



WEBINAR



Genesis R&D Foods Nutrition Reports Overview

Presented by ESHA Research

Wednesday, April 15, 2020

11:00 AM PDT | 1:00 PM CDT | 2:00 PM EDT



ESHA Research

ESHA Research was established in 1981 as one of the very first nutrition software solutions. Today, ESHA's suite of nutritional software products, services, and databases are recognized as the industry's top choice for food and supplement formulation, recipe development, labeling, nutritional analysis, and regulatory compliance.

ESHA Solutions

- Genesis R&D[®] Food Formulation
- Genesis R&D[®] Supplement Formulation
- Food Processor[®] Nutrition & Diet Analysis
- Consulting Services

Our mission is to help remove the complexity of product development and regulatory compliance for the food, beverage, and supplement industries through software, services, and nutritional databases.



Genesis R&D Foods

Genesis R&D Foods, first released in 1991, is designed to help users manage processes, overcome industry challenges, and meet federal requirements. Industry professionals use Genesis R&D for quick and accurate nutrient evaluation, virtual product development, nutrition labeling, and regulatory compliance.

- Product Development
- Formulation Analysis
- Menu Analysis
- Reporting
- Regulatory Compliance



Upcoming Webinars



Wednesday, May 27, 2020 11:00 AM PDT : Ingredient Data Deep Dive

Stay tuned for more!

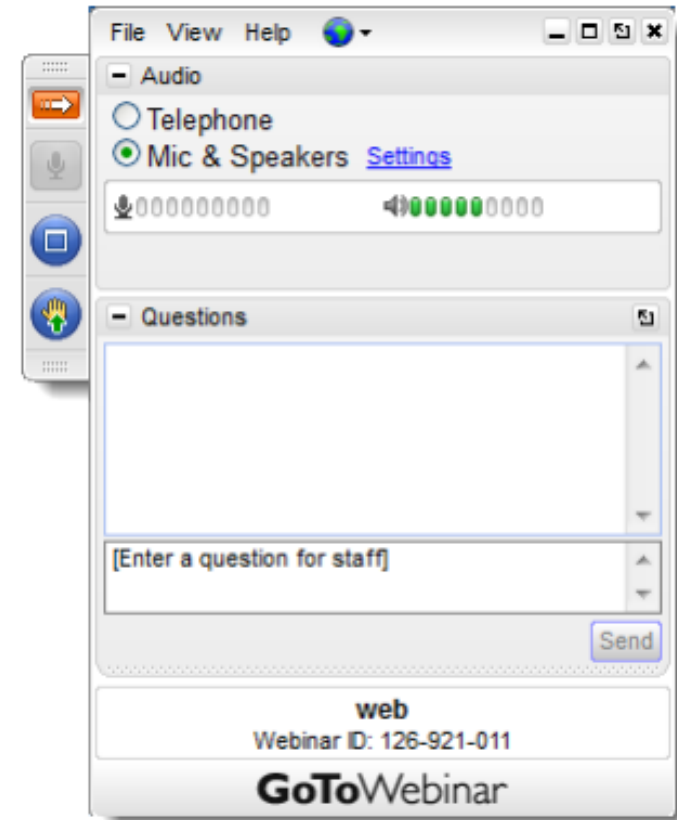
To register or view archived webinars visit:
www.esharesearch.com/news-events/webinars



Please Note!

- ✓ The webinar is being recorded
- ✓ All webinars available on our website
- ✓ Submit your questions in the GoToWebinar control panel
- ✓ We'll email a copy of the recording and the slides following the webinar

WEBINAR



What we'll cover today

- Reports in Genesis R&D Foods
- Nutrients and Values
- Highlight Commonly Used Reports
- Print and Export Options
- Q&A



Genesis R&D – Report Examples

Spreadsheet: Webinar Dietary Fiber

Item Name	Quantity	Measure	Cals (kcal)	Prot (g)	Carb (g)	Fib(16) (g)	Sugar (g)	SugAdd (g)	Fat (g)	SatFat
Webinar Dietary Fiber	1	Serving	217.88	4.79	35.96	0.19	4.35	3.24	5.96	
flour, baking, gluten free	38.1807	Gram	134.15	2.06	30.96	0	0	0	0	
water, distilled	15.2865	Gram	0	0	0	0	0	0	0	
egg, raw	12.8928	Gram	18.44	1.62	0.09	0	0.05	0	1.23	
butter, unsalted	4.8822	Gram	35.01	0.04	0.00	0	0.00	0	3.96	
sugar, white, granulated	3.2469	Gram	12.57	0	3.25	0	3.24	3.24	0	
powdered milk, whole	2.7492	Gram	13.64	0.72	1.06	0	1.06	0	0.73	
yeast, dry, instant, food service	0.6873	Gram	2.65	0.31	0.27	0.19	0	0	0.04	
salt, table	0.6478	Gram	0	0	0	0	0	0	0	
gum, xanthan, web	0.4266	Gram	1.43	0.03	0.33	0	0	0	0.00	
Total	1	Serving	217.88	4.79	35.96	0.19	4.35	3.24	5.96	

ESHA Research, Inc.

Honey
Number of Servings: 1 (21 g per serving)
Weight: 21 g

Nutrition Facts
32 servings per container
Serving size 1 Tbsp (21g)
Amount per serving
Calories 60
% Daily Value*
Total Fat 0g 0%
Sodium 0mg 0%
Total Carbohydrate 17g 6%
Total Sugars 17g 34%†
Protein 0g

Not a significant source of saturated fat, trans fat, cholesterol, dietary fiber, vitamin D, calcium, iron and potassium.
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.
†One serving adds 17g of sugar to your diet and represents 34% of the Daily Value for Added Sugars.

Ingredients:
Honey.

Allergens:
Contains no allergens.

Bread
04/08/2020

Nutrition Facts
12 servings per container
Serving size 2 slices (50g)
Amount per serving
Calories 140
% Daily Value*
Total Fat 3g 4%
Saturated Fat 0.5g 3%
Trans Fat 0g
Polyunsaturated Fat 1.5g
Monounsaturated Fat 0.5g
Cholesterol 0mg 0%
Sodium 180mg 8%
Total Carbohydrate 25g 9%
Dietary Fiber 1g 4%
Total Sugars 2g
Includes 1g Added Sugars 2%
Protein 4g
Vitamin D 0.2mcg 2%
Calcium 30mg 2%
Iron 1.4mg 8%
Potassium 60mg 2%
Thiamin 0.3mg 25%
Riboflavin 0.21mg 15%
Niacin 2.8mg 20%
Folate 100mcg DFE (45mcg folic acid) 25%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: All Purpose Unbleached Flour (Wheat Flour, Malted Barley Flour, Niacin [Vitamin B3], Iron, Thiamin [Vitamin B1], Riboflavin [Vitamin B2], Folic Acid), 2% Milk, Soybean Oil, Sugar, Yeast, Salt.

Contains: Milk, Soy, Wheat.

OU-D

Contains no detectable BE materials.

Single Nutrient

Item Name	Quantity	Measure	Carb (g)	Percent	0	25	50	75	100
sugar, white, granulated	14.11	Gram	14.11	61.31%	[Progress bar]				
flour, all purpose, white, bleached, enriched	10.29	Gram	7.85	34.13%	[Progress bar]				
pumpkin, canned, unsalted	11.52	Gram	0.93	4.05%	[Progress bar]				
cinnamon, ground	0.055	Gram	0.04	0.19%	[Progress bar]				
egg, raw	4.705	Gram	0.03	0.15%	[Progress bar]				
nutmeg, ground	0.05	Gram	0.02	0.11%	[Progress bar]				
ginger, ground	0.02	Gram	0.01	0.06%	[Progress bar]				
oil, soybean, salad or cooking	5.125	Gram	0	0%	[Progress bar]				
water, municipal tap	3.715	Gram	0	0%	[Progress bar]				
baking soda	0.215	Gram	0	0%	[Progress bar]				
salt, table	0.195	Gram	0	0%	[Progress bar]				
Pumpkin Bread Total (Recipe Yield Adjustments are not applied)					23.01				

Number of Servings: 12.22 (40 g per serving)
Weight: 489 g

Amino Acid	Actual Ratio	Ideal Ratio	=	Score
Histidine	24.11	÷ 19	=	126%
Isoleucine	47.17	÷ 28	=	168%
Leucine	77.57	÷ 66	=	117%
Lysine	54.51	÷ 58	=	93%
Methionine + Cystine	36.69	÷ 25	=	146%
Phenylalanine + Tyrosine	89.1	÷ 63	=	141%
Threonine	36.69	÷ 34	=	107%
Tryptophan	12.58	÷ 11	=	114%
Valine	52.41	÷ 35	=	149%

and many more



Values Declared

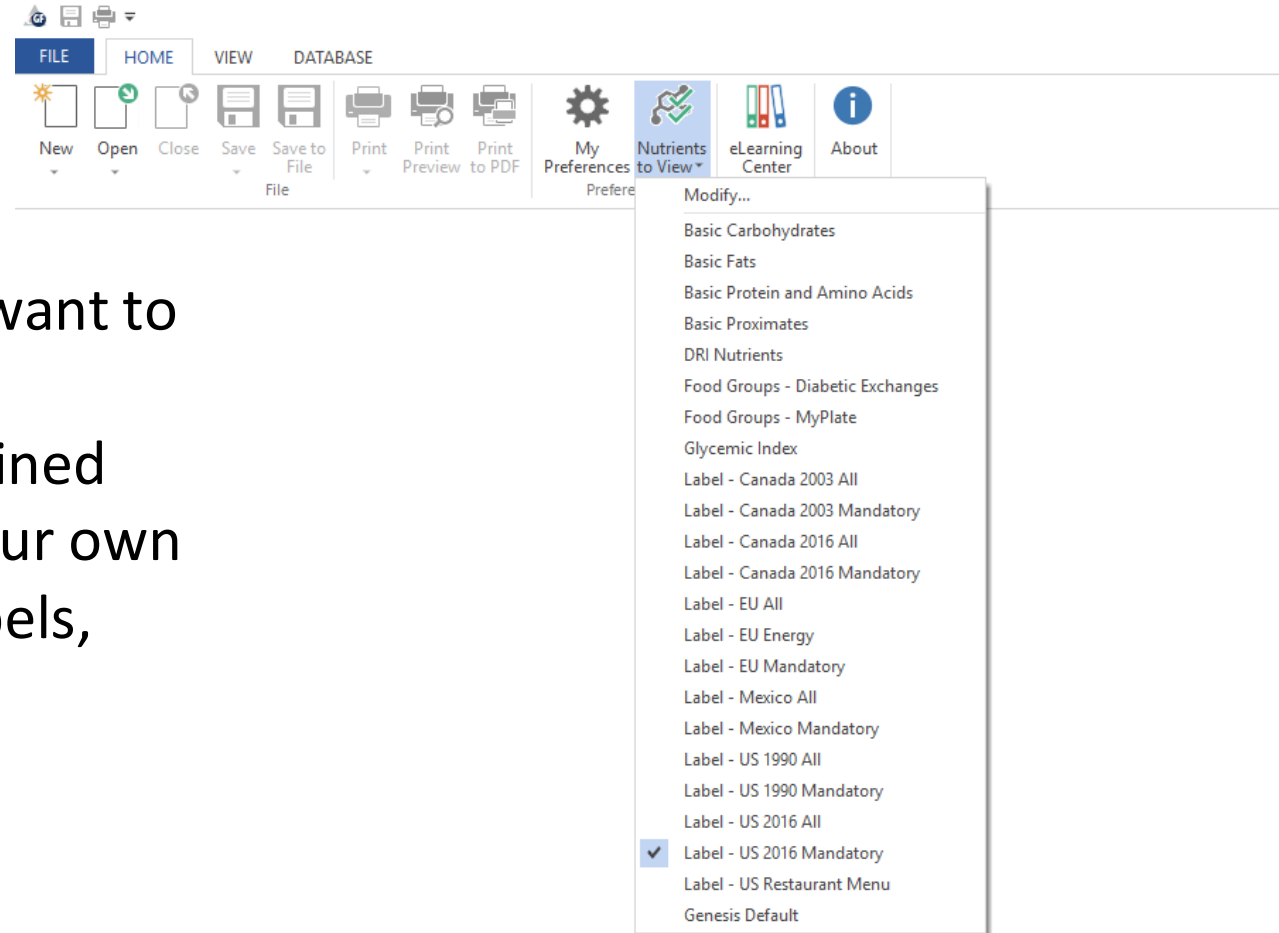
- Unrounded vs Rounded Data
 - Decimal precision – set in My Preferences
 - Label values per the regulation selected
- Who is your audience?
 - Internal use
 - Industry customers
 - Consumers

Nutrients	Per Serving	Per 100g
Basic Components		
Calories (kcal)	142.5001	285.0001
Protein (g)	3.9344	7.8687
Carbohydrates (g)	24.8029	49.6058
Dietary Fiber (2016) (g)	0.9518	1.9035
Total Sugars (g)	1.9594	3.9187
Added Sugar (g)	0.9502	1.9004
Fat (g)	2.8763	5.7525
Saturated Fat (g)	0.6328	1.2657
Trans Fatty Acid (g)	0.0280	0.0559
Cholesterol (mg)	1.5481	3.0962
Vitamins		
Vitamin D - mcg (mcg)	0.2322	0.4644
Minerals		
Calcium (mg)	27.9623	55.9247
Iron (mg)	1.3988	2.7976
Potassium (mg)	64.2495	128.4990
Sodium (mg)	179.0323	358.0646



Nutrients to View

- Select the nutrients you want to see on reports
- Choose from pre-determined nutrient sets or create your own based on spec sheets, labels, projects, etc.





Report Settings – My Preferences

- Reports
 - Fonts
 - Header / Footer
 - Recipe Reports Sections
- Reports Plus
 - Header / Footer



My Preferences

General
Foodlist Entry Columns
Reports
Reports PLUS
Groups to Exclude
Label
Colors
New Ingredient Groups
New Composite Ingredient
New Recipe Groups
New Advanced Label Group
New Menu Label Groups

General

Report Font	arial; 10pt	...
Word Wrap Text	<input checked="" type="checkbox"/>	
Print Scale	100%	▼
Show Icons	<input checked="" type="checkbox"/>	

Margins

Left (inches)	0.50
Right (inches)	0.25
Top (inches)	0.25
Bottom (inches)	0.75

Header/Footer

Print Title	<input type="checkbox"/>	
Title Font	arial; 10pt	...
Print Date	<input type="checkbox"/>	
Date Position	Bottom Left	▼
Print Page Numbers	<input checked="" type="checkbox"/>	
Page Number Position	Bottom Right	▼

Header

Footer

Report Sections

# of Nutrient Columns	2	
Recipe	<input type="checkbox"/>	+ -
Recipe Info	<input checked="" type="checkbox"/>	
Foodlist	<input checked="" type="checkbox"/>	
Nutrients	<input checked="" type="checkbox"/>	
Yields and Measures	<input checked="" type="checkbox"/>	
Groups	<input type="checkbox"/>	



Spreadsheet

- For Recipes
- Use the Spreadsheet to check for completeness of nutrient data
- Fill in blanks

Spreadsheet: Webinar Dietary Fiber

Item Name	Quantity	Measure	Cals (kcal)	Prot (g)	Carb (g)	Fib(16) (g)	Sugar (g)	SugAdd (g)	Fat (g)	SatFat
Webinar Dietary Fiber	1 Serving		217.88	4.79	35.96	0.19	4.35	3.24	5.96	
flour, baking, gluten free	38.1807	Gram	134.15	2.06	30.96	-	0	0	0	
water, distilled	15.2865	Gram	0	0	0	0	0	0	0	
egg, raw	12.8928	Gram	18.44	1.62	0.09	0	0.05	0	1.23	
butter, unsalted	4.8822	Gram	35.01	0.04	0.00	0	0.00	0	3.96	
sugar, white, granulated	3.2469	Gram	12.57	0	3.25	0	3.24	3.24	0	
powdered milk, whole	2.7492	Gram	13.64	0.72	1.06	0	1.06	0	0.73	
yeast, dry, instant, food service	0.6873	Gram	2.65	0.31	0.27	0.19	0	0	0.04	
salt, table	0.6478	Gram	0	0	0	0	0	0	0	
gum, xanthan, web	0.4266	Gram	1.43	0.03	0.33	0	0	0	0.00	
Total	1 Serving		217.88	4.79	35.96	0.19	4.35	3.24	5.96	

Label Display Standard1

- Clean, clear report often used to send product information with label, ingredient list, and allergen information
- Edit Label settings determine the label format used
- Use the Notes field to include additional information



Honey

Number of Servings: 1 (21 g per serving)
Weight: 21 g

Nutrition Facts	
32 servings per container	
Serving size	1 Tbsp (21g)
Amount per serving	
Calories	60
	% Daily Value*
Total Fat 0g	0%
Sodium 0mg	0%
Total Carbohydrate 17g	6%
Total Sugars 17g	34%†
Protein 0g	
Not a significant source of saturated fat, trans fat, cholesterol, dietary fiber, vitamin D, calcium, iron and potassium.	
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	
<small>†One serving adds 17g of sugar to your diet and represents 34% of the Daily Value for Added Sugars.</small>	

Ingredients:

Honey.

Allergens:

Contains no allergens.




View Label as a Report

In Genesis R&D, View Label shows you:

- Label – with format based on your Edit Label settings
- Ingredient List
- Allergen Lists
- Claims and Statements
 - Added Sugars
 - Bioengineered
 - Notes
 - and more



**ESHA Research, Inc.**

Bread
04/08/2020

Nutrition Facts	
12 servings per container	
Serving size	2 slices (50g)
Amount per serving	
Calories	140
% Daily Value*	
Total Fat 3g	4%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Polyunsaturated Fat 1.5g	
Monounsaturated Fat 0.5g	
Cholesterol 0mg	0%
Sodium 180mg	8%
Total Carbohydrate 25g	9%
Dietary Fiber 1g	4%
Total Sugars 2g	
Includes 1g Added Sugars	2%
Protein 4g	
Vitamin D 0.2mcg	2%
Calcium 30mg	2%
Iron 1.4mg	8%
Potassium 60mg	2%
Thiamin 0.3mg	25%
Riboflavin 0.21mg	15%
Niacin 2.8mg	20%
Folate 100mcg DFE (45mcg folic acid)	25%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: All Purpose Unbleached Flour (Wheat Flour, Malted Barley Flour, Niacin [Vitamin B3], Iron, Thiamin [Vitamin B1], Riboflavin [Vitamin B2], Folic Acid), 2% Milk, Soybean Oil, Sugar, Yeast, Salt.

Contains: Milk, Soy, Wheat.

OU-D

Contains no detectable BE materials.



Genesis R&D Training

Genesis R&D Training | April 28-30, 2020 | Web-based

Professional *and/or* Advanced training session. The first two days cover the fundamentals of the Genesis R&D Food program: creating ingredients, building recipes/formulas, nutrition analysis and reporting, labeling, and best practices. In addition, you can attend a third day of Advanced instruction, or just attend the Advanced session as a single day. Advanced training presents more complex scenarios and more comprehensive regulatory issues.

Genesis R&D Training: Menu Labeling | May 14-15, 2020 | Web-based

Instruction covers the fundamentals of the Genesis R&D Food program: creating ingredients, building recipes/formulas, nutrition analysis and reporting, labeling, and best practices. In addition, the class includes direction and discussion on the 2018 Menu Labeling requirements and Menu Label features in Genesis R&D.

Genesis R&D Training: Canadian Labeling | June 16-17, 2020 | TBD

Professional training session with Canadian labeling. This two-day class cover the fundamentals of the Genesis R&D Food program: creating ingredients, building recipes/formulas, nutrition analysis and reporting, labeling, and best practices. In addition, the labeling instruction focuses on Canadian labeling regulation and creation.

Contact training@esha.com with any questions.

See the Full 2020 Schedule: <https://www.esha.com/news-events/training-schedule/>

QUESTIONS?



CONTACT US

Phone: 503-585-6242

Sales: sales@esha.com

Support: support@esha.com

Consulting Services: cs@esha.com



HELPFUL RESOURCES

LinkedIn: [linkedin.com/company/esha-research/](https://www.linkedin.com/company/esha-research/)

eLearning Center: esha.com/resources/esha-elearning-center/

Blog: esha.com/blog

eNewsletter: esha.com/esha-newsletter