



Email – support@axxya.com

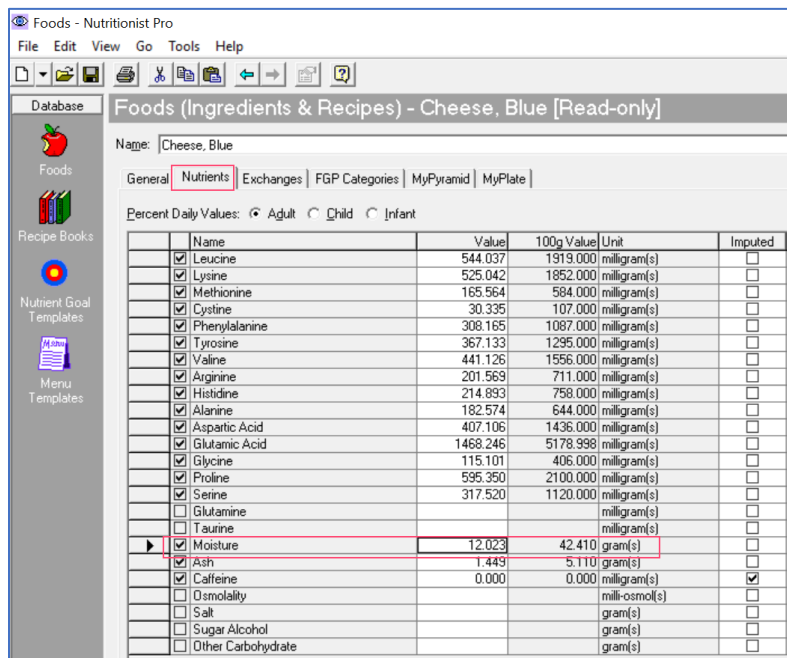
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Water Loss Feature in Nutritionist Pro™ Desktop application

To apply moisture or water loss for your recipes see steps below ---

1. Make sure your ingredients contain moisture as a nutrient so when you apply loss at the recipe level the recipe nutrient data can be adjusted.
2. To add moisture to your custom ingredients, go to the main nutrient screen of the ingredient section and add the water content of the ingredient here. If you are not sure what the water content is, please check your manufacturer/supplier spec sheet for this information.

Figure 1 add water value to ingredients



Name	Value	100g Value	Unit	Imputed
<input checked="" type="checkbox"/> Leucine	544.037	1919.000	milligram(s)	<input type="checkbox"/>
<input checked="" type="checkbox"/> Lysine	525.042	1852.000	milligram(s)	<input type="checkbox"/>
<input checked="" type="checkbox"/> Methionine	165.564	584.000	milligram(s)	<input type="checkbox"/>
<input checked="" type="checkbox"/> Cystine	30.335	107.000	milligram(s)	<input type="checkbox"/>
<input checked="" type="checkbox"/> Phenylalanine	308.165	1087.000	milligram(s)	<input type="checkbox"/>
<input checked="" type="checkbox"/> Tyrosine	367.133	1295.000	milligram(s)	<input type="checkbox"/>
<input checked="" type="checkbox"/> Valine	441.126	1556.000	milligram(s)	<input type="checkbox"/>
<input checked="" type="checkbox"/> Arginine	201.569	711.000	milligram(s)	<input type="checkbox"/>
<input checked="" type="checkbox"/> Histidine	214.893	758.000	milligram(s)	<input type="checkbox"/>
<input checked="" type="checkbox"/> Alanine	182.574	644.000	milligram(s)	<input type="checkbox"/>
<input checked="" type="checkbox"/> Aspartic Acid	407.106	1436.000	milligram(s)	<input type="checkbox"/>
<input checked="" type="checkbox"/> Glutamic Acid	1468.246	5178.998	milligram(s)	<input type="checkbox"/>
<input checked="" type="checkbox"/> Glycine	115.101	406.000	milligram(s)	<input type="checkbox"/>
<input checked="" type="checkbox"/> Proline	595.350	2100.000	milligram(s)	<input type="checkbox"/>
<input checked="" type="checkbox"/> Serine	317.520	1120.000	milligram(s)	<input type="checkbox"/>
<input type="checkbox"/> Glutamine			milligram(s)	<input type="checkbox"/>
<input type="checkbox"/> Taurine			milligram(s)	<input type="checkbox"/>
<input checked="" type="checkbox"/> Moisture	12.023	42.410	gram(s)	<input type="checkbox"/>
<input checked="" type="checkbox"/> Ash	1.449	5.110	gram(s)	<input type="checkbox"/>
<input checked="" type="checkbox"/> Caffeine	0.000	0.000	milligram(s)	<input checked="" type="checkbox"/>
<input type="checkbox"/> Osmolality			milli-osmol(s)	<input type="checkbox"/>
<input type="checkbox"/> Salt			gram(s)	<input type="checkbox"/>
<input type="checkbox"/> Sugar Alcohol			gram(s)	<input type="checkbox"/>
<input type="checkbox"/> Other Carbohydrate			gram(s)	<input type="checkbox"/>

3. Recipe water loss -- As you are making your recipe on the *main Recipe Screen* right click and pick Water and see which ingredients are contributing a water value to your recipe.

Figure 2 see if ingredients contain any water value ** please note if any of Axxya's ingredients used in the recipe do not contain water and if it is an ingredient that would contribute a water value to your recipe then we suggest that you add a custom ingredient to the application and use that in your recipe. Since we compile the data from many different sources, some sources do not provide the moisture data to our team.

The screenshot shows the 'Foods (Ingredients & Recipes) - Drink, Apricot Buttermilk [Read-only]' window. The 'Recipe' tab is selected. A 'Select Nutrients' dialog box is open, displaying a list of nutrients. The 'Moisture' checkbox is checked and highlighted with a red box. To the right of the dialog, a context menu is visible with options: 'Add...', 'Paste', and 'Nutrients...'. The 'Nutrients...' option is highlighted with a red box. A red text annotation next to the context menu reads: 'Right Click in the white space Then pick Nutrients'.

4. Next finish the recipe and add the water loss on the main screen as a % loss. Here you might need to do some before and after cooking tests to determine the % loss based on your item.

Figure 3 add water loss % to the recipe

The screenshot shows the 'Foods (Ingredients & Recipes) - Drink, Apricot Buttermilk [Read-only]' window. The 'Recipe' tab is selected. The 'Moisture loss' field is highlighted with a red box and shows '0.0 %'. The window also displays a list of ingredients and their nutritional values.

Text	Amt	Unit	%wt	wt	Kcal	Protein	Carb	Fat	Chol	Sat Fat	Mono Fat	Poly Fat	Sodium	Potas	Vit A (IU)	Vit C
9 cans (46 fl oz each) apricot nectar, chilled	414.00	fl oz	51.7	12983.0	7273.960	48.060	1863.153	11.690	0.000	0.779	4.936	2.208	389.678	14807.000	170938.000	77.936
2 cups (14 oz) sugar	14.000	oz	1.6	396.893	1535.976	0.000	396.814	0.000	0.000	0.000	0.000	0.000	3.969	7.938	0.000	0.000
3 gal buttermilk	3.000	gal	46.8	11760.000	4704.000	389.256	563.304	103.488	470.400	64.445	29.870	3.881	22344.000	17757.000	5527.200	117.600

5. Before making the label check the nutrient profile of the recipe. This way you can update the recipe if needed before moving to the label stage. The 2 options we suggest are – Reports and Nutrient Profile Screen.
 - a. To see all the reports offered for recipe click on print icon then pick the report you would like to see.
 - b. To see a longer list of nutrient data, click Nutrient Tab to see the nutrient data.
 - c. **IMPORTANT save the recipe by clicking the save icon on the main screen.**

Figure 4 recipe reports

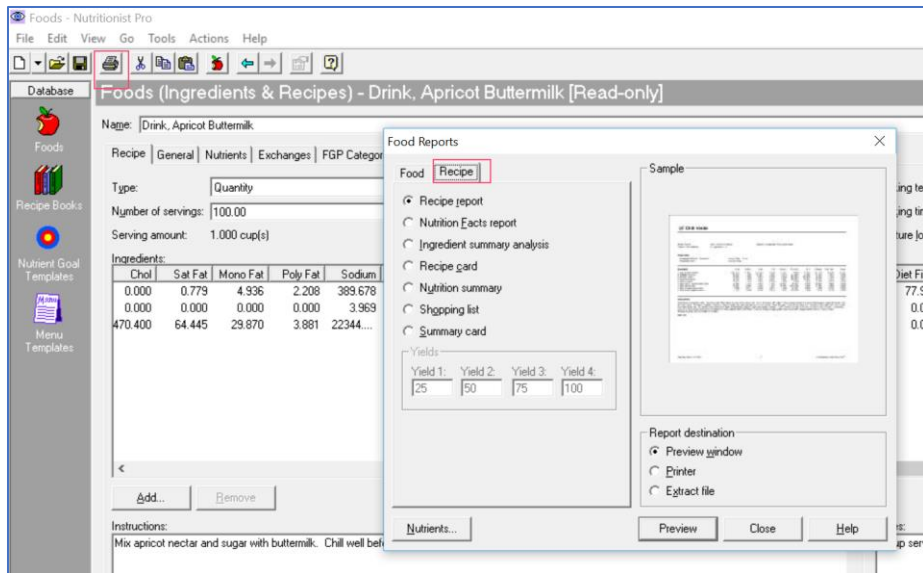


Figure 5 See Nutrient tab for list of nutrients for the recipe

Foods (Ingredients & Recipes) - Drink, Apricot Buttermilk [R]

Name: Drink, Apricot Buttermilk

Recipe | General | **Nutrients** | Exchanges | FGP Categories | MyPyramid | MyPlate

Percent Daily Values: ☒ Adult ☐ Child ☐ Infant

	Name	Value	100g Value	Unit
<input checked="" type="checkbox"/>	Weight	251.462	100.000	gram(s)
<input checked="" type="checkbox"/>	Kilocalories	135.140	53.742	kilocalorie(s)
<input checked="" type="checkbox"/>	Kilojoules	565.425	224.856	kilojoule(s)
<input checked="" type="checkbox"/>	Protein	4.373	1.739	gram(s)
<input checked="" type="checkbox"/>	Carbohydrate	28.293	11.251	gram(s)
<input type="checkbox"/>	Available Carbohydrate			gram(s)
<input checked="" type="checkbox"/>	Fat, Total	1.152	0.458	gram(s)
<input checked="" type="checkbox"/>	Alcohol	0.000	0.000	gram(s)
<input checked="" type="checkbox"/>	Cholesterol	4.704	1.871	milligram(s)
<input checked="" type="checkbox"/>	Saturated Fat	0.652	0.259	gram(s)
<input checked="" type="checkbox"/>	Monounsaturated Fat	0.348	0.138	gram(s)
<input checked="" type="checkbox"/>	Polysaturated Fat	0.061	0.024	gram(s)
<input checked="" type="checkbox"/>	SFA 4:0	0.034	0.014	gram(s)
<input checked="" type="checkbox"/>	SFA 6:0	0.020	0.008	gram(s)
<input checked="" type="checkbox"/>	SFA 8:0	0.012	0.005	gram(s)
<input checked="" type="checkbox"/>	SFA 10:0	0.026	0.010	gram(s)
<input checked="" type="checkbox"/>	SFA 12:0, Lauric	0.029	0.012	gram(s)
<input checked="" type="checkbox"/>	SFA 14:0	0.105	0.042	gram(s)
<input checked="" type="checkbox"/>	SFA 16:0, Palmitic	0.278	0.111	gram(s)
<input type="checkbox"/>	SFA 17:0			gram(s)
<input checked="" type="checkbox"/>	SFA 18:0, Stearic	0.127	0.051	gram(s)

6. **REMEMBER** if you created your recipe and label and then edited the recipe again please make sure to refresh your label so the new data can be pushed to the label section. To refresh a label, click on Technologies section on the main Navigation screen and then once you find and open your label remove the food and add the food again. *Please Note --* copy the ingredient list from the tab if you need that because once a food is removed and added again that data will go away, but you can copy and paste that data into a word doc for safekeeping and then paste it back into the ingredient tab section of the software.

Figure 6 Refresh label with new recipe data if needed.

Food Labels - 7.4 [For Label Printing Options Click Here](#) [Quick Videos to help](#)

Name: 7.4 Type: Linear, Simplified

☐ Use 4-4-9 calculation ☐ Include exchanges ☒ Include summary statement

☐ Include calorie conversion footnote ☒ Include ingredient list

☐ Include Protein %DV

Servings per container: 100

Food: Drink, Apricot Buttermilk mine ... X

General | Nutrients | **Ingredient List**

Nectar, Apricot, Canned, Milk, Buttermilk, Low Fat; UNCLE BEN'S Long Grain & Wild Rice, Roasted Garlic & Olive Oil, Dry; Turkey, Dark Meat, Meat and Skin, Raw; Turkey, Dark Meat, Meat and Skin, Raw; Pork, Leaf Fat, Raw; Sugar, White Granulated; Turkey, Dark Meat, Meat and Skin, Raw; Turkey, Dark Meat, Meat and Skin, Raw; Pork, Leaf Fat, Raw; UNCLE BEN'S Long Grain & Wild Rice, Roasted Garlic & Olive Oil, Dry

if you need to save this data copy and paste it into a word doc
This way you can paste it back in here after you are done refreshing the food.