



GFTC On the Menu: Nutrition Facts



Today’s customers want to be informed about the foods they’re eating. Growing concern around food allergens and intolerances paired with increased nutritional awareness has generated the need for more information sharing. Restaurant patrons are looking for clear ingredient declarations and nutritional profiles that are similar to those found on packaged goods.

NSF-GFTC has the expertise needed to transform your menu into a concise, customer friendly document that includes all the essential information required to meet your customer’s needs.

What NSF-GFTC Provides

NSF-GFTC generates nutrient values and allergen information based on recipes, serving size preparation considerations and ingredient supplier specification sheets.

Nutrition Information

Provide nutrition information for core menu items (consistent menu items that are portion controlled) as outlined by the CRFA Nutrition Information Guidelines:

- | | |
|------------------------------|-------------------------------------|
| Calories | Total Fat, Saturated Fat, Trans Fat |
| Cholesterol | Sodium |
| Carbohydrates, Fibre, Sugars | Protein |
| Vitamin A | Vitamin C |
| Calcium | Iron |

Note: Chemical analysis is necessary if the food undergoes significant nutrient loss of transformation as a result of processing i.e. deep frying.

Allergen Information

Core / standard menu items include allergens and gluten sources:

- | | | |
|--------------|-------------|---|
| Peanuts | Tree Nuts | Sulphites |
| Milk | Eggs | Mustard Seeds |
| Fish | Shellfish | Gluten sources (barley, oats, rye, triticale, wheat [includes kamut and spelt]) |
| Soy | Crustaceans | |
| Sesame Seeds | Wheat | |

Consultation

NSF-GFTC offers consultation on nutrient content claims and other regulatory information as per Canada’s Food and Drug Regulation (FDR) and CFIA’s 2003 Guide to Food Labelling and Advertising (GFLA). Nutrition and recipe consultation services are available to improve the nutritional content of menu items.

For more information contact Carol Zweep at czweep@nsf.org or 519-821-1246 ext. 5019

