

Nutridata User Guide

apetito Education



**NUTRI
DATA**

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Introduction:

apetito Nutridata is our online product and nutrition database that provides detailed information on ingredients, allergens, and nutritional values for each dish, helping you make informed choices. You can then easily search, filter, view, and compare apetito products to find exactly what you need.

This guide has been created by the apetito Education team to help with the basic day-to-day use of Nutridata for school staff, pupils, and parents.

To start, please download the Nutridata app on the Apple App Store or on Google Play.



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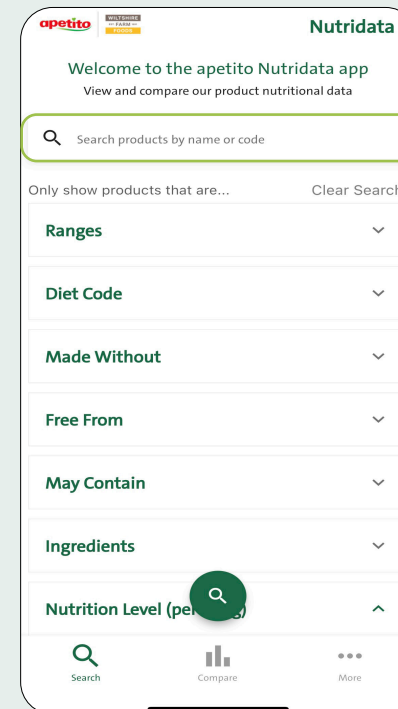
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Product Search:

Once downloaded, you can search for specific product information by typing the product name or product code into the search bar.

For food dishes available within education, the product codes will begin 324 (large trays) or 328 (small trays).



Search bar

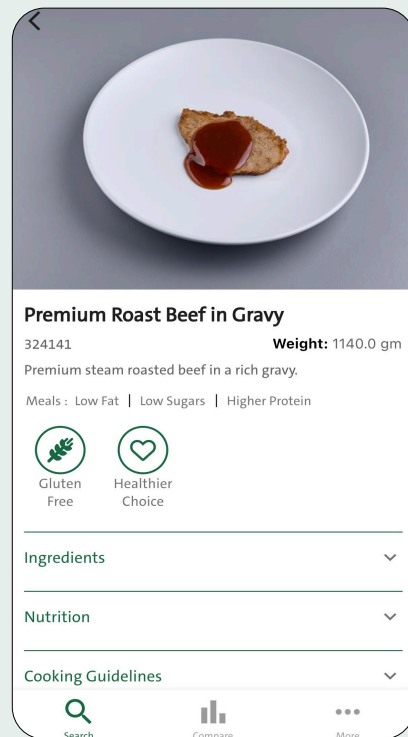
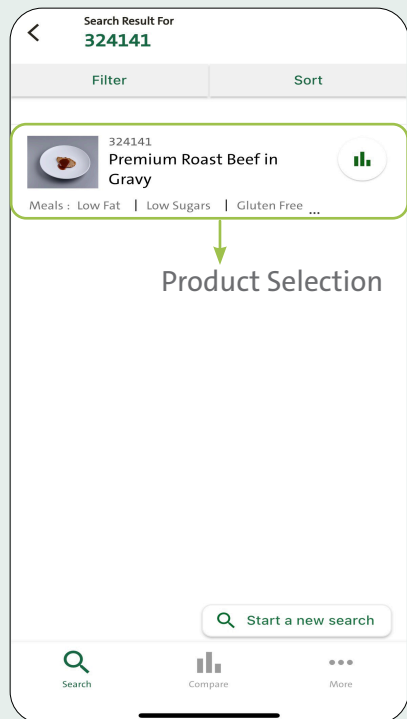
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Product Information:

Once you've found the product you're looking for, simply click on it to open its product page. Here, you'll see a description of the dish, along with dropdown options that let you explore more options such as ingredients, allergens, and nutritional information.



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Dropdown Options:

Selecting each dropdown reveals extra details related to that option. For example, to see nutritional information, ingredients, or allergens, simply select the relevant dropdown to view all the information you need.

	PER 100G	PER PORTION
Energy (kJ)	336	476
Energy (kcal)	80	113
Fat (g)	2.2	3.1
of which saturates (g)	0.7	1.0
of which monounsaturates (g)	1.3	1.8
of which polyunsaturates (g)	0.2	0.3
Carbohydrate (g)	3.7	5.3
of which sugars (g)	0.6	0.8
Fibre (g)	<0.5	<0.5
Protein (g)	11	16
Salt (g)	0.98	1.4
Vitamin A (µg)	0.893	1
Vitamin D (µg)	0.0	0
Vitamin C (mg)	0.53	0.75
Thiamin (mg)	0.035	0.05
Riboflavin (mg)	0.14	0.2
Niacin (mg)	2.6	3.7
Vitamin B6 (mg)	0.13	0.19
Folic acid (µg)	7.2	10.236
Vitamin B12 (µg)	0.77	1.1
Potassium (mg)	160	227

Nutritional Information

Please note, for education portion sizes (primary/prep and senior) please use the information in the column 'PER 100g'.

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EST. FARM 1991
FOODS

For further information on how to use the apetito Nutridata app, please get in touch:

apetito Limited: Registered in England No. 233851

Office: Canal Road, Trowbridge Wiltshire, BA14 8RJ

education@apetito.co.uk www.apetito.co.uk

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