



Tips on Interpreting LorAnn's 100 gram Nutritional Statements

LorAnn maintains Nutritional Statements for all our flavors based on the industry standard of 100 grams. These numbers do not reflect the calories or sugars in a typical serving size.

100 grams is approximately 3.5 fluid ounces, or 20 teaspoons. Since our flavors are not ingested in quantities that large, we wanted to provide additional clarity for use of our flavors in a more common consumer measurement - one teaspoon.

One teaspoon of our liquid flavors weighs about 5 grams. Therefore, to approximate the nutritional value of one teaspoon of a flavor, multiply the numbers found on the 100 gram nutritional statement by .05 to come up with the corresponding values per teaspoon.

Example

<i>Nutritional Profile</i>	<i>100 gram Report Values</i>	<i>Approximating factor to translate to teaspoon measurement</i>	<i>Approximate values per teaspoon</i>
<i>Total Calories</i>	<i>208.5</i>	<i>.05</i>	<i>10.43</i>
<i>Carbohydrates</i>	<i>52.5</i>	<i>.05</i>	<i>2.63</i>

For a batch of muffins (yield 10 muffins) made using 1 teaspoon of the above flavor, each muffin would contribute 1.04 calories and 0.26 grams of carbohydrates from the flavor.

Fine Print/Disclaimer: Please note that above example and approximating calculations may not be 100% accurate for the production of a finished products nutritional statement. The F.D.A. regulations are directed toward the nutritional value of the food consumed. Your processing and the customer preparation of the final product may alter the nutritional value of our flavor in your customers' food product. The customer is solely responsible for the nutritional statement on their finished product.