

Tech Tips for Nutrient Analysis & Special Diets

CSNA 2024

- **The New Sugar Restrictions: What is an Added Sugar -**
 - Corn Syrup? 100% Juice? Juice Concentrate? Honey?
 - Fruit Puree? Dried Fruit? Agave? Barley Malt? Cane Juice?
- **How do I analyze recipes for “Added Sugars”?**
 - Go to the ingredient that qualifies as Added Sugar.
 - If CN data, copy the ingredient.
 - Copy the Total Sugar into the Added Sugars section.
- **Avoiding Common Nutrient Analysis Errors:**
 - Limit Cheese-Based Entrees to 2 days per week.
 - Use fresh jalapenos, sandwich cups with pickles.
 - Never use Planned or Offered Qty of 100 milks.
Distribute milk types and numbers accurately.
 - USDA Protocols require an accurate *Weighted Analysis*.
 - Use Melissa’s Math when planning & purchasing entrees.



Using technology, you can knock stress out of the ballpark!

Copy and paste your ChatGPT Prompts from here



Special thanks to Canva and Gamma AI for creating our slides

Tool 1 - ChatGPT:

Purpose: Generate weekly allergen-free recipe ideas and menu plans.

How It Works: Input Prompt. Chat suggests balanced meals excluding specific allergens.

Tool 2 - Canva Pro (free)

Purpose: Generate student-friendly, allergen-safe menu designs, and translate into any language.

How It Works: Discover the Magic of Magic Studio

Tool 3 - Double Check Using Allergen Detection Technology

Fig: Food Scanner & Discovery 4+

Tool 4 - Online Menus and Ordering (LINQ)

Building Transparency & Trust

Example: Families order wheat-free, dairy-free meals

