Prepared Nutrition Column Basis Record

A figure belongs to the preparation it describes.

Keep the inputs beside the printed result.

Hypothetical example: an adult finds that a printed prepared column assumes different additions from the family recipe and records that mismatch without inventing a revised total.

01 Read the words above the figures

Copy the current label columns and their serving basis.

Product and package version

Column headings copied

Amount each column describes

02 Find the preparation the manufacturer counted

Identify additions assumed by the prepared column.

Named added ingredients

Specified quantities and directions

Footnote or source location

Prepared Nutrition Column Basis Record / Review & follow-through

03 Keep the household's version honest

Record the household's actual preparation.

Actual ingredients used

Difference from printed preparation

Needed information not calculated

04 Bring comparisons onto the same question

Decide which comparison the evidence supports.

Other product and matching basis

Supported comparison or unresolved limit

Next review when package changes