

The following are required for your 100g analysis. Use this checklist to make sure you have included everything.

✓	NUTRIENT	MEASURE
	Added Sugars	grams
	Ash (Needed for total weight)	grams
	Calcium	milligrams
	Calories	
	Cholesterol	milligrams
	Dietary Fiber (Beneficial soluble and insoluble)	grams
	Iron	milligrams
	Potassium	milligrams
	Protein	grams
	Saturated Fat	grams
	Sodium	milligrams
	Total Carbohydrates	grams
	Total Fat	grams
	Total Sugars	grams
	Trans Fat	grams
	Vitamin D	micrograms
	Water/Moisture (Needed for total weight)	grams
	TOTAL WEIGHT Ash + Protein + Total Carbohydrates + Total Fat + Water/Moisture (+ Alcohol)	100 grams

INGREDIENTS (Must list all ingredients and/or sub-ingredients.)

✓	ALLERGENS (Must declare if any of the 8 allergens are present)
	Milk
	Peanuts
	Eggs
	Tree nuts (must identify type such as almonds, cashews, walnuts)
	Fish (must identify type such as bass, cod, flounder)
	Shellfish (must identify type such as crab, lobster, shrimp)
	Soy
	Wheat