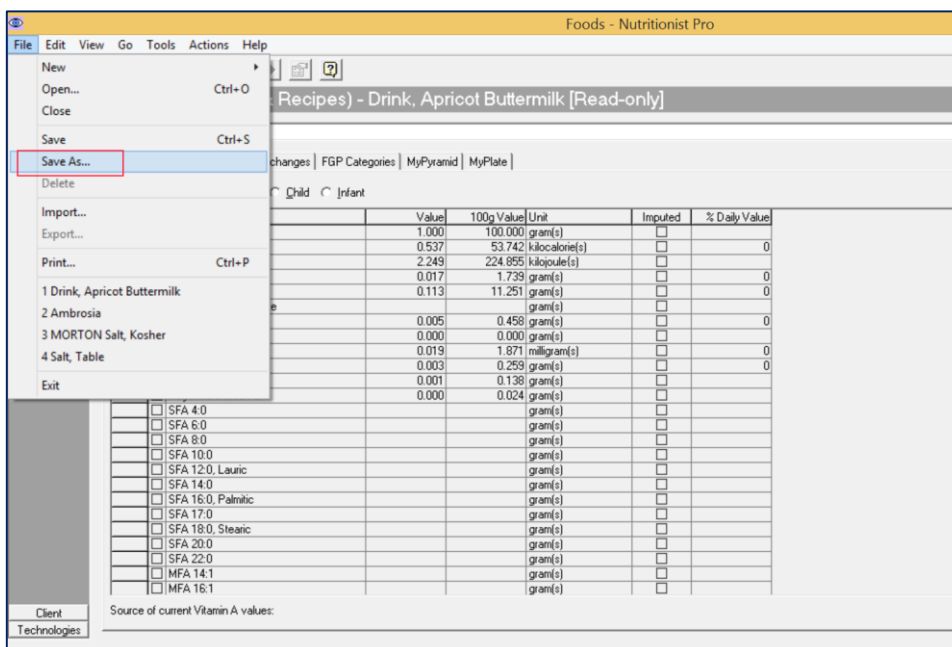


## How to setup recipes for 100 gram data using Nutritionist Pro Desktop Software.

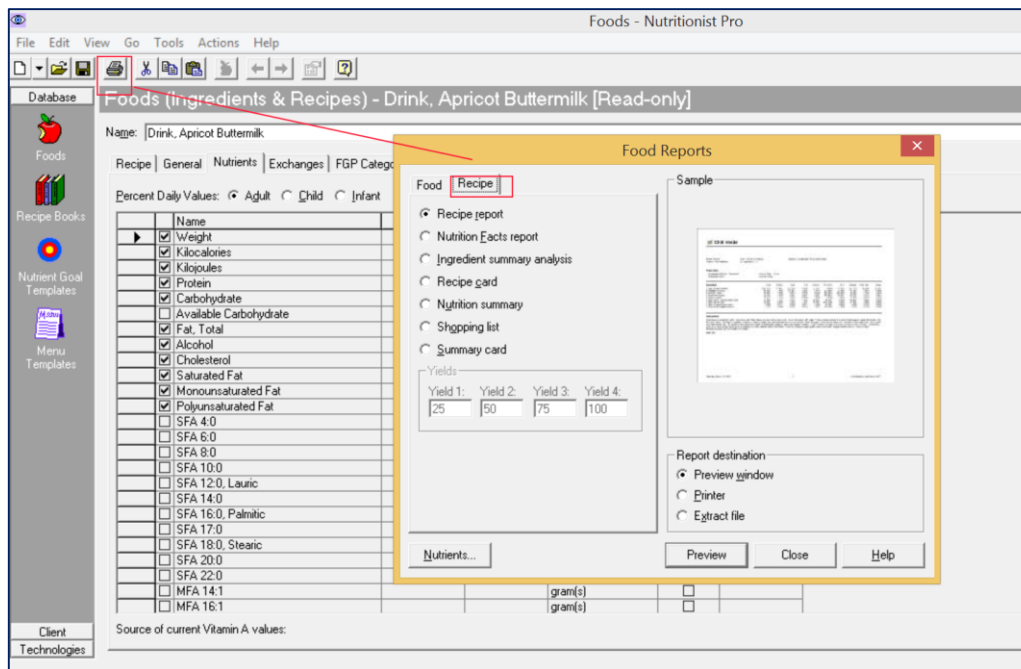
- Nutritionist Pro makes showing recipe 100 gram data easy for you.
  - How to scale the recipe to 100 grams in our Desktop software application
1. Open your recipe and go to the General Tab. Change the Measure to 100 gram from the drop down. See image below



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.



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.



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

