a la calc User's Manual

1. Register / Sign In

   1.1.   Register

       1.1.1.   Open *alacalc.com* in your web browser

       1.1.2.   In the *Navigation Bar* click *Register*

       1.1.3.   Enter your email address and desired password

       1.1.4.   Read and accept our terms, conditions and privacy policy

       1.1.5.   Click *Register*

   1.2.   Sign in

       1.2.1.   Again begin by opening a*lacalc.com*(if not already open)

       1.2.2.   In the *Navigation Bar* at the top of the page, click *Sign In*

       1.2.3.   Enter your email and password

       1.2.4.   Click *Sign In*

   1.3.   Sign out

       1.3.1.   In the side *Navigation Bar,* click on your user name. Click *Sign out* in the drop down menu.

       1.3.2.   Alternatively, click the *Sign Out* icon at the bottom of the side *navigation panel*.

2. Recipes

This section explains how to

- ○ Create recipes in alacalc.com.
- ○ Calculate their nutritional values.
- ○ Create and download labels.
- ○ Produce a costings overview of your recipe.
- ○ Optimise the nutritional values for a recipe
- ○ Duplicate a recipe.
- ○ Delete a recipe.

You need to log in (see section 1.2) before proceeding.

   2.1.   Create a Recipe

       2.1.1.   In the side *navigation panel* click *Recipes*

       2.1.2.   In the *Recipes* sub-menu click *Create New*

   2.2.   Recipe Tab

       2.2.1.   Give your recipe a name by typing over *Untitled Recipe* in the title bar

       2.2.2.   Enter your first ingredient by clicking on the blue+ button, then type into the search field. Once you start typing the first few letters of the required ingredient, various possible ingredients will appear below the search field. Note the list of databases that appears on the right of the search field. Coloured database

buttons are the ones being searched. If you are a UK user, and if your ingredient is not found in any of the default databases, try searching the US database. If you still cannot find the item of your choice, then create a custom ingredient (see *Section 3.2: Creating a Custom Ingredient*)

2.2.3.   Once you have found the correct ingredient, click on it and specify the amount that goes into the recipe. Note: Some units of measurement may not be included in the UK database. If that is the case, try using the US version of the same ingredient, you may find the unit of measurement there.

2.2.4.   Repeat until you have added all your ingredients.

2.2.5.   Adjust Weight Loss (Moisture Loss) - *a la calc* works out the gross weight of your recipe, if you cook the ingredients, there will most likely be moisture loss. So here you may need to enter the nett weight of the finished dish/product. *a la calc* will take account of any weight loss in its calculations. Default value is 0% weight loss.

2.2.6.   Add an Image - If you purchased a time based subscription, you may upload an image of your choice in the *Picture* panel, which is located next to the recipe title at the .

2.2.7.   Add notes - You can enter notes which may be cooking directions or anything related to this recipe for later reference.

2.2.8.   Add Tags (Groups) - In this panel, you can add as many tag names as you wish so that you can quickly find this recipe later.

2.2.9.   Click Save in the Title Bar when you are happy with your progress

2.3.   Nutrition tab

In this tab you will see an overview of the nutritional results, front and back-of-pack graphics and ingredient lists that *a la calc* has calculated for your recipe. You will see ingredients lists including allergen information in two formats. First, a comma separated FIR compliant version which is suitable to copy and paste into a back-of-pack label. (In the UK you need to include the allergen statement: 'For allergens including cereals containing gluten, see ingredients in **bold**.') Second, a list of ingredients in percentage order.

2.4.   Download Results

2.4.1.   In the *Graphics* panel, select the front of pack graphic if applicable. *Style 1*, *Style 2*, *Style 1 (for drinks)* and *Style 2 (for drinks)* are approved by UK/EU FIR regulations. However, as yet it is not mandatory to use a front-of-pack graphic. Click on the blue *Download* icon (top right corner of the page) and select *PNG*. The image will then be downloaded to your local PC.

In this section, you can also download a high resolution image of your chosen graphic by choosing *PDF* or *SVG* for scalable sharp images. The *SVG* graphic can also be edited with a vector graphics program such as the freely available software inkscape (inkscape.org).

2.4.2. In order to view and download the 'big 8' nutritional values table, click on *Typical Values* (next to *UK Back of pack*). Click on the *Download* icon and select the required image format to download.

2.4.3. To download a PDF report which contains all the above elements, go to the *Output* tab, select the layout that you prefer and use the download button...

2.5. Costings page - In this page you can view your original recipe and apply costings to ingredients. a la calc will automatically work out cost per given serving size as well as a given production batch size.

Tip: In the cost per batch area, a la calc works out batching weights for each ingredient according to the given batch size. This information is helpful to production staff when producing a required batch.

2.5.1 Go to the *Dashboard*, select and open a recipe to be costed.

2.5.2 Click on the *Costings* tab.

2.5.3 The first panel shows your original ingredient amounts. Here you can adjust your recipe amounts and also amend *Serving Size* and enter a *Batch Size*. In the *Purchase price* panel, click on *Add Cost* and enter the cost amount for every ingredient in the Cost column. Various units of measurement are selectable.

2.6.4 In the Ingredients Costings panel, the next two columns gives you cost results for each ingredient and the total cost for the serving the size which had been previously defined.
The last two columns shows your batching weights for each ingredient, their associated costs and total batch cost.

2.6. Optimisation Tab - In this page you can learn which ingredients contribute most to a nutritional value. The page also allows you to set a target for a nutritional value, and a la calc will then guide you how to change your recipe to achieve this target.

2.6.1. Go to the *Dashboard*, select and open a recipe to be costed.

2.6.2. Click on the *Optimisation* tab.

2.6.3. The *Preview* display gives a graphical visualisation to what exactly your nutrition results contain. The *Colour Thresholds* charts show how close your recipe is from

being under a different colour rating. The *Ingredient Contribution* graphs shows what proportion of each nutrient is made up by which ingredient.

Tip: Hover cursor over a pie chart segment to highlight that ingredient's contribution to the recipe.

2.6.4. The *Ingredients* section. Use the up/down arrows or type a new quantity to see the *Preview* update instantly above. The color code of the ingredient matches with the segment of the pie charts in the *Preview* section. If you have specified a goal (see below), then the required changes for how to reach the goal is displayed to the right of each ingredient.

2.6.5. Goals - Need to be below a specific salt level? Need a minimum numbers of calories per portion? Set these targets here and our magic wand will tell you precisely how to adjust each ingredient in order to reach those values. Simple, straight forward and easy.

Tip: Our magic doesn't allow for taste! We leave that to your liking.

2.7. Delete a Recipe - Click on *Recipes* in the menu bar, and click on *Overview*. Then select the recipe(s) that you want to delete and click on the trashcan symbol on the top to delete them.

3. Ingredients

Although *a la calc* offers a choice of many thousands of ingredients from our databases, there may be specialist ingredients that are not found in our databases. Suppliers are obliged to provide you with specification sheets on the items they sell. So you can easily create your own *custom ingredient*.

3.1. Databases

alacalc.com offers 4 ingredient databases:

1. *UK Standard*: This database contains the "McCance and Widdowson's The Composition of Foods Integrated" dataset. This UK Nutrient database is maintained by the Food Standards Agency, and contains the nutritional information of foods commonly consumed in the UK.

2. *US Standard*: This database contains the United States Department of Agriculture Nutrient Database. It is the Nutrient Database for Standard Reference in the US

and contains the nutritional information of thousands of ingredients commonly consumed in the US.

3. *a la calc Standard*. This database is maintained by alacalc.com and contains common ingredients that are neither in the UK CoFIDS or the US USDA databases.

4. *My Recipes and Ingredients*. This database contains your own custom ingredients (see *Section 3.2: Create a Custom Ingredient*) and recipe (any recipes can be used as an ingredient in alacalc.com)

3.2. Create a Custom Ingredient

3.2.1. Go to *Ingredients* in the side navigation panel. Click on Create New. You will then be presented with a New Ingredient template.

3.2.2. Enter a name for the ingredient. This name will be the name you type when you search for it.

3.2.3. Next to Label Declaration, type in the declared (legal) name which will appear in the final ingredients list. Tip: some ingredients require an extension to the name of the ingredients which should be expressed within brackets e.g. Soy Sauce (Water, Soyabean, Wheat, Sugar).

3.2.4. Fill in known nutrients in their respective fields.

3.2.5. At the bottom of the template, select any associated *allergens* in your ingredient. Your selection will show in the final ingredients list.

3.2.6. Click *Save*

Tip: If you have found an ingredient in our database but don't like the way it is expressed in the final ingredients list, you can effectively create a custom ingredient by copying one from the database and re-type the item's description.

3.3. Create a new unit of measurement for an ingredient

3.3.1 Where you have an ingredient from one of our databases that does not offer the unit of measurement that you need, you can copy the ingredient, rename it and enter a new unit of measurement at the bottom of the template. You first need to know the conversion rate from the new unit into grams.

3.4. Delete a Custom Ingredient - Click on *Ingredients* in the side navigation panel, and click on *Overview*. Then find the ingredient that you want to delete and click on the *Delete* to delete it.

4. NEW features

4.1. Label Creator

4.1.1. We now have a label creator feature. This can provide users with an easy way to make up their own labels within the alacalc database, including FoP and BoP labels. The labels can be exported to your own software for printing or sent to a third party printer. *This feature is currently in beta testing mode.*

5.   Notes

5.1.   Comma separated Ingredients lists provided by *a la calc* do not include percentage contribution of an ingredient. Users need to work out for themselves which ingredient(s) requires a percentage declaration. As a rule of thumb, where the ingredient appears in the title of the recipe, for example for Chicken Tikka Masala with Pilau Rice, you would declare the amount of chicken and the amount of basmati rice in %'s. Please note also that where an ingredient is normally associated with a recipe in significant amounts, then this ingredient too should show a % inclusion.

5.2.   All recipes created can be used as a sub-recipe in the final recipe. There is no limit as to how many sub-recipes you can have in the main recipe.

5.3.   It is important to note that all changes made to recipes etc will be saved automatically and can not be reset.

6.   Frequently Asked Questions

6.1.   *How do I rename my recipe?*
Open up your recipe in the usual way. Click on the recipe name at the top of the page. Type the new name of your recipe. Changes will be automatically saved.

6.2.   *How do I delete a recipe?*
Go to *Recipes* in the side navigation panel and click on *Overview* in the drop down menu. Check the grey checkbox next to the recipe(s) you wish to delete. Click on the bin icon at the top of the page to delete it.

6.3.   *Is my data secure?*
Yes, all our client's work is encrypted with full back up, and only users with the correct account details can access your recipes.

6.4.   *Will a la calc produce accurate results?*
The mathematics involved in producing nutritional results in a la calc are accurate. However, please note that we use data from industry standard databases, and the data in each ingredient consists of average values. In other words nutritional information output in a la calc are typical values which are perfectly acceptable by the authorities.

6.5.   *What happens when I finished my bought credits (recipes), or when my subscription ends?*
We at a la calc do not close users' accounts when their recipes are all used up or their

subscription has ended. Clients can return at anytime to edit any recipe(s) and still have full functionality of the program.

7. **Glossary**

Custom Ingredient - This is an ingredient added to a private database for each user.

Dashboard - An overview of your work areas.

Ingredient - A food item which forms part of your recipe. A sub-recipe can also be used as an 'ingredient' in the final recipe.

Ingredients Overview - In this page you can view all ingredients you created including recipes since these can be treated as an ingredient. You can delete ingredients here.

Side navigation panel - On the left hand side of the screen. This is the main navigation between the different sections of *a la calc*.

Recipes Overview - In this page you can search for your recipes using tag names, duplicate them or delete unwanted recipes.

Recipe - A number of ingredients required to make a dish.

Sub-recipe - Any recipe that you treat as a sub-component to the final recipe.

Title Bar - The white background bar which contains the page title, any relevant section tabs and, where necessary, you will also find *Save* and *Download* buttons.