



**WEBINAR**



# **Genesis R&D Foods Ingredient Data Deep Dive**

**Presented by ESHA Research**

Wednesday, May 27, 2020

11:00 AM PDT | 1:00 PM CDT | 2:00 PM EDT



# 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 analysis, and regulatory compliance.

## ESHA Solutions

- Genesis R&D<sup>®</sup> Food Formulation
- Genesis R&D<sup>®</sup> Supplement Formulation
- Food Processor<sup>®</sup> Nutrition & Diet Analysis
- Consulting Services

Our mission is to help remove the complexity of product development and regulatory compliance for the food, beverage, and supplement industries through software, services, and nutritional databases.



# Genesis R&D Foods

Genesis R&D Foods, first released in 1991, is designed to help users manage processes, overcome industry challenges, and meet federal requirements. Industry professionals use Genesis R&D for quick and accurate nutrient evaluation, virtual product development, nutrition labeling, and regulatory compliance.

- Product Development
- Formulation Analysis
- Menu Analysis
- Reporting
- Regulatory Compliance



# Upcoming Webinars



Wednesday, June 24, 2020 11:00 AM PDT : Genesis R&D Version 11.8

## Stay tuned for more!

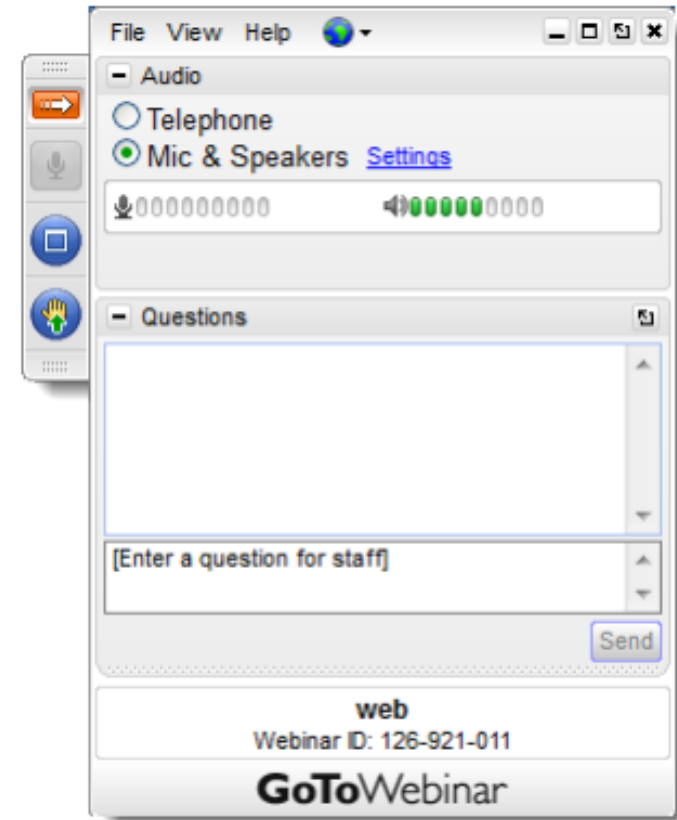
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- ✓ All webinars available on our website
- ✓ Submit your questions in the GoToWebinar control panel
- ✓ We'll email a copy of the recording and the slides following the webinar

WEBINAR



# What we'll cover today

- Screen Views
- Side-by-Side Comparisons
- Using the Spreadsheet to Compare Ingredients
- Composite Ingredient View
- F5/Nutrient Search
- Check Data
- Q&A





# Views in Genesis R&D – Tile Vertically

- Change the View to arrange multiple records in a helpful manner
- Vertical allows for side-by-side comparison

The screenshot displays the 'VIEW' menu in the Genesis R&D software. The menu options are: Cascade, Tile Horizontally, Tile Vertically, and Close All. The 'Tile Vertically' option is highlighted with a blue selection box. The background shows two windows side-by-side, each displaying a nutrition table for 'Ingredient: broth, chicken, canned, low sodium' and 'Ingredient: broth, chicken, canned'. The tables list various nutrients and their values.

Nutrients		Value
Basic Components		
Calories (kcal)		6.000
Protein (g)		0.640
Carbohydrates (g)		0.440
Dietary Fiber (2016) (g)		0
Total Sugars (g)		0.430
Added Sugar (g)		0
Fat (g)		0.210
Saturated Fat (g)		0.013
Trans Fatty Acid (g)		
Cholesterol (mg)		2.000
Vitamins		
Vitamin D - mcg (mcg)		0
Minerals		
Calcium (mg)	4.000	0.308
Iron (mg)	0.210	1.167
Potassium (mg)	86.000	1.830
Sodium (mg)	30.000	1.304



# Views in Genesis R&D – Tile Horizontally

- Example of Recipes and Single Nutrient reports with View - Tile Horizontally
- Comparing original and low sodium version Recipes

The screenshot displays the Genesis R&D software interface with two reports tiled horizontally. The top report is for 'Vegetable Barley Soup' and the bottom report is for 'Vegetable Barley Soup Low Sodium'. Both reports show a list of ingredients with their quantities, measures, and sodium content. The 'Low Sodium' version shows significantly reduced sodium levels for most ingredients.

Item Name	Quantity	Measure	Sod (mg)	Percent
broth, vegetable, canned	0.25	Quart	666.600	59.023%
salt, table	0.125	Teaspoon	290.685	25.738%
tomatoes, diced, canned, in juice, food service	1.8125	Ounce-w...	152.877	13.536%
celery stalk, boiled, drained	0.25	Each	8.531	0.755%
carrots, boiled, drained	0.25	Each	6.670	0.591%
barley, pearled, dry	0.125	Cup	2.250	0.199%
onion, wala wala, boiled, drained, chopped	1	Ounce-w...	0.850	0.075%
zucchini, boiled, with skin, drained, sliced	0.75	Ounce-w...	0.638	0.056%
parsley, dried	0.125	Teaspoon	0.282	0.025%
garlic, minced	0.125	Teaspoon	0	0%
<b>Vegetable Barley Soup Total</b>			<b>1129.384</b>	

Item Name	Quantity	Measure	Sod (mg)	Percent
salt, table	0.0625	Teaspoon	145.342	46.651%
broth, vegetable, low sodium	0.25	Quart	130.000	41.727%
tomatoes, crushed, canned, unsalted, food service	1.8125	Ounce-w...	16.986	5.452%
celery stalk, boiled, drained	0.25	Each	8.531	2.738%
carrots, boiled, drained	0.25	Each	6.670	2.141%
barley, pearled, dry	0.125	Cup	2.250	0.722%
onion, wala wala, boiled, drained, chopped	1	Ounce-w...	0.850	0.273%
zucchini, boiled, with skin, drained, sliced	0.75	Ounce-w...	0.638	0.205%
parsley, dried	0.125	Teaspoon	0.282	0.091%
garlic, minced	0.125	Teaspoon	0	0%
<b>Vegetable Barley Soup Low Sodium Total</b>			<b>311.551</b>	





# Spreadsheet for Comparing Ingredients

- Another option to view Ingredients in one screen
- Compare ingredients at 100g each

Spreadsheet: Compare Tomato Puree

Item Name	Quantity	Measure	Cals (kcal)	Prot (g)	Carb (g)	Fib(16) (g)	Sugar (g)	SugAdd (g)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Vit D-mcg (mcg)	Calc (mg)	Iron (mg)	Pot (mg)	Sod (mg)
Compare Tomato Puree	1	Serving	76.000	3.300	17.960	3.800	9.660	0	0.420	0.058	0	0	0	36.000	3.560	878.000	230.000
tomato puree, canned	• 100	Gram	38.000	1.650	8.980	1.900	4.830	0	0.210	0.029	0	0	0	18.000	1.780	439.000	202.000
tomato puree, canned, unsalted	• 100	Gram	38.000	1.650	8.980	1.900	4.830	0	0.210	0.029	0	0	0	18.000	1.780	439.000	28.000
Total	1	Serving	76.000	3.300	17.960	3.800	9.660	0	0.420	0.058	0	0	0	36.000	3.560	878.000	230.000
% Recommendation (US Label Adult (2016))				6.600	6.531	13.571		0	0.538	0.290		0	0	2.769	19.778	18.681	10.000



# Composite Ingredients

- Used to create a new ingredient that averages the content of several
- Each ingredient is added in the same amount

Composite Ingredient: Hambur... Spreadsheet: Hamburger Bun C... x

Composite Ingredient: Hamburger Bun Corporate Composite \*

Search

Advanced Search...

Item Name	Quantity	Measure	Price	ESHA Code	Gov. Code	Product	Amount %
<input checked="" type="checkbox"/> bun, hamburger	33.3333	Gram		42020	18350	USDA	33.333
<input checked="" type="checkbox"/> bun, hamburger Region 1	33.3333	Gram					33.333
<input checked="" type="checkbox"/> bun, hamburger, Region 2	33.3333	Gram					33.333

Spreadsheet: Hamburger Bun Corporate Composite \*

Item Name	Quantity	Measure	Cals (kcal)	Prot (g)	Carb (g)	Fib(16) (g)	Sugar (g)	SugAdd (g)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Vit D-mcg (mcg)	Calc (mg)	Iron (mg)	Pot (mg)	Sod (mg)
Hamburger Bun Corporate Composite	100	Gram	292.280	10.184	55.708	--	5.306	--	2.743	0.281	0.009	0	0	82.188	3.119	40.667	537.586
bun, hamburger	33.3333	Gram	93.000	3.257	16.707	--	2.427	--	1.303	0.281	0.009	0	0	48.000	1.143	40.667	164.667
bun, hamburger Region 1	33.3333	Gram	105.263	3.509	21.053	--	1.170	--	0.585	0	0	0	--	0	1.053	--	210.526
bun, hamburger, Region 2	33.3333	Gram	94.017	3.419	17.949	--	1.709	--	0.855	0	0	0	--	34.188	0.923	--	162.393
Total	1	Serving	292.280	10.184	55.708	--	5.306	--	2.743	0.281	0.009	0	0	82.188	3.119	40.667	537.586



# Coming Soon: Spec Sheet Reports

- View Ingredient or Recipe Data
- Per 100g
- Date and signature lines available
- Another format to review and compare data

Egg					
<b>Date:</b>	2020.05.17				
<b>Product/Supplier:</b>	USDA / USDA SR-Legacy				
<b>Nutrients Per:</b>	100	gram			
<b>Measure:</b>	0.25 Cup = 60.75 g, 1 Small = 38 g, 1 Medium = 44 g, 1 Large = 50 g, 1 Extra Large = 56 g, 1 Jumbo = 63 g				
Nutrient	Amount	Unit	Nutrient	Amount	Unit
Calories	143.00	kcal	Added Sugar	0	g
Fat	9.51	g	Protein	12.56	g
Calories from SatFat	28.13	kcal	Vitamin D - mcg	2.00	mcg
Trans Fatty Acid	0.04	g	Sodium	142.00	mg
Cholesterol	372.00	mg	Calcium	56.00	mg
Carbohydrates	0.72	g	Iron	1.75	mg
Dietary Fiber (2016)	0	g	Potassium	138.00	mg
Total Sugars	0.37	g			
<b>Ingredient Statement Name:</b>	Eggs				
<b>Allergen Statement:</b>	Egg.				
<b>Signature:</b>					
<b>Signature Date:</b>	2020.05.01				



# F5/Nutrient Search

F5

- Search by nutrient content
- Identify foods that report a value (vs. missing data) for a specific nutrient
- Set parameters for searches
- View up to three nutrients per search



# Check Data

- Use to review entered vs. calculated values
- Calories
- Fats
- Weight Components
- Check Data is not necessarily an indication of compliance or non-compliance, but valuable exercise in review

### Check Components

Tolerances

5 % Use this percentage when checking if Estimated values exceed Actual values

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Calories estimated using 4-4-9-7

	Protein	Carbs	Fat	Alcohol
Calories Estimated	1.333	211.446	713.308	0
Calories Entered				
%Difference				

Interpret missing values as 0

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Total Fat estimated by summing components

	Saturated	Mono	Poly	Trans
Total Fat	12.205	20.231	46.154	0
Total Fat Entered				
%Difference				

Interpret missing values as 0

---

Weight estimated by summing components

	Protein	Carbs	Fat	Alcohol
Weight Estimated	0.333	52.861	79.256	0
Weight Entered				
%Difference				

Interpret missing values as 0



# Genesis R&D Training

## **Genesis R&D Training | July 15-17, 2020 | web-based**

Professional *and/or* Advanced training session. The first two days cover the fundamentals of the Genesis R&D Food program: creating ingredients, building recipes/formulas, nutrition analysis and reporting, labeling, and best practices. In addition, you can attend a third day of Advanced instruction, or just attend the Advanced session as a single day. Advanced training presents more complex scenarios and more comprehensive regulatory issues.

## **Genesis R&D Training: [Canadian Labeling](#) | July 29-30, 2020 | web-based**

Professional training session with Canadian labeling. This two-day class cover the fundamentals of the Genesis R&D Food program: creating ingredients, building recipes/formulas, nutrition analysis and reporting, labeling, and best practices. In addition, the labeling instruction focuses on Canadian labeling regulation and creation.

## **Genesis R&D Training | August 25-27, 2020 | web-based**

Professional *and/or* Advanced training session. The first two days cover the fundamentals of the Genesis R&D Food program: creating ingredients, building recipes/formulas, nutrition analysis and reporting, labeling, and best practices. In addition, you can attend a third day of Advanced instruction, or just attend the Advanced session as a single day. Advanced training presents more complex scenarios and more comprehensive regulatory issues.

**Contact [training@esha.com](mailto:training@esha.com) with any questions.**

**See the Full 2020 Schedule: <https://www.esha.com/news-events/training-schedule/>**

QUESTIONS?



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