**Table S2**. Standardized Procedure for Obtaining Recipe Cooked Factors

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| **Step** | **Procedure** |
| 1. | Record the weight of the empty pan before adding any raw ingredients (**pan weight**). |
| 2. | When all the raw ingredients have been weighed and added to the pan, record the weight (**raw weight**). |
| 3. | After the cooking and cooling procedures are followed exactly and food cooled down to 40 °F, record the weight of the cooked recipe in the pan (**cooked weight**). |
| 4. | Cooked Factor = (cooked weight – pan weight) / (raw weight – pan weight) x 100.  This number is expressed as a percent which is then multiplied by the calculated food amount. |
| 5. | Repeat steps 1 to 3 for two more times, add the three cooked factors and divide by 3 for the averaged cooked factor. |
| Example | If menu lists 100 grams of Chili (based on raw weight of ingredients) as the menu item, and if the cooked factor is estimated to be 83% based on Steps 1-5 above, then, 83 grams of Chili should be specified on the production sheet, rather than 100 grams, to account for weight loss during cooking. |