



## Section 10, Examples

In this section of the guide, you will learn about mandatory food labelling through examples of products. The section also includes examples of recipe calculations.

### Example 1: Labelling for nutty wheat bread

The first example demonstrates the mandatory labelling for nutty wheat bread. Please note that mandatory labelling for prepacked foods must be in Finnish and Swedish. However, if the food is sold only in a monolingual municipality, the mandatory labelling can be made only in the language of that municipality. (Translations: Please see the guides *Elintarvikkeista annettavat tiedot – Opas pk-yrityksille* (in Finnish) and *Livsmedelsinformation – Handbok för små och medelstora företag* (in Swedish). Guides are available on Finnish Food Authority's website.)

**List of ingredients**

Allergens (wheat flour and cashew nuts) in bold, with the amount of the bolded ingredient indicated (cashew nuts (15% of weight)). It is not mandatory to print wheat or flour in bold, because the name of the food includes the word "wheat". You can nevertheless still print the ingredient in bold if you wish.

**Name of the food**

**Net quantity**

**NUTTY WHEAT BREAD, sliced 300 g**

Ingredients: **Wheat flour**, water, **cashew nut** (15% of weight), yeast, iodised salt, preservative (E280)

Best before: 9.10.2020

Manufacturer: Company Ltd,  
Corporate Road 1,00000 location

Nutrition per 100 g

Energy	1123 kJ/268 kcal
Fat	7,6 g
of which saturates	1,3 g
Carbohydrates	39 g
of which sugars	0,9 g
Protein	9,2 g
Salt	1,5 g

High salt content

**Name and address of the responsible food business operator**

**Nutrition declaration**

**Date of minimum durability**

The "Best before" date replaces the food batch number, if the date includes the day and month. The batch number is thus not a mandatory marking for the packaging of the nutty wheat bread.

**Country of origin (or the place of provenance)**

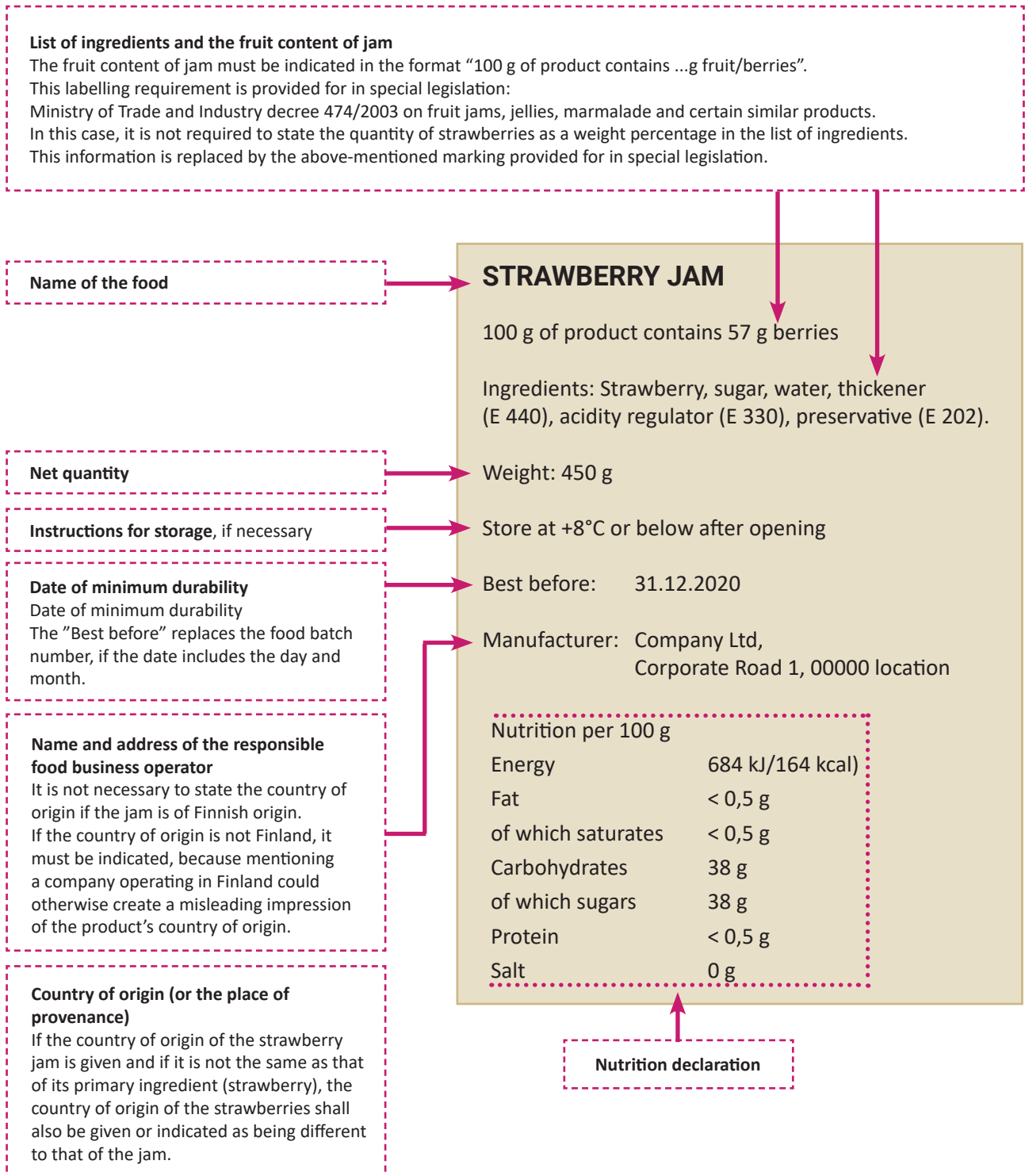
The country of origin does not have to be indicated if the bread is of Finnish origin. If the country of origin is not Finland, it must be stated, because indicating a company operating in Finland on the packaging could otherwise create a misleading picture of the country of origin. If the country of origin of the nutty wheat bread is given and if it is not the same as that of its primary ingredient (wheat flour), the country of origin of the wheat flour shall also be given or indicated as being different to that of the bread.

**High salt content marking**

Since the salt content exceeds the limit set for bread, 1.2%, a high salt content marking has to be printed on the package.

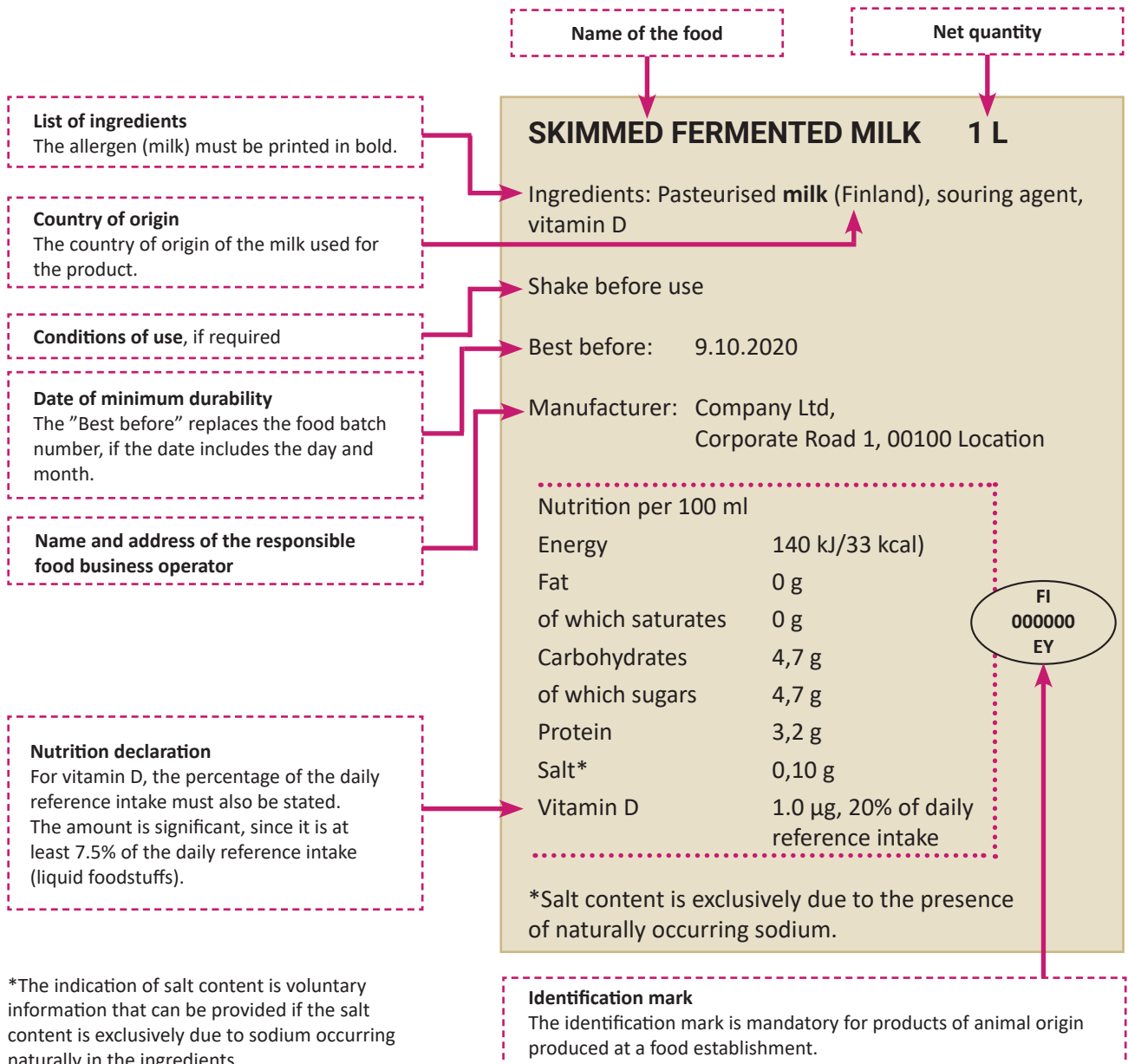
### Example 2: Labelling for strawberry jam

The next example shows the mandatory labelling for strawberry jam. Please note that mandatory labelling for prepacked foods must be in Finnish and Swedish. However, if the food is sold only in a monolingual municipality, the mandatory labelling can be made only in the language of that municipality.



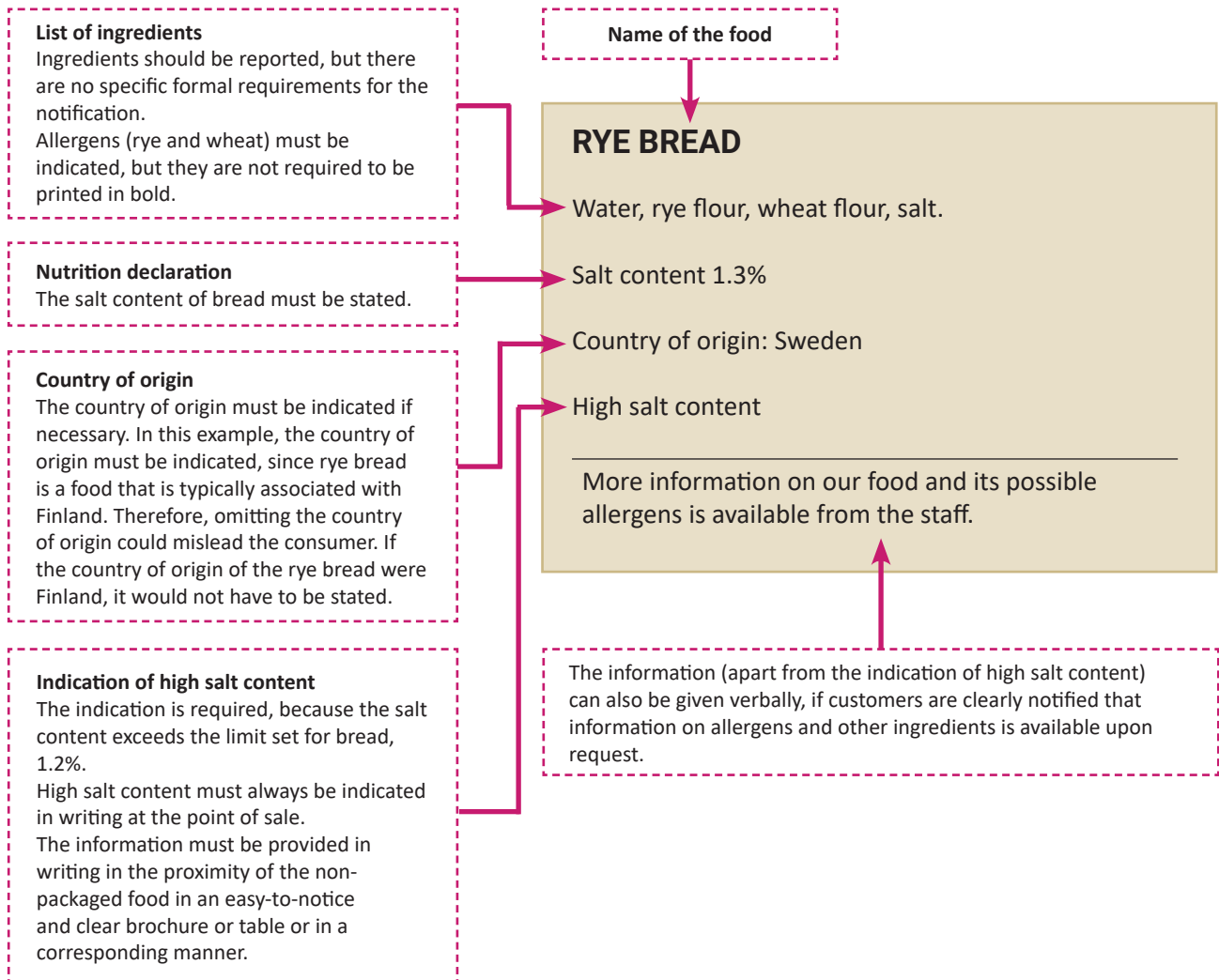
### Example 3: Labelling for skimmed fermented milk

This example shows the mandatory labelling for skimmed fermented milk. Please note that mandatory labelling for prepacked foods must be in Finnish and Swedish. However, if the food is sold only in a monolingual municipality, the mandatory labelling can be made only in the language of that municipality.



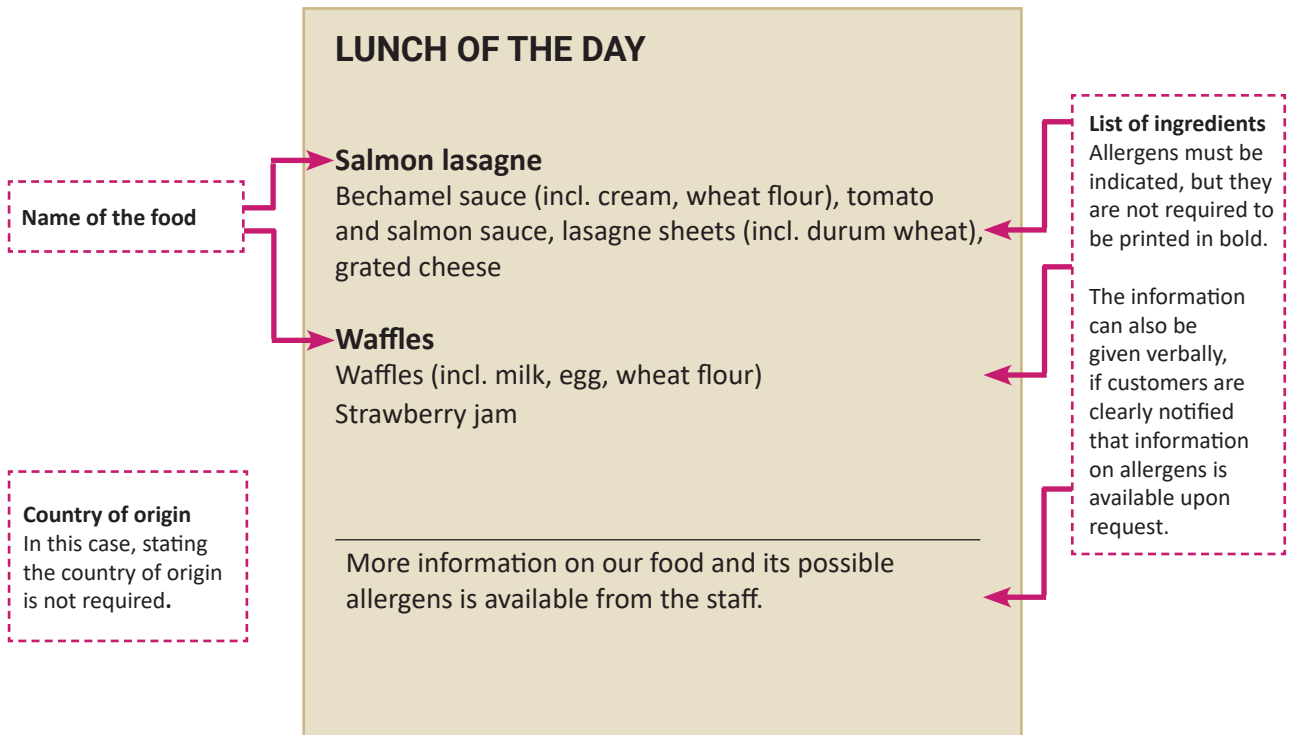
### Example 4: Food information for non-prepacked rye bread in retail sale

This example shows what information is mandatory for non-prepacked rye bread in retail sale.



### Example 5: Lunch menu information at a catering establishment

This example shows what information is mandatory for non-prepacked foods at a catering establishment.



### Example 6: Recipe calculation for nutty wheat bread

This example shows you how to produce mandatory information based on the recipe for nutty wheat bread.

#### Recipe for nutty wheat bread

Weight	Ingredient
1 400 g	wheat flour
1 100 g	water
400 g	cashew nuts
55 g	yeast
40 g	iodised salt
5 g	propionic acid (E 280)

baking loss 10%

#### Weight and loss

Weigh the product when it is raw and finished, or calculate the weight of the finished product while taking baking loss into account:

#### Raw weight

Product raw weight = weight of the dough

Raw weight of nutty wheat bread:

$$1\,400\text{ g} + 1\,100\text{ g} + 400\text{ g} + 55\text{ g} + 40\text{ g} + 5\text{ g} = 3\,000\text{ g}$$

#### Baked weight

Weight of the baked product

$$= \text{product raw weight} - (\text{product raw weight} \times \text{baking loss percentage} / 100)$$

Baked weight of nutty wheat bread:

$$3\,000\text{ g} - 300\text{ g} (= 3\,000\text{ g} \times 10\% / 100) = 2\,700\text{ g}$$

#### Baking loss

Loss refers to the change that occurs to a food's weight during the baking process.

In practice, this is due to water evaporating. In the example of a nutty wheat bread, it is known that baking loss is 10%. If the amount of loss is unknown, you can measure this by weighing the raw and baked products and calculating the difference.

$$\text{Loss} = \text{product raw weight} - \text{product baked weight}$$

Loss percentage

$$= (\text{loss} \times 100) / \text{product raw weight} \%$$

**Order of ingredients**

List the ingredients in the labelling in descending order of their weight in the recipe.

Indicate added water according to its amount in the finished product.

The amount of water in the finished product is affected by baking loss.

Amount of water in the finished product

= (total amount of water as an ingredient) – (product raw weight – product baked weight)

Amount of water in finished nutty wheat bread:

1 100 g – 300 g (= 3 000 g – 2 700 g) = 800 g

Therefore, the order by which ingredients are listed in the bread's packaging is as follows:

1. wheat flour (1400 g)
2. water (800 g)
3. cashew nut (400 g)
4. yeast (55 g)
5. iodised salt (40 g)
6. propionic acid (E 280) (5 g)

**Emphasising an ingredient**

If an ingredient is emphasised in a place such as the name of the food and it can be assumed to influence the consumer's purchase decision, the share of the ingredient as a percentage of the total weight of the product must be indicated. In the case of nutty wheat bread, this means that the share of nuts must be indicated. The share of wheat does not need to be indicated despite the fact that it is included in the name of the food, as it is unlikely that it influences the consumer's decision.

The percentage of a certain ingredient in the food is calculated as follows:

(amount of the ingredient / product baked weight) x 100%

Percentage of cashew nuts in nutty wheat bread:

$(400 \text{ g} / 2\,700 \text{ g}) \times 100 \% = 14.8 \% \approx 15 \%$ .

**Allergens**

Substances and products that cause allergies or trigger intolerances must be emphasised in the list of ingredients. In the case of nutty wheat bread, the allergens are nuts and wheat. As the word 'wheat' is already indicated in the name of the food, it does not need to be emphasised in the list of ingredients. If you wish, you may also emphasise this in the list of ingredients.

The word 'nut' is also indicated in the name of the food. However, as there are different types of nuts and consumers might only be allergic to a specific variety, the word 'cashew nut' must be emphasised in the list of ingredients.

### Additives

First, check whether an additive listed in the recipe is permitted to be used to manufacture bread. Be sure to also check if there are maximum content limits for the additive.

You can find the information under the food category “07.1 Bread and rolls” in part E of annex II to the Regulation (EC) No 1333/2008, or in the European Commission web application:

(Categories → Bakery wares (7) → Bread and rolls (7.1)).

You can find the regulation on food additives and the EU Commission application in the list of links on our website.

The recipe for wheat bread includes propionic acid (E 280). Under the regulation on additives, prepacked sliced bread may contain propionic acid up to 3 000 mg/kg. In the recipe, the amount of propionic acid is indicated as 5 g.

The amount of propionic acid in mg/kg in the finished product is calculated as follows:

To begin with, the units can be changed to their consistent forms as mg/kg as follows

(Propionic acid in nutty wheat bread 5 g = 5 000 mg and weight of finished bread 2700 g = 2.7 kg).

To calculate the amount of additive in the finished product in mg/kg, divide the amount of additive by the weight of the finished product.

Amount of propionic acid in nutty wheat bread:

$5\,000\text{ mg} / 2.7\text{ kg} = 1\,850\text{ mg/kg}$

The amount of propionic acid does not exceed the permitted maximum level. The recipe may thus be followed. The additive must be indicated in the list of ingredients by the name of the category of its functional class, followed by the specific name or E number.

Propionic acid is used as a preservative. In the list of ingredients, it can be indicated as follows: “preservative (E 280)” or “preservative (propionic acid)”.

### Final list of ingredients

Ingredients: **Wheat flour**, water, **cashew nut** (15% of weight), yeast, iodised salt, preservative (E 280).

### Calculating nutrition information

The information presented in the nutrition declaration may be based on analysis or calculations.

The amounts of nutrients in the food may be calculated in several ways.

This example uses the average values indicated for various ingredients in the Fineli food composition database([www.fineli.fi](http://www.fineli.fi)).



Energy and nutrition values per 100 grams of nutty wheat bread ingredients (Fineli database)\*

Ingredient	Energy		Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	kJ	kcal	g	g	g	g	g	mg
Wheat flour	1 467	350	1,4	0,2	70	0,4	11,5	2,5
Water	-	-	-	-	-	-	-	2,5
Cashew nut	2 403	574	46,4	7,8	18,8	4,6	20	25,5
Yeast	312	74	0,4	-	1,1	-	13,1	11,2
Iodised salt	11	3	-	-	-	-	0,6	98 607,6
Propionic acid	-	-	-	-	-	-	-	-

\*Source: National Institute for Health and Welfare, Nutrition Unit. Fineli. Food composition database. Version 18. Helsinki 2017. [www.fineli.fi](http://www.fineli.fi)

Energy and nutrition values per 1400 grams of wheat flour

Energy (kJ)	(1 467 kJ / 100 g) x 1 400 g = 20 538 kJ
Energy (kcal)	(350 kcal / 100 g) x 1 400 g = 4 900 kcal
Fat	(1,4 g / 100 g) x 1 400 g = 19,6 g
Saturates	(0,2 g / 100 g) x 1 400 g = 2,8 g
Carbohydrates	(70 g / 100 g) x 1 400 g = 980 g
Sugars	(0,4 g / 100 g) x 1 400 g = 5,6 g
Protein	(11,5 g / 100 g) x 1 400 g = 161 g
Salt	(2,5 mg / 100 g) x 1 400 g = 35 mg *

\* Salt is indicated in the Fineli database in milligrams (mg). In the final nutrition declaration, salt content must be indicated in grams (g).

Energy and nutrition values in other ingredients of nutty wheat bread

The amounts are calculated in the same way as for wheat bread in the above example.

Ingredient	Amount of ingredient in recipe g	Energy		Fat	Saturates	Carbo- hydrates	Sugars	Protein	Salt
		kJ	kcal	g	g	g	g	g	mg
Wheat flour	1 400	20 538	4 900	19,6	2,8	980	5,6	161	35
Water	800	-	-	-	-	-	-	-	20
Cashew nut	400	9 612	2 296	185,6	31,2	75,2	18,4	80	102

Ingredient	Amount of ingredient in recipe g	Energy		Fat g	Saturates g	Carbo- hydrates g	Sugars g	Protein g	Salt mg
		kJ	kcal						
Yeast	55	171,6	40,7	0,2	-	0,6	-	7,2	6,16
Iodised salt	40	4,4	1,2	-	-	-	-	0,24	39 443,04
Propionic acid	5	-	-	-	-	-	-	-	-
<b>Total (≈)</b>		<b>30 326</b>	<b>7 238</b>	<b>205</b>	<b>34</b>	<b>1 056</b>	<b>24</b>	<b>248</b>	<b>39 606</b>

Energy and nutrition values per 100 grams of finished nutty wheat bread

Energy (kJ)	$(30\,326 \text{ kJ} / 2\,700 \text{ g}) \times 100 \text{ g} \approx 1\,123 \text{ kJ}$
Energy (kcal)	$(7\,238 \text{ kcal} / 2\,700 \text{ g}) \times 100 \text{ g} \approx 268 \text{ kcal}$
Fat	$(205 \text{ g} / 2\,700 \text{ g}) \times 100 \text{ g} \approx 7,6 \text{ g}$
Saturates	$(34 \text{ g} / 2\,700 \text{ g}) \times 100 \text{ g} \approx 1,3 \text{ g}$
Carbohydrates	$(1\,056 \text{ g} / 2\,700 \text{ g}) \times 100 \text{ g} \approx 39,1 \text{ g}$
Sugars	$(24 \text{ g} / 2\,700 \text{ g}) \times 100 \text{ g} \approx 0,9 \text{ g}$
Protein	$(248 \text{ g} / 2\,700 \text{ g}) \times 100 \text{ g} \approx 9,2 \text{ g}$
Salt	$(39\,606 \text{ mg} / 2\,700 \text{ g}) \times 100 \text{ g} \approx 1\,467 \text{ mg} \approx 1,5 \text{ g}^*$

\* Salt is indicated in the Fineli database in milligrams (mg). In the final nutrition declaration, salt content must be indicated in grams (g).

The European Commission has published a guide on rounding nutrition values in 2012. The guide is found in the list of links on our website.

### Alternative methods of calculation

#### Calculating energy value using conversion factors

The average energy values of several foods are readily available in the Fineli database, as shown above. Next, you will learn how to calculate energy values manually in cases where the information is not readily available.

The energy value of a food includes all nutrients contained in the food that produce energy. In the case of nutty wheat bread, the energy-producing nutrients are carbohydrates, protein, fat and fibre.

In the Fineli database, fibre is listed under carbohydrate components, but it is not included in the total amount of carbohydrates (absorbed carbohydrates) and must be taken into account separately when calculating energy value.

The energy value of each nutrient is calculated by multiplying the amount of the nutrient (g/100 g of finished product) by the conversion factor defined for each nutrient. The conversion factors are found in annex XIV to the food information regulation.

Example: Nutty wheat bread

Nutrient	Amount of nutrient	Conversion factor		Energy value	Energy value
	g/100 g	kJ/g	kcal/g	kJ/100 g	kcal/100 g
Carbohydrates	39,1*	17	4	$39,1 \times 17 = 664,7$	$39,1 \times 4 = 156,4$
Protein	9,2*	17	4	$9,2 \times 17 = 156,4$	$9,2 \times 4 = 36,8$
Fat	7,6*	37	9	$7,6 \times 37 = 281,2$	$7,6 \times 9 = 68,4$
Fibre	2,58**	8	2	$2,58 \times 8 = 20,64$	$2,58 \times 2 = 5,16$
<b>Total</b>				<b><math>\approx 1\,123</math> kJ / 100 g</b>	<b><math>\approx 267</math> kcal / 100 g</b>

\* The quantities of carbohydrates, fat and protein (g / 100 g) were defined previously when calculating nutrition information.

\*\* The amount of fibre (g / 100 g) is calculated similarly to the quantities of carbohydrates, fat and sugar. The calculations are shown in the table below.

Calculating the amount of fibre in 100 grams of nutty wheat bread

Ingredient	Amount of ingredient in recipe	Fibre*	Fibre / whole ingredient	Fibre / whole product
	g	g / 100 g	g	g
Wheat flour	1 400	3,7	$(3,7 \text{ g} / 100 \text{ g}) \times 1\,400 \text{ g}$ $= 51,8 \text{ g}$	
Water	800	-	-	
Cashew nut	400	3,5	$(3,5 \text{ g} / 100 \text{ g}) \times 400 \text{ g}$ $= 14 \text{ g}$	
Yeast	55	6,9	$(6,9 \text{ g} / 100 \text{ g}) \times 55 \text{ g}$ $= 3,795 \text{ g}$	
Iodised salt	40	-	-	
Propionic acid	5	-	-	
<b>Total</b>	<b>2 700</b>		<b><math>\approx 69,6 \text{ g}</math></b>	<b><math>(69,6 \text{ g} / 2\,700 \text{ g}) \times 100 \text{ g}</math> <b><math>\approx 2,58 \text{ g}</math></b></b>

\* Source: National Institute for Health and Welfare, Nutrition Unit. Fineli. Food composition database. Version 18. Helsinki 2017. [www.fineli.fi](http://www.fineli.fi)

Note that when calculating energy values, you must also take into account other energy-producing nutrients in the food, if necessary (see annex XIV to the food information regulation).

For example, if the food is manufactured using alcohol (and the product is not heated) or polyols, i.e. sugar alcohols.

### Calculating total salt content

The salt contents of several foods are readily available in the Fineli database, as shown above.

If the data is not readily available, you can also calculate total salt content manually.

When calculating the total salt content of a finished product, both added salt and naturally occurring sodium in the ingredients are taken into account. The amounts of naturally occurring sodium in ingredients are available in the Fineli database.

Amount of naturally occurring sodium in nutty wheat bread ingredients and in the total product weight:

	Amount of ingredient in recipe	Naturally occurring sodium*	Naturally occurring sodium
Ingredient	g	mg / 100 g	mg / total ingredient
Wheat flour	1 400	1,0	(1,0 mg / 100 g) x 1 400 g = 14 mg
Water	800	1,0	(1,0 mg / 100 g) x 800 g = 8 mg
Cashew nut	400	10	(10 mg / 100 g) x 400 g = 40 mg
Yeast	55	4,4	(4,4 mg / 100 g) x 55 g = 2,42 mg
Iodised salt	40	38 700	(38 700 mg / 100 g) x 40 g = 15 480 mg
Propionic acid	5	-	-
<b>Total</b>	<b>2 700</b>		<b>≈ 15 544 mg</b>

\* Source: National Institute for Health and Welfare, Nutrition Unit. Fineli. Food composition database. Version 18. Helsinki 2017. [www.fineli.fi](http://www.fineli.fi)

### Conversion of sodium to salt

In the above calculation, the total amount of sodium in the ingredients of nutty wheat bread was 15 544 mg. The amount of sodium is converted to salt by a factor of 2.5.

$15\,544\text{ mg} \times 2.5 = 38\,860\text{ mg} \approx 38.9\text{ g}$ .

The total salt content (g / 100 g) of finished nutty wheat bread is calculated as follows:  
(amount of salt g / product baked weight g) x 100.

The salt content of nutty wheat bread is:

$(38.9\text{ g} / 2\,700\text{ g}) \times 100\text{ g} = 1.44\text{ g} \approx 1.4\text{ g} / 100\text{ g}$ .

Earlier in the part “calculating nutrition information”, the total salt content was rounded to 1.5 when using the information available in the Fineli database on the salt content of the ingredients. Now that we converted the salt content from sodium by a factor of 2.5, the total salt content of the finished product differs by a rounded amount of 0.1 g from the previous result (1.4 g (1.44 g) vs 1.5 g (1.46 g)). The reason for this is that the second example uses a conversion factor of 2.5 as stated in law, which is actually rounded from the more precise value of 2.54. In the Fineli database, meanwhile, salt content is calculated using the more precise factor of 2.54.

When calculating the second example using a factor of 2.54, the results of both calculations are identical  $15\,544\text{ mg} \times 2.54 = 39\,481.76\text{ mg} = 39.5\text{ g}$

The salt content of nutty wheat bread is:  
 $(39.5 \text{ g} / 2\,700 \text{ g}) \times 100 \text{ g} = 1.46 \text{ g} \approx 1.5 \text{ g} / 100 \text{ g}$ .

In the case of nutty wheat bread, the salt content to be indicated on the final nutrition declaration should be 1.5 g / 100 g, since we know that this value is more precise.

However, as the use of the rounded conversion factor of 2.5 is permitted by law, it would not be wrong to indicate salt content as 1.4 g / 100 g. This issue is particularly important in cases where the product is close to the limit of requiring a warning label of high salt content. In the case of nutty wheat bread, this is of no consequence as the salt content exceeds the limit of 1.2% permitted for bread, and the packaging must therefore include the words “high salt content”.

### Final nutrition declaration

The nutrition declaration for nutty wheat bread must include at least the following values per 100 grams of the product:

Nutrition per 100 g	
Energy	1 123 kJ / 268 kcal
Fat	7,6 g
- of which saturates	1,3 g
Carbohydrates	39 g
- of which sugars	0,9 g
Protein	9,2 g
Salt	1,5 g
High salt content	

### Example 7: Recipe calculation for strawberry jam

This example shows you how to produce mandatory information for strawberry jam based on the recipe.

#### Recipe for strawberry jam

Weight	Ingredient
5 000 g	strawberry
3 000 g	sugar
1 750 g	water
30 g	thickener (E 440)
12 g	acidity regulator (E 330)
8 g	preservative (E 202)

Cooking loss 10 %

#### Raw weight and weight after cooking:

Raw weight of a batch of strawberry jam:

$$5\,000\text{ g} + 3\,000\text{ g} + 1\,750\text{ g} + 30\text{ g} + 12\text{ g} + 8\text{ g} = 9\,800\text{ g}$$

Weight of finished strawberry jam, taking into account cooking loss:

$$9\,800\text{ g} - 980\text{ g} (= 9\,800\text{ g} \times 10\% / 100) = 8\,820\text{ g}$$

Loss = product raw weight – product baked weight

Loss percentage = (loss x 100) / product raw weight %

#### List of ingredients

##### Order of ingredients

Amount of water in a finished batch of strawberry jam:

$$1\,750 - 980 (= 9\,800\text{ g} - 8\,820\text{ g}) = 770\text{ g}$$

The ingredients are listed in the same order by weight as in the recipe.

##### Emphasising an ingredient

The share of strawberries in strawberry jam:

$$(5\,000\text{ g} / 8\,820\text{ g}) \times 100\% = 56.7\% \approx 57\% (= 57\text{ g} / 100\text{ g})$$

##### Additives

First, check whether an additive listed in the recipe is permitted to be used to manufacture strawberry jam. Be sure to also check if there are maximum content limits for the additive.

You can find the information under the food category “04.2.5.1 Extra jam and extra jelly as defined by Directive 2001/113/EC” in part E of annex II to the Regulation (EC) No 1333/2008, or In the European Commission web application: (Categories → Fruit and vegetables (4) → Processed fruit and vegetables (4.2) → Jam, jellies and marmalades and similar products (4.2.5) → Extra jam and

extra jelly as defined by Directive 2001/113/EC (4.2.5.1)). You can find the regulation on food additives and the EU Commission application in the list of links on our website.

The following limits are prescribed on the use of the additives listed in the strawberry jam recipe: E 330 (citric acid) and E 440 (pectins) are permitted in extra jam and extra jelly (food category 04.2.5.1) under the quantum satis principle. The quantum satis principle means that there is no maximum limit set for the additive, but it must be used according to good manufacturing practice.

E 202 (potassium sorbate) may be used only in low-sugar and similar low calorie or sugar-free extra jams and extra jellies up to a limit of 1 000 mg/kg.

In the strawberry jam recipe, the amount of potassium sorbate is listed as 8 g:

$$8 \text{ g} / 8\,820 \text{ g} = 0.000907 \text{ g} / \text{g} = 0.907 \text{ mg} / \text{g} = 907 \text{ mg} / \text{kg}$$

The amount of potassium sorbate does not exceed the maximum permitted limit. The recipe may thus be followed. Potassium sorbate is used in jam as a preservative. In the list of ingredients, it may be indicated either as “preservative (E 202) or “preservative (potassium sorbate)”.

Citric acid (E 330) is used in jam as an acidity regulator. In the list of ingredients, it may be indicated either as “acidity regulator (E 330) or “acidity regulator (citric acid)”.

Pectins (E 440) are used in jam as a thickener. In the list of ingredients, it may be indicated either as “thickener (E 440)” or “thickener (pectins)”.

### Final list of ingredients

Ingredients: Strawberry, sugar, water, thickener (E 440), acidity regulator (E 330), preservative (E 202). In addition, the indication that the strawberry jam contains 57 g of berries per 100 g of the product must accompany the name of the food.

### Nutrition declaration

Energy and nutrition values per 100 grams of strawberry jam ingredients (Fineli database)\*

Ingredient	Energy		Energy	Fat	Saturates	Carbo- hydrates	Sugars	Protein	Salt
	kJ	kcal	g	g	g	g	g	mg	
Strawberry	187	45	0,3	< 0,1	7,7	7,0	0,5	5,1	
Sugar	1 698	406	-	-	99,9	99,9	-	0,2	
Thickener (E 440)	-	-	-	-	-	-	-	-	
Acidity regulator (E 330)	-	-	-	-	-	-	-	-	
Preservative (E 202)	-	-	-	-	-	-	-	-	

\* Source: National Institute for Health and Welfare, Nutrition Unit. Fineli. Food composition database. Version 18. Helsinki 2017. [www.fineli.fi](http://www.fineli.fi)

Energy and nutrition values per 5000 grams of strawberry

Energy (kJ)	$(187 \text{ kJ} / 100 \text{ g}) \times 5\,000 \text{ g} = 9\,350 \text{ kJ}$
Energy (kcal)	$(45 \text{ kcal} / 100 \text{ g}) \times 5\,000 \text{ g} = 2\,250 \text{ kcal}$
Fat	$(0,3 \text{ g} / 100 \text{ g}) \times 5\,000 \text{ g} = 15 \text{ g}$
Saturates	$(< 0,1 \text{ g} / 100 \text{ g}) \times 5\,000 \text{ g} = < 5 \text{ g}$
Carbohydrates	$(7,7 \text{ g} / 100 \text{ g}) \times 5\,000 \text{ g} = 385 \text{ g}$
Sugars	$(7 \text{ g} / 100 \text{ g}) \times 5\,000 \text{ g} = 350 \text{ g}$
Protein	$(0,5 \text{ g} / 100 \text{ g}) \times 5\,000 \text{ g} = 25 \text{ g}$
Salt	$(5,1 \text{ mg} / 100 \text{ g}) \times 5\,000 \text{ g} = 255 \text{ mg}$

**Energy and nutrition values in other ingredients of strawberry jam**

The amounts are calculated in the same way as for strawberry in the above example.

Ingredient	Amount of ingredient in recipe g	Energy		Fat g	Saturates g	Carbo- hydrates g	Sugars g	Protein g	Salt mg
		kJ	kcal						
Strawberry	5 000	9 350	2 250	15	< 5	385	350	25	255
Sugar	3 000	50 940	12 180	-	-	2 997	2 997	-	6
Water	770	-	-	-	-	-	-	-	19,25
Thickener (E 440)	30	-	-	-	-	-	-	-	-
Acidity regulator (E 330)	12	-	-	-	-	-	-	-	-
Preservative (E 202)	8	-	-	-	-	-	-	-	-
<b>Total</b>		<b>60 290</b>	<b>14 430</b>	<b>15</b>	<b>&lt; 5</b>	<b>3 382</b>	<b>3 347</b>	<b>25</b>	<b>280,25</b>



## Energy and nutrition values per 100 grams of finished strawberry jam

Energy (kJ)	$(60\,290 \text{ kJ} / 8\,820 \text{ g}) \times 100 \text{ g} \approx 684 \text{ kJ}$
Energy(kcal)	$(14\,430 \text{ kcal} / 8\,820 \text{ g}) \times 100 \text{ g} \approx 164 \text{ kcal}$
Fat	$(15 \text{ g} / 8\,820 \text{ g}) \times 100 \text{ g} = 0,2 \text{ g}$
Saturates	$(5 \text{ g} / 8\,820 \text{ g}) \times 100 \text{ g} = 0,1 \text{ g}$
Carbohydrates	$(3\,382 \text{ g} / 8\,820 \text{ g}) \times 100 \text{ g} = 38,3 \text{ g}$
Sugars	$(3347 \text{ g} / 8\,820 \text{ g}) \times 100 \text{ g} = 37,9 \text{ g}$
Protein	$(25 \text{ g} / 8\,820 \text{ g}) \times 100 \text{ g} = 0,3 \text{ g}$
Salt	$(280,25 \text{ mg} / 8\,820 \text{ g}) \times 100 \text{ g} \approx 3,2 \text{ mg} \approx 0,0032 \text{ g}$

The Fineli database also contains ready nutritional values for many products, including strawberry jam. These ready values may be used for your products directly, if the product is sufficiently similar to that listed in the database.

**Final nutrition declaration**

Nutrition per 100 g	
Energy	684 kJ (164 kcal)
Fat	< 0,5 g
- of which saturates	< 0,5 g
Carbohydrates	38 g
- of which sugars	38 g
Protein	< 0,5 g
Salt	0 g

The European Commission has published a guide on rounding nutrition values in 2012. The guide is found in the list of links on our website.