Menu with Calories: One Step Toward Healthy Eating

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We developed a calorimetrical method for calculating the energetical value of the pre-made food. We propounded the results to the restaurants in Tbilisi and other regions of Georgia and suggested cooperation. We could calculate the energetical value of the meals from their menu and give this information to them to put the caloricity of their meal in the menu next to its name. We already signed the agreement with the restaurant in our home town. This cooperation is innovation because there is no restaurant in Georgia where you can get the information about the caloricity of the meal, they offer to you. Comparably, the customer who has the problems with obesity will be able to choose what and how much to eat, as the information about the energetic value of the product will be provided. To carry out the research, at first, we calibrated the calorimeter and found out K – experimentally. K = 0.0085 [t of water-t of room] +1.47 (1) Q = [K [0.42 (t2-t1) +0.1]] / 4.18 (2) Finally, we have identified and developed a method that allows caloric intake of finished foods. The essence of the method is the following: We put the ready-made food at 60°C to the permanent weight in the vacuum-drying machine, and then we burn a sample in the calorimeter. Finally, using formulas 1 and 2, we calculated the energetic value of the pre-mead meal (Kcal). The aim of the project was to develop the calorimetrical method, which would give us the ability to find out the energetical valued of the meals and to cooperate with the restaurants in Tbilisi and other regions of Georgia, that is innovation, and we plan to continue the project and collaborate with more restaurants.

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