

Product Specification

BonCulina



Product Code P00030
Product Name Brussels Sprouts
Description Brussels sprouts



Typical Nutrition (as sold)

	Per 100g	Per Portion
Energy (kJ)	181	163
Energy (kcal)	43	39
Total fats (g)	1.40	1.26
Saturated fats (g)	0.30	0.27
Carbohydrate (g)	4.10	3.69
Total Sugars (g)	3.10	2.79
Fibre [AOAC] (g)	0.00	0.00
Protein (g)	3.50	3.15
Salt (g)	0.02	0.01

Formulation

Component	Weight (g)
Brussels Sprouts	90
Weight Per Portion	90g

Ingredient Declaration

INGREDIENTS Brussels Sprouts

Allergy Advice: For Allergens see ingredients in bold

All Bonculina standard products are made in a production unit that handles gluten, milk, eggs, fish, soy, mustard and sulphites. While we follow Good Manufacturing Practice (GMP) and take steps to segregate allergens, due to the nature of our production model, we cannot remove every risk of cross contamination. If you have a final consumer with a severe food allergy we would not recommend that you use our standard products. We would recommend a verified 'free from' allergy range.

BonCulina

Registered Office | Unit 1, Gilbert Court, Newcomen Way, Severalls Business Park | Colchester, CO4 9WN | United Kingdom
T 01206 854564 W www.bonculina.com

Registered as Anglia Crown in England No: 2748422. VAT No: 307 1185 30

Diet Coding

Healthier Eating	Higher Energy (2 Course)	Higher Energy (3 Course)	Easier To Chew	Renal Suitable	Restricted Fat	Restricted Fibre
HY	-	-	-	-	Rfat	-

Vegetarian Suitable	Vegan Suitable	Finger Food Suitable	Contains Alcohol	IDDSI Level	Fruit and Vegetable Portions	MAOI Suitable
V	VG	Yes	-	7	1	Y

Diet Coding Criteria^{1,13}

Diet Code	Code	Criteria
Healthier Eating	HY	Main dishes with 16 g or less total fat, 5 g or less saturated fat, and 1.5 g or less of salt. Potatoes & Carbohydrates and Vegetables with no added fat and no added salt. Desserts with 5 g or less total fat, 2 g or less saturated fat, and 18 g or less total sugars. ² Starters with 5 g or less total fat, 2 g or less saturated fat, and 0.3 g or less of salt. ²
Higher Energy - 2 Course Meal	HE	Main dishes of 300 kcals and above. ³ Potatoes & Carbohydrates of 150 kcals and above. ³ Vegetables of 50 kcals and above. ³ Hot desserts of 220 kcals and above (assumes 80 kcals provided by serving with custard). ⁴ Cold desserts of 300 kcals and above. ⁴
Higher Energy - 3 Course Meal	HE	Main dishes of 250 kcals and above. ⁵ Potatoes & Carbohydrates of 150 kcals and above. ⁵ Vegetables of 50 kcals and above. ⁵ Soups of 100 kcals and above. ⁴ Hot desserts of 170 kcals and above (assumes 80 kcals provided by serving with custard). ⁴ Cold desserts of 250 kcals and above. ⁴
Restricted Fat	Rfat	Dishes with 8 g or less total fat. Potatoes & Carbohydrates and Vegetables with no added fat. Desserts with 5 g or less total fat.
Restricted Fibre	RF	Dishes without pips, skins, husks, seeds, whole grains, wholemeal/wheat, bran, beans, pulses, dried fruits, and berries.
Renal Suitable	RS	Main dishes with 529 mg or less of sodium and 468 mg or less of potassium. ⁶ Potatoes & Carbohydrates with 69 mg or less of sodium and 312 mg or less of potassium. ⁷ Vegetables with 46 mg or less of sodium and 312 mg or less of potassium. ⁷ Desserts with 161 mg or less of sodium and 312 mg or less of potassium.
Easy To Chew	EC	Normal, everyday foods of soft/tender texture. No particle size restriction. Have passed the IDDSI Fork Pressure Test. ^{8,10,12,13}
IDDSI Level	7	Dishes meet the "regular" criteria of the International Dysphagia Diet Standardisation Initiative (IDDSI).
MAOI Suitable	Y	Dishes low in tyramine suitable for those taking MAOI medications.
Vegetarian	V	Suitable for an ovo-lacto vegetarian diet. Does not contain meat, poultry or fish ingredients or their by-products.
Vegan	VG	Suitable for a vegan diet. Does not contain meat, poultry, fish, egg, honey or their products and by-products. Many of these products are registered with the Vegan Society. Please ask us for details.
Alcohol	Y	Dishes containing alcohol.
Fruit and Vegetable Portions	n	The number of portions one serving provides of the recommended '5 a day', based on one portion being 80 g (the recommended weight for adults). Ingredients are categorised using Table 1 of the IGD guidelines referenced below.
Finger Food Suitable	FF	Dishes that maintain a firm texture and can be eaten by hand without cutlery. Some dishes may require cutting before serving. For best practice details please see our Preparation Guide.

BonCulina

Registered Office | Unit 1, Gilbert Court, Newcomen Way, Severalls Business Park | Colchester, CO4 5WN | United Kingdom
T 01206 854564 W www.bonculina.com

Registered as Anglia Crown in England No: 2748422. VAT No: 307 1185 30

References: The Nutrition and Hydration Digest 2nd edition: Improving Outcomes through Food and Beverage Services (British Dietetic Association, 2017 with 2019 updates); Monoamine Oxidase Inhibitors and Dietary Tyramine (NHS Fife, 2013); International Dysphagia Diet Standardisation Initiative (IDDSI) (2016); Best Practice Guide to Calculating and Communicating Fruit and Vegetable Portions in Composite Foods (Institute of Grocery Distribution, 2014).

Notes:

¹ This diet coding is provided for customers as a guide and should be used in consultation with each site's dietitian as part of the menu planning process.

² The values used for saturated fat have been rounded up to the nearest whole number.

³ Entrees and accompaniments with a lower energy content than stated can be suitable if served with dishes that ensure the overall main course provides over 500 kcals.

⁴ Soups and desserts with a lower energy content than stated can be suitable if served with dishes that ensure the overall meal provides over 800 kcals.

⁵ Entrees and accompaniments with a lower energy content than stated can be suitable if served with dishes that ensure the overall main course provides over 450 kcals.

⁶ Entrees with a higher potassium content can be suitable if served with a lower potassium carbohydrate accompaniment such as rice or pasta. The goal is to ensure the overall potassium content of the main course is no more than 1092 mg.

⁷ Accompaniments with a higher potassium content can be suitable if served with a lower potassium entree. The goal is to ensure the overall potassium content of the main course is no more than 1092 mg.

⁸ Some easy to chew dishes may be suitable for level 6 (Soft & Bite-Sized) of the International Dysphagia Diet Standardisation Initiative (IDDSI) (2016) subject to Trust SALT approval. We prefer, however, to provide a range of modified texture dishes which meet the IDDSI Descriptors through a third party supplier.

⁹ The BDA 2017 diet coding guidelines do not have criteria for sauces and sundries for the following codes: HY, HE, Rfat, and RS; and soups for Rfat, and RS codes therefore these dishes have not been coded as such.

¹⁰ Please note that we cannot guarantee that products containing fish, meat and poultry are entirely free of bones.

¹¹ Diet codings are calculated using the standard portion size where applicable.

¹² This level is not intended for people where there is an identified increased risk of choking. People who are unsafe to eat without supervision are not considered suitable for this texture level.

¹³ Variations in ovens, length of heating and holding time will affect food texture. This coding guidance is based on following the manufacturer's guidelines.

BonCulina

Registered Office | Unit 1, Gilbert Court, Newcomen Way, Severalls Business Park | Colchester, CO4 5WN | United Kingdom
T 01206 854564 W www.bonculina.com

Registered as Anglia Crown in England No: 2748422. VAT No: 307 1185 30

