HSQC Nutritional Team

Be ready for the new Food Information Regulations coming into force in December 2014

Our nutritional consultants analyse dishes and provide feedback that is truly comprehensive.

We go well beyond the information found in the Nutrition Facts label, and can help identify additional positive nutritional aspects of your dishes. Our consultants can provide:

* Nutrition Facts labelling requirements: calories, calories from fat, total fat, saturated fat, *trans*-fat, cholesterol, sodium, total carbohydrate, fiber, sugar and protein
* Additional information on vitamins, minerals and fatty acids, such as omega-3 content
* Feedback on whether your dishes meet various nutrition guidelines, such as the 5 a Day, vegetables or whole grains in a dish
* A list of major food allergens contained in a dish

We can help you create dishes that meet specific dietary requirements, incorporate more sustainable ingredients and meet consumer demands for health without compromising the taste of the meal.

Importantly, our team can work with any cuisine and respects a chef’s culinary vision and creativity so that dishes evolve out of his/her inspiration. We can provide:

* Healthy recipe development and menu balancing that considers more than just calories, saturated fat and sodium. SPE examines over 20 nutrients to evaluate the overall balance of a dish
* Healthy menu descriptions that highlight healthy, nutrient dense and sustainable components of dishes
* Training for staff to help diners identify dishes that may be more appropriate for their special dietary needs
* Enhancing of a dish – maximizing the overall [nutritional impact](http://specertified.com/what/services) of a dish through thoughtful ingredient selection, careful portioning and strategic combinations of foods that are more nutritious when eaten together than separately.