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 and dietary analysis, and regulatory compliance.

ESHA Solutions
• Genesis R&D® Food Formulation
• Genesis R&D® Supplement Formulation
• Food Processor® Nutrition & Diet Analysis
• Consulting Services
ESHA’s Food Processor® Nutrition Analysis software combines an extensive and meticulously researched food and ingredient database with an uncluttered, easy-to-use interface for accurate and comprehensive nutrition analysis. Since 1984, Nutritionists, Dietitians, Restaurants, and Educational Facilities have used the Food Processor Analysis tool to analyze menus, diets, foods, recipes, and even fitness needs of their clients.

• Dietary Intake Analysis
• Fitness Tracking
• Recipe Analysis
• Menu Planning
• Reporting
Upcoming Webinars

Visit the ESHA website for the 2021 Webinar Schedule

To view archived webinars or sign up to receive notifications, visit:
www.esha.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
What We’ll Cover Today

• Food Processor update 11.9
• ESHA Database updates
  • Including foods from the FoodData Central Brands database
• FoodProdigy
  • User Interface (UI) redesign
  • Overview
ESHA Nutrition Database Updates

With this update, the Food Processor database now has around 130,000 unique items.
- Added: select set of the FoodData Central (FDC) Brands database
- Over 20,000 brand-name foods
- Updated: brand-name foods and manufacturer foods
FoodData Central (FDC)

FDC is a central system/location for USDA ARS and partners to house food and nutrition data

https://fdc.nal.usda.gov/

Database Collections available on FDC

- USDA Standard Reference Legacy Release (SR Legacy)
  - “USDA Database” – has been included in ESHA software for decades
  - “Retired” project, but still useable and a reliable source of information
  - Will remain available, likely for some time
- FNDDS – Food and Nutrient Database for Dietary Studies – used for national surveys and studies
- Foundation Foods – growing collection that will partially replace SR database over time
- Experimental Foods – for research but not necessarily suitable for public or consumer use
- USDA Global Branded Food Products Database (Branded Foods)
  - USDA – public-private partnership
  - Data submitted by and collected from manufacturers and distributors
  - Branded and private label foods
  - Updates of existing foods and new, branded items
FoodData Central Website
FDC Branded Foods by the Numbers

• 341,500+ foods in the FDC Branded Foods database
• ~20,000 FDC Branded Foods included in Food Processor 11.9 – released December 2020
• Expect to see the 15 Nutrition Facts 2016 label nutrients for most
  • Some foods may report more depending on what each manufacturer submits
  • Rounded, label data for most – manufacturers have the choice to submit 100g or label data
**ESHA's Value Added Information**

- **Calcs and Checks** – checks the submitted data and calculates additional fields (kJ, Available Carbs, Vit D IU, cascading zeroes, etc.)
- **Names** – translate FDC names to ESHA conventions and provide consistency and additional descriptions as needed

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<thead>
<tr>
<th>ESHA Code</th>
<th>FDC Name</th>
<th>ESHA Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>210005</td>
<td>BOURBON &amp; BROWN SUGAR GRILL STYLE BEANS</td>
<td>baked beans, bourbon &amp; brown sugar grill style</td>
</tr>
<tr>
<td>210500</td>
<td>COOKIES</td>
<td>cookie, original chocolate chip, Nice</td>
</tr>
<tr>
<td>213987</td>
<td>HOT DOG ROLLS</td>
<td>bun, hot dog</td>
</tr>
<tr>
<td>214902</td>
<td>BUTTERNUT SQUASH MAC &amp; SQUASH</td>
<td>macaroni &amp; cheese, butternut squash, frozen</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Item Name</th>
<th>ESHA Code</th>
<th>Gov. Code</th>
<th>Product</th>
<th>Supplier</th>
</tr>
</thead>
<tbody>
<tr>
<td>baked beans, bourbon &amp; brown sugar grill style</td>
<td>210005</td>
<td>356811</td>
<td>FoodData Central: Supervalu</td>
<td>USDA ARS FoodData Central</td>
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<tr>
<td>cookie, original chocolate chip, Nice</td>
<td>210500</td>
<td>402068</td>
<td>FoodData Central: Walgreens</td>
<td>USDA ARS FoodData Central</td>
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<tr>
<td>bun, hot dog</td>
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<td>568653</td>
<td>FoodData Central: Bakers Pride</td>
<td>USDA ARS FoodData Central</td>
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<tr>
<td>macaroni &amp; cheese, butternut squash, frozen</td>
<td>214902</td>
<td>577110</td>
<td>FoodData Central: Marie Callender's Retail Foods</td>
<td>USDA ARS FoodData Central</td>
</tr>
</tbody>
</table>
FoodProdigy is the online companion to the Food Processor.

- Clients can conveniently and immediately document their daily dietary intakes and activities from their personal computer.
- You can import their data for detailed analysis.
- Saves data entry time allowing increased patient assessment and counseling time.
How to Register Clients in FoodProdigy

Account Information

First name: Katie
Last name: Chambers
Email Address: k@gmail.com

Edit Account Info
Subscription Info
Your Subscription ID is: 

Invite New Client