

IFSO COOKBOOK 4.0

Criteria for entries

IFSO invites members to submit recipes which will support people living with overweight or obesity, and those undergoing metabolic bariatric surgery or using obesity management medications, to eat healthily and meet their nutritional needs.

The recipes will be judged using the following criteria:

- **Accurate nutritional composition and suitability** for people living with overweight or obesity, or having metabolic bariatric surgery. See Nutritional Composition for further information.
- **Originality**
- **Ease of preparation**
- **Quality of presentation**

Recipes will appear in a recipe book alongside the author's name and country.

Nutritional composition

It is important that accurate nutritional analysis is given. **Please provide the nutritional breakdown by ingredient**, making sure that the correct weight is used. For example, for 125 g chicken, specify whether it is the breast or thigh meat and whether it is the raw or cooked weight; for 120 g macaroni, specify whether dried weight or cooked weight. The nutritional analysis by ingredient will not be published in the recipe book. Please specify the programme or source used for your analysis. If the nutritional analysis is incorrect or difficult to check, the recipe will not be accepted.

Please provide **Nutritional Facts Per Serving**:

- Calories: kcal
- Total Protein: g
- Carbohydrate g
 - Of which sugars: g
- Fat: g
- Iron: mg
- Calcium; mg
- Fibre: g

The nutritional facts per serving will be included with the recipe, when published.

Recipe

Please provide the following:

- Ingredients needed
- Preparation time
- Detailed cooking instructions including temperature C & F and time allotted for cooking
- Number of servings
- Photograph(s) only PNG or JPG format: one picture of the cooked dish and one or more of the preparation phases. Resolution at least 1.000 pixel.
- Nutritional Facts per serving

Criteria

- Submissions must be in English.
- Recipes must be suitable for people living with overweight or obesity, or for people who have had bariatric surgery. They should:
 - Be low in fat
 - Have a good protein content
 - Have no added sugar
 - Not include alcohol
- Please use the template provided.

Owing to the volume of entries, it will not be possible for the judges to give feedback about the entries.

Submit your recipes to info@ifso.com by February 28