

Explanation of Nutritional Analysis

The nutritional analysis for both Washington and Gulfport menus were run using Computrition.

Computrition is a computerized food service management system. The information contained in this system for nutritional analysis comes from a variety of sources. The USDA provides the majority of the information but Computrition has added items from the manufacturer's nutrition information labels.

Every item purchased is matched with a food item in the nutrient database. Recipes for menu items are placed in the system. Each recipe contains ingredients that have been matched for analysis.

Because the food items purchased for each facility are many times from different manufacturers, the analysis of the two menu sets for the same menu items will often times be different.

These calculations are approximations based on the best information available in the computer system.

Any time you see a blank space under a nutrient in the analysis; this means that the information is not available in the computer for analysis.

If you have questions regarding the analysis, please contact one of the Registered Dietitians at either the Washington or Gulfport Home. They will be happy to assist you.