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Reference Amounts Customarily Consumed: List of Products for Each Product Category: Guidance for Industry

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**U.S. Department of Health and Human Services
Food and Drug Administration
Center for Food Safety and Applied Nutrition**

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Reference Amounts Customarily Consumed: List of Products for Each Product Category: Guidance for Industry¹

This guidance represents the current thinking of the Food and Drug Administration (FDA or we) on this topic. It does not establish any rights for any person and is not binding on FDA or the public. You can use an alternative approach if it satisfies the requirements of the applicable statutes and regulations. To discuss an alternative approach, contact the FDA staff responsible for this guidance as listed on the title page.

I. Introduction

The purpose of this guidance is to provide examples of products that belong in each of the product categories included in the tables of Reference Amounts Customarily Consumed (RACCs) per Eating Occasion established in 21 CFR 101.12(b). This guidance will help industry identify the product category to which specific products belong, but is not meant to provide an all-inclusive list of products that are available on the market for each product category.

FDA's guidance documents, including this guidance, do not establish legally enforceable responsibilities. Instead, guidances describe our current thinking on a topic and should be viewed only as recommendations, unless specific regulatory or statutory requirements are cited. The use of the word *should* in FDA guidances means that something is suggested or recommended, but not required.

¹ This guidance has been prepared by the Office of Nutrition and Food Labeling, Nutrition Programs Staff in the Center for Food Safety and Applied Nutrition at the U.S. Food and Drug Administration.

II. Background

The Federal Food, Drug, and Cosmetic Act (FD&C Act) gives us the authority to require nutrition labeling on most packaged foods we regulate. Specifically, section 403(q)(1)(A)(i) of the FD&C Act (21 U.S.C. 343(q)(1)(A)(i)) requires, with certain exceptions, that food that is intended for human consumption and offered for sale bear nutrition information that provides a serving size that reflects the amount of food customarily consumed and is expressed in a common household measure that is appropriate to the food. Our regulations, at 21 CFR 101.12(b), establish RACCs for specified product categories that manufacturers can use to determine the required label serving size. In a final rule published in the *Federal Register* of May 27, 2016, “Food Labeling: Serving Sizes of Foods That Can Reasonably Be Consumed At One Eating Occasion; Dual-Column Labeling; Updating, Modifying, and Establishing Certain Reference Amounts Customarily Consumed; Serving Size for Breath Mints; and Technical Amendments” ([81 FR 34000](#); “[2016 final rule](#)”), we amended 21 CFR 101.12(b) to update or modify certain pre-existing RACCs and to establish RACCs for new product categories.

To comply with the requirements of section 403(q)(1)(A)(i) of the FD&C Act, food manufacturers should determine the food category into which specific products belong and label the food products with the appropriate label serving size based on the reference amount of the product customarily consumed.² Food product categories are listed in the RACC tables in 21 CFR 101.12(b). The categories in the RACC tables are generally considered to be broad descriptions of the types of products that are assigned to the applicable RACC. This guidance provides additional examples of products that belong in each of the product categories for which a RACC has been established in 21 CFR 101.12(b). The tables in this guidance are not meant to be an all-inclusive list of products that are available on the market for each product category.³

III. Specific Food Product Examples: Tables 1 and 2

The RACCs established in 21 CFR 101.12(b) are divided into two tables: one for infants and young children 1 through 3 years of age (table 1),⁴ and another for the general food supply (i.e., individuals four years of age and older) (table 2). Both tables in 21 CFR 101.12(b) provide three columns of information: (1) The name of the product categories; (2) the relevant RACCs as determined by FDA; and (3) appropriate label statements, which are meant to provide examples of serving size statements that may be used on the label. For purposes of this guidance, a fourth column has been added that contains examples of products that fall within each product category.

² Other relevant factors in determining label serving size are set forth in 21 CFR 101.9, 101.12, and 101.36.

³ To the extent that you do not believe that a product you market fits under one of the existing product categories in the tables under 21 CFR 101.12(b), we recommend that you contact FDA to discuss an appropriate RACC for your product.

⁴ The term “infant” refers to a person described as either through or up to 12 months of age. The term “young children” refers to children 1 through 3 years of age and is often used synonymously with “toddlers.”

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Table 1. Reference Amounts Customarily Consumed Per Eating Occasion and Associated Examples of Products: Foods for Infants and Young Children 1 Through 3 Years of Age ^{1 2 3}

PRODUCT CATEGORY	REFERENCE AMOUNT	LABEL STATEMENT	EXAMPLES OF PRODUCTS ⁴
Cereals, dry instant	15 g	_ cup (_ g)	All dry instant ⁵ cereals, regular and high protein, with or without fruit, including those which have been specially formulated or processed for use by infants up to 12 months of age.
Cereals, prepared, ready-to-serve	110 g	_ cup(s) (_ g)	All ready-to-serve ⁶ (e.g., prepared and jarred) cereals, regular and high protein, with or without fruit, including those which have been specially formulated or processed for use by infants up to 12 months of age.
Other cereal and grain products, dry ready-to-eat, e.g., ready-to-eat cereals, cookies, teething biscuits, and toasts	7 g for infants and 20 g for young children (1 through 3 years of age) for ready-to-eat cereals; 7 g for all others	_ cup(s) (_ g) for ready-to-eat cereals; _ piece(s) (_ g) for others	Teething biscuits, cookies, pretzels, toasts, zwieback, and any other similar cereal-grain products; ready-to-eat ⁶ cereals which have been specially formulated or processed for use by infants and/or young children one through three years of age.
Dinners, deserts, ⁷ fruits, vegetables or soups, dry mix	15 g	_ tbsp(s) (_ g); _ cup(s) (_ g)	Dry instant dinners, desserts, fruits, vegetables, and soups (e.g., macaroni and cheese dinner mixes, cobbler mixes, pudding mixes, fruit mixes, carrots with rice mixes).
Dinners, desserts, fruits, vegetables or soups, ready-to-serve, junior type	110 g	_ cup(s) (_ g); _ cup(s) (_ mL)	Ready-to-serve (e.g., prepared and jarred) dinners, desserts, fruits, vegetables, and soups which have been specially formulated or processed for use by older infants. Products included in this category are often labeled as “junior,” with descriptive terms indicating that the product is intended for use by older infants.

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PRODUCT CATEGORY	REFERENCE AMOUNT	LABEL STATEMENT	EXAMPLES OF PRODUCTS ⁴
Dinners, desserts, fruits, vegetables or soups, ready-to-serve, strained type	110 g	_ cup(s) (_ g); cup(s) (_ mL)	Ready-to-serve (e.g., prepared and jarred) dinners, desserts, fruits, vegetables, and soups which have been specially formulated or processed for use by younger infants. Products included in this category are often labeled as “strained” or bear other descriptive terms which indicate that the product is intended for use by younger infants. This product category also includes products of this type labeled as “baby food” or not specified as to the target age of the infants.
Dinners, stews or soups for young children, ready-to-serve	170 g	_ cup(s) (_ g); cup(s) (_ mL)	Ready-to-serve (e.g., prepared and jarred) dinners, stews, and soups which have been specially formulated or processed for consumption by young children one through three years of age. Products included in this category include products labeled as “toddler” and any other descriptive terms which indicate that the product is specially formulated or processed for use by young children.
Fruits for young children, ready-to-serve	125 g	_ cup(s) (_ g)	Ready-to-serve (e.g., prepared and jarred) fruits which have been specially formulated or processed for consumption by young children one through three years of age. Products included in this category include products labeled as “toddler” or “finger foods,” and any other descriptive terms which indicate that the product is specially formulated or processed for use by young children.
Vegetables for young children, ready-to-serve	70 g	_ cup(s) (_ g)	Ready-to-serve (e.g., prepared and jarred) vegetables which have been specially formulated or processed for consumption by young children one through three years of age. Products included in this category include products labeled as “toddler,” or “finger foods,” and any other descriptive terms which indicate that the product is specially formulated or processed for use by young children.
Eggs/egg yolks, ready-to-serve	55 g	_ cup(s) (_ g)	Ready-to-serve (e.g., prepared and jarred) products whose major ingredient is eggs or egg yolks.
Juices, all varieties	120 mL	4 fl oz (120 mL)	All juices, juice blend, juice drink, nectar, and punch that are marketed to infants.

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¹ These values represent the amount of food customarily consumed per eating occasion and were primarily derived from the 1977-1978 and the 1987-1988 Nationwide Food Consumption Surveys conducted by the U.S. Department of Agriculture. We further considered data from the National Health and Nutrition Examination Survey, 2003-2004, 2005-2006, and 2007-2008 conducted by the Centers for Disease Control and Prevention, in the U.S. Department of Health and Human Services.

² Unless otherwise noted in the reference amount column, the reference amounts are for the ready-to-serve or almost ready-to-serve form of the product (e.g., heat and serve, brown and serve). If not listed separately, the reference amount for the unprepared form (e.g., dry mixes, concentrates, dough, batter, fresh and frozen pasta) is the amount required to make the reference amount of the prepared form. Prepared means prepared for consumption (e.g., cooked).

³ Manufacturers are required to convert the reference amount to the label serving size in a household measure most appropriate to their specific product using the procedures in 21 CFR 101.9(b).

⁴ The label statements are meant to provide examples of serving size statements that may be used on the label, but the specific wording may be changed as appropriate for individual products. The term “piece” is used as a generic description of a discrete unit. Manufacturers should use the description of a unit that is most appropriate for the specific product (e.g., sandwich for sandwiches, cookie for cookies, and bar for frozen novelties).

⁵ Dry instant product requires addition of water or liquid to reconstitute to an edible state.

⁶ Ready-to-serve/ready-to-eat products requires minimum heating or minimum preparation to be at the edible state.

⁷ This typographical error is reflected in the 2016 final rule and in the applicable regulation at 21 CFR 101.12(b). However, this product category should read “desserts,” rather than “deserts.”

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Table 2. Reference Amounts Customarily Consumed Per Eating Occasion and Associated Examples of Products: General Food Supply ^{1 2 3}

PRODUCT CATEGORY	REFERENCE AMOUNT	LABEL STATEMENT	EXAMPLES OF PRODUCTS ⁴
<u>BAKERY PRODUCTS:</u>			
Bagels, toaster pastries, muffins (excluding English muffins)	110 g	___ piece(s) (_ g)	<p>All sizes and flavors of bagels (e.g., blueberry, whole wheat, multigrain, mini); toaster pastries with or without fillings or frosting (e.g., strawberry-filling toaster pastry); muffins, with or without fruits, vegetables or toppings (e.g., cranberry muffin, chocolate chip muffin, corn muffin), but excluding English muffins.</p> <p><u>NOTE:</u> English muffins belong in the “Biscuits, croissants, tortillas, soft bread sticks, soft pretzels, corn bread, hush puppies, scones, crumpets, English muffins” product category. Bagel thins are not considered “bagels” as the term is used in this product category and are included in “Bread (excluding sweet quick type), rolls” product category.</p>
Biscuits, croissants, tortillas, soft bread sticks, soft pretzels, corn bread, hush puppies, scones, crumpets, English muffins	55 g	_ piece(s) (_ g)	<p>All types of plain or flavored biscuits, croissants, English muffins, and tortillas; soft bread sticks; soft pretzels; cornbread; hush puppies; all flavors of scones with or without additions (e.g., fruits); crumpets.</p> <p><u>NOTE:</u> For hard bread sticks, see “Crackers that are usually not used as snack, melba toast, hard bread sticks, ice cream cones” product category.</p>
Breads (excluding sweet quick type), rolls	50 g	_ piece(s) (_ g) for sliced bread and distinct pieces (e.g., rolls); 2 oz (56 g/_ inch slice) for unsliced bread	<p>All breads except sweet quick type breads (e.g., breads in this category include white, wheat, rye, multi-grain, raisin, and soda bread); all rolls other than sweet rolls (e.g., rolls in this category include dinner rolls, hamburger rolls/buns, and hot dog rolls); pita bread; bagel thins.</p> <p><u>NOTE:</u> Sweet rolls belong to the “Coffee cakes, crumb cakes, doughnuts, Danish, sweet rolls, sweet quick type breads” product category.</p>

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PRODUCT CATEGORY	REFERENCE AMOUNT	LABEL STATEMENT	EXAMPLES OF PRODUCTS ⁴
Brownies	40 g	_ piece(s) (_ g) for distinct pieces; fractional slice (_ g) for bulk	All types of brownies.
Cakes, heavyweight (cheese cake; pineapple upside-down cake; fruit, nut and vegetable cakes with more than or equal to 35 percent of the finished weight as fruit, nuts, or vegetables or any of these combinations) ⁵	125 g	_ piece(s) (_ g) for distinct pieces (e.g., sliced or individually packaged products); _ fractional slice (_ g) for large discrete units	All cheese cakes, pineapple upside-down cake, and all cakes which contain 35 percent or more of fruit, nuts, or vegetables (e.g., Christmas fruit cake). Cakes in this category typically weigh 10 g or more per cubic inch. NOTE: Fruitcake weighs 18 g per cubic inch, which is considered a heavyweight cake. However, the serving size for fruitcake is 1 ½ ounces. See footnote 5 in table 2 of 21 CFR 101.12(b).
Cakes, mediumweight (chemically leavened cake with or without icing or filling except those classified as lightweight cake; fruit, nut, and vegetable cake with less than 35 percent of the finished weight as fruit, nuts, or vegetables or any of these combinations; lightweight cake with icing; Boston cream pie; cupcake; éclair; cream puff) ⁶	80 g	_ piece(s) (_ g) for distinct pieces (e.g., cupcake); _ fractional slice (_ g) for large discrete units	All chemically leavened cakes with or without icing or filling except those included in the heavyweight or the lightweight cake categories and all cakes which contain less than 35 percent of fruit, nuts, or vegetables (e.g., Boston cream pies, jelly rolls, cupcakes, éclairs, cream puffs, pound cake). Cakes in this category typically weigh 4 g or more per cubic inch but less than 10 g per cubic inch.

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PRODUCT CATEGORY	REFERENCE AMOUNT	LABEL STATEMENT	EXAMPLES OF PRODUCTS ⁴
Cakes, lightweight (angel food, chiffon, or sponge cake without icing or filling) ⁷	55 g	_ piece(s) (_ g) for distinct pieces (e.g., sliced or individually packaged products); _ fractional slice (_ g) for large discrete units	<p>Angel food, chiffon, or sponge cake without icing or filling or other heavy ingredients (e.g., chocolate chips, fruit, nuts, vegetables). Cakes in this category typically weigh less than 4 g per cubic inch.</p> <p>NOTE: Lightweight cakes with the addition of other ingredients (e.g., chocolate chips, fruit, nuts) would be in the “Cakes, mediumweight” product category when the sum of those additional ingredients weigh less than 35 percent of the finished weight of the product or “Cakes, heavyweight” product category if the sum of those additional ingredients weigh more than or equal to 35 percent of the finished weight of the product.</p>
Coffee cakes, crumb cakes, doughnuts, Danish, sweet rolls, sweet quick type breads	55 g	_ piece(s) (_ g) for sliced bread and distinct pieces (e.g., doughnut); 2 oz (56 g/visual unit of measure) for bulk products (e.g., unsliced bread)	All coffee cakes, crumb cakes, doughnuts, Danish, and sweet rolls with or without icing or filling; all sweet quick type breads (e.g., banana nut bread, cranberry nut bread, zucchini bread, pumpkin bread); corn muffin toasties.
Cookies	30 g	_ piece(s) (_ g)	All cookies (e.g., sweet biscuits (such as tea biscuits), lady fingers, biscotti, rugelach).
Crackers that are usually not used as snack; melba toast, hard bread sticks, ice cream cones ⁸	15 g	_ piece(s) (_ g)	<p>Saltines, soda crackers, oyster crackers; crisp breads; rice crackers (excluding rice cracker snack mixes); melba toast; hard bread sticks; puffed cereal-grain cakes (e.g., rice, wheat, or corn cakes); all types of ice cream cones and cups.</p> <p>NOTE: The reference amount for crackers and cheese is the reference amount for the ingredient that is represented as the main ingredient plus the proportioned amounts of all minor ingredients.</p>

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PRODUCT CATEGORY	REFERENCE AMOUNT	LABEL STATEMENT	EXAMPLES OF PRODUCTS ⁴
Crackers that are usually used as snacks	30 g	_ piece(s) (_ g)	<p>All crackers with the exception of those listed in the "Crackers that are not usually used as snacks; melba toast, hard bread sticks, ice cream cones" product category. This product category includes sweet crackers (e.g., graham or animal crackers) and sandwich crackers (e.g., cheese and peanut butter sandwich crackers).</p> <p>NOTE: The reference amount for crackers and cheese is the reference amount for ingredient that is represented as the main ingredient plus the proportioned amounts of all minor ingredients.</p>
Croutons	7 g	_ tbsp(s) (_ g); _ cup(s) (_ g); _ piece(s) (_ g) for large pieces	All types plain or flavored croutons.
Eggroll, dumpling, wonton, or potsticker wrappers	20 g	_ sheet (_ g); wrapper (_ g)	All types of wrappers used to make eggroll, dumplings, wonton, or potstickers.
French toast, crepes, pancakes, variety mixes	110 g prepared for French toast, crepes, and pancakes; 40 g dry mix for variety mixes	_ piece(s) (_ g); _ cup(s) (_ g) for dry mix	All types and flavors of French toast, crepes, and pancakes, and variety mixes.
Grain-based bars with or without filling or coating, e.g., breakfast bars, granola bars, rice cereal bars	40 g	_ piece(s) (_ g)	<p>All types of breakfast bars, granola bars, multi-grain bars, trail mix bars, and similar types of products that are made of cereal-grains with or without filling or coating and with or without nuts.</p> <p>NOTE: For toaster pastries, see "Bagels, toaster pastries, muffins (excluding English muffins)" product category.</p>

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PRODUCT CATEGORY	REFERENCE AMOUNT	LABEL STATEMENT	EXAMPLES OF PRODUCTS ⁴
Pies, cobblers, fruit crisps, turnovers, other pastries	125 g	_ piece(s) (_g) for distinct pieces; _ fractional slice (_g) for large discrete units	<p>All types of pies, dessert-type turnovers, fruit crisps, and other pastries with or without fruit filling (e.g., cobblers, strudel, cannoli); blintzes.</p> <p>NOTE: Eclairs and cream puffs are included in the “Cakes, mediumweight (chemically leavened cake with or without icing or filling except those classified as lightweight cake; fruit, nut, and vegetable cake with less than 35 percent of the finished weight as fruit, nuts, or vegetables; lightweight cake with icing; Boston cream pie; cupcake; éclair; cream puff)” product category.</p>
Pie crust, pie shells, pastry sheets, (e.g., phyllo, puff pastry sheets)	the allowable declaration closest to an 8 square inch surface area	_ fractional slice(s) (_g) for large discrete units; _ shells (_g); _ fractional sheet(s) (_g) for distinct pieces (e.g., Pastry sheet).	All types of pie crusts, pie shells, and pastry sheets (e.g., phyllo dough, puff pastry sheets).
Pizza crust	55 g	_ fractional slice (_g)	<p>All types of pizza crusts, including bread shells.</p> <p>NOTE: Bread shells are often used in Italian cuisine as a substitution for pizza crusts.</p>
Taco shells, hard	30 g	_ shell(s) (_g)	All types of hard taco shells, including tostada shells.
Waffles	85 g	_ piece(s) (_g)	All types of waffles with and without additions (e.g., Belgian waffles).

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PRODUCT CATEGORY	REFERENCE AMOUNT	LABEL STATEMENT	EXAMPLES OF PRODUCTS ⁴
<u>BEVERAGES:</u>			
Carbonated and noncarbonated beverages, wine coolers, water	360 mL	12 fl oz (360 mL)	Wine coolers (i.e., containing less than 7% of alcohol); all types of bottled water (e.g., carbonated, mineral and spring water); regular, light (lite or reduced calorie), or no calorie (zero calorie or diet) for all types of carbonated drinks (e.g., soft drinks) and noncarbonated drinks (e.g., energy drinks, sports drinks), except for those beverages specified in the following product categories: “Coffee or tea, flavored and sweetened,” “Eggnog,” “Milk, milk-substitute beverages, milk-based drinks, e.g., instant breakfast, meal replacement, cocoa, soy beverage,” “Shakes or shake substitutes, e.g., dairy shake mixes, fruit frost mixes,” “Juices, nectars, fruit drinks,” “Milk, milk substitute, and fruit juice concentrates (without alcohol), e.g., drink mixers, frozen fruit juice concentrate, sweetened cocoa powder,” “Drink mixes (without alcohol); drink mixes, all other types (e.g., flavored syrups and powdered drink mixes),” “Vegetable juice.”
Coffee or tea, flavored and sweetened	360 mL prepared	12 fl oz (360 mL)	Dry instant coffee with sugar and/or cream or cream substitute; coffee or tea, ready-to-drink (e.g., ice coffee, mocha, cappuccino); iced tea mixed with sugar.
<u>CEREALS AND OTHER GRAIN PRODUCTS:</u>			
Breakfast cereals (hot cereal type), hominy grits	1 cup prepared; 40 g plain dry cereal; 55 g flavored, sweetened cereal	_ cup(s) (_ g)	All types of hot breakfast cereals (regular, quick, and instant), plain and flavored, with or without sweetener and/or fruits or nuts; and cereal-grains that are used as hot breakfast cereals (e.g., hominy grits, oatmeal, buckwheat groats, cornmeal mush, millet, cream of rice, cream of wheat, cream of rye, oat bran cereal, rolled wheat).

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PRODUCT CATEGORY	REFERENCE AMOUNT	LABEL STATEMENT	EXAMPLES OF PRODUCTS ⁴
Breakfast cereals, ready-to-eat, weighing less than 20 g per cup, e.g., plain puffed cereal grains	15 g	_ cup(s) (_ g)	All ready-to-eat breakfast cereals that weigh less than 20 g per cup (e.g., corn puffs, puffed rice, puffed wheat).
Breakfast cereals, ready-to-eat, weighing 20 g or more but less than 43 g per cup; high fiber cereals containing 28 g or more of fiber per 100 g	40 g	_ cup(s) (_ g)	All ready-to-eat breakfast cereals that weigh more than 20 g and less than 43 g per cup (e.g., toasted oats, crispy rice, rice flakes).
Breakfast cereals, ready-to-eat, weighing 43 g or more per cup; biscuit types	60 g	_ piece(s) (_ g) for large distinct pieces (e.g., biscuit type); _ cup(s) (_ g) for all others	All ready-to-eat breakfast cereals that weigh 43 g or more per cup and, biscuit type ready-to-eat breakfast cereals (e.g., large shredded wheat biscuit, oat bran, oatmeal squares) with or without additions (e.g., fruits).
Bran or wheat germ	15 g	_ tbsp(s) (_ g); _ cup(s) (_ g)	All plain brans and wheat germs in raw, toasted, untoasted, or ready-to-eat form.
Flours or cornmeal	30 g	_ tbsp(s) (_ g); _ cup(s) (_ g)	All wheat and other cereal-grain flours (e.g., rice flour, corn flour) and cornmeal, corn flour, Masa harina. NOTE: Nut and seed flours are under “Coconut, nut and seed flours” product category.
Grains, e.g., rice, barley, plain	140 g prepared; 45 g dry	_ cup(s) (_ g)	All plain whole grains or non-whole grains (e.g., rice, wheat, barley, millet, couscous). NOTE: Flavored rice with or without sauce (e.g., dry flavored rice mixes; rice with cream sauce, cheese sauce, tomato-based sauce) belongs to the “Mixed Dishes: measurable with cup” product category.

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PRODUCT CATEGORY	REFERENCE AMOUNT	LABEL STATEMENT	EXAMPLES OF PRODUCTS ⁴
Pastas, plain	140 g prepared; 55 g dry	_ cup(s) (_ g); _ piece(s) (_ g) for large pieces (e.g., large shells or lasagna noodles) or 2 oz (56 g/visual unit of measure) for dry bulk products (e.g., spaghetti)	All pastas (e.g., spaghetti, vermicelli, lasagna, macaroni, gnocchi) and noodles (e.g., Mung bean noodles, rice noodles) without sauce or seasoning mixes. NOTE: Pasta and noodle products with sauce (e.g., cream sauce, cheese sauce, tomato-based sauce) or seasoning mix belong to the “Mixed Dishes: measurable with cup” product category.
Pastas, dry, ready-to-eat, e.g., fried canned chow mein noodles	25 g	_ cup(s) (_ g)	All dry ready-to-eat noodles and pastas (e.g., fried chow mein noodles).
Starches, e.g., cornstarch, potato starch, tapioca, etc.	10 g	_ tbsp (_ g)	All starches including cornstarch, potato starch, and tapioca.
Stuffing	100 g	_ cup(s) (_ g)	All types of stuffing, flavored or unflavored, including bread stuffing and rice stuffing.
<u>DAIRY PRODUCTS AND SUBSTITUTES:</u>			
Cheese, cottage	110 g	_ cup (_ g)	All non-dry cottage cheese (regular, low-fat, or fat-free) with or without fruits. NOTE: Dry cottage cheese belongs in the “Cheese used primarily as ingredients, e.g., dry cottage cheese, ricotta cheese” product category.
Cheese used primarily as ingredients, e.g., dry cottage cheese, ricotta cheese	55 g	_ cup (_ g)	All dry cottage cheese and ricotta cheese.

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PRODUCT CATEGORY	REFERENCE AMOUNT	LABEL STATEMENT	EXAMPLES OF PRODUCTS ⁴
Cheese, grated hard, e.g., Parmesan, Romano	5 g	_ tbsp (_ g)	All hard grated cheeses including grated Parmesan and Romano cheese.
Cheese, all others except those listed as separate categories-- includes cream cheese and cheese spread	30 g	_ piece(s) (_ g) for distinct pieces; _ tbsp(s) (_ g) for cream cheese and cheese spread; 1 oz (28 g/visual unit of measure) for bulk	All natural and processed cheese products (including cheese whiz) other than cottage cheese, ricotta cheese, and grated hard cheese (e.g., Brie, cheddar, Colby, mozzarella, muenster). NOTE: Cheese sauce belongs to the “Minor main entree sauce (e.g., pizza sauce, pesto sauce, Alfredo sauce), other sauces used as toppings (e.g., gravy, white sauce, cheese sauce), cocktail sauce” product category.
Cheese sauce—see sauce category			
Cream or cream substitutes, fluid	15 mL	1 tbsp (15 mL)	All types of fluid cream (fat-free, light, and heavy) and cream substitutes (e.g., coffee whitener), including dairy based (e.g., milk) and non-dairy based products (e.g., soy, coconut).
Cream or cream substitutes, powder	2 g	_ tsp (_ g)	All powdered cream and cream substitutes (e.g., powdered coffee whitener).
Cream, half & half	30 mL	2 tbsp (30 mL)	Fluid cream containing half cream and half milk.
Eggnog	120 mL	1/2 cup (120 mL); 4 fl oz (120 mL)	All types of eggnog.
Milk, condensed, undiluted	30 mL	2 tbsp (30 mL)	All condensed milk.

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PRODUCT CATEGORY	REFERENCE AMOUNT	LABEL STATEMENT	EXAMPLES OF PRODUCTS ⁴
Milk, evaporated, undiluted	30 mL	2 tbsp (30 mL)	All evaporated milk.
Milk, milk-substitute beverages, milk-based drinks, e.g., instant breakfast, meal replacement, cocoa, soy beverage	240 mL	1 cup (240 mL); 8 fl oz (240 mL)	<p>All milk, regular and flavored (e.g., chocolate milk) of any fat content; all milk-based meal replacements (e.g., nutritional shakes); all hot cocoa; malted milk beverages, and all other milk-based beverages (e.g., breakfast drink) with the exception of milkshakes. Milk-substitute beverages are non-dairy based beverages (e.g., soy, almond, rice, coconut).</p> <p>NOTE: Milk-based beverages mean that milk and milk-derived ingredients are the major ingredient of the beverage when prepared for consumption. For example, a dry beverage mix product may not contain milk or milk-derived ingredients. However, if the package direction recommends adding milk to make the beverage for consumption, the product is classified as a milk-based beverage.</p>
Shakes or shake substitutes, e.g., dairy shake mixes, fruit frost mixes	240 mL	1 cup (240 mL); 8 fl oz (240 mL)	All milkshakes, dairy-based shake mixes (e.g., breakfast drink mix), and foamy beverage mixes mimicking shakes such as fruit-based or fruit-flavored shakes (e.g., fruit frost mix).
Sour cream	30 g	_ tbsp (_ g)	All types of sour cream with all types of fat content.
Yogurt	170 g	_ cup (_ g)	All form of yogurts: drinkable, not-drinkable, plain, flavored, and sweetened with or without fruit, nuts, and other ingredients (e.g., granola) packaged together or in separate compartments that are mixed together for consumption.

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PRODUCT CATEGORY	REFERENCE AMOUNT	LABEL STATEMENT	EXAMPLES OF PRODUCTS ⁴
<u>DESSERTS:</u>			
Ice cream, frozen yogurt, sherbet, frozen flavored and sweetened ice and pops, frozen fruit juices: all types bulk and novelties (e.g., bars, sandwiches, cones, cups)	2/3 cup – includes the volume for coatings and wafers	2/3 cup (_ g), _ piece(s) (_ g) for individually wrapped or packaged products	All types of bulk and novelties (e.g., bars, sandwiches, cups, slices, cones, pops) ice cream, frozen yogurt, sherbet, sorbet, frozen custard, and other milk-based frozen desserts; frozen or unfrozen flavored and/or sweetened ice and pops (e.g., popsicles, flavored ice, snow cones); frozen fruit juices and fruit juice novelties, all flavored, with or without fruits or nuts.
Sundae	1 cup	1 cup (_ g)	All types of sundaes
Custards, gelatin, or pudding	1/2 cup prepared; amount to make 1/2 cup prepared when dry.	_piece(s) (_ g) for distinct unit (e.g., individually packaged products); 1/2 cup (_ g) for bulk	All types of custards, gelatins, mousse, and puddings (flavored and unflavored). All dry mixes with various flavor used to make custards, gelatin or pudding. <u>NOTE:</u> Frozen custards, gelatins and puddings belong to the product category “Ice cream, frozen yogurt, sherbet, frozen flavored and sweetened ice, frozen fruit juices: all types bulk and novelties (e.g., bars, sandwiches, cones, cups).”
<u>DESSERT TOPPINGS AND FILLINGS:</u>			
Cake frostings or icings	2 tbsp	_ tbsp(s) (_ g)	All types of cake frostings and icings (e.g., cream cheese frosting, buttercream frosting, whipped cream frosting).

Contains Nonbinding Recommendations

PRODUCT CATEGORY	REFERENCE AMOUNT	LABEL STATEMENT	EXAMPLES OF PRODUCTS ⁴
Other dessert toppings, e.g., fruits, syrups, spreads, marshmallow cream, nuts, dairy and non-dairy whipped toppings	2 tbsp	2 tbsp (_ g); 2 tbsp (30 mL)	All dessert toppings other than cake frostings and icings (e.g., butterscotch, caramel, chocolate, fudge, fruit, marshmallow cream, coconut meat and nut topping); dairy and non-dairy whipped toppings (e.g., whipped cream); dessert spreads (e.g., chocolate or non-chocolate flavored spread). NOTE: Chocolate and sugar sprinkles are included in the “Baking decorations, e.g., colored sugars and sprinkles for cookies, cake decorations” product category.
Pie fillings	85 g	_ cup(s) (_ g)	All pie fillings including fruit, minced meat, and pumpkin pie filling.
<u>EGG AND EGG SUBSTITUTES:</u>			
Egg mixtures, e.g., egg foo young, scrambled eggs, omelets	110 g	_ piece(s) (_ g) for discrete pieces; _ cup(s) (_ g)	Egg foo young, scrambled eggs, omelets, and other mixtures having eggs as the major ingredient.
Eggs (all sizes) ⁸	50 g	1 large, medium, etc. (_ g)	All whole poultry eggs.
Egg whites, sugared eggs, sugared egg yolks, and egg substitutes (fresh, frozen, dried)	An amount to make 1 large (50 g) egg	_ cup(s) (_ g); _ cup(s) (_ mL)	All types of egg substitutes, egg mixtures, egg whites, sugared eggs, and sugared egg yolk.
<u>FATS AND OILS:</u>			
Butter, margarine, oil, shortening	1 tbsp	1 tbsp (_ g); 1 tbsp (15 mL)	All types of butter and margarine spreads (regular, diet, lite/light, liquid, and whipped); oils; and shortenings.

Contains Nonbinding Recommendations

PRODUCT CATEGORY	REFERENCE AMOUNT	LABEL STATEMENT	EXAMPLES OF PRODUCTS ⁴
Butter replacement, powder	2 g	_ tsp(s) (_ g)	Powdered butter replacements (e.g., butter-flavored powder).
Dressings for salads	30 g	_ tbsp (_ g); _ tbsp (_ mL)	All salad dressings except for the following: mayonnaise, sandwich spreads, and mayonnaise-type dressings that substitute for mayonnaise (i.e., mayonnaise-like dressings are excluded from this product category). Types of products included in this category are cheese dressing, Caesar dressing, coleslaw dressing, feta cheese dressing, French dressing, fruit dressing, honey mustard dressing, Italian dressing, Russian dressing, Green Goddess dressing, creamy dressing (e.g., creamy cucumber, creamy Italian, dressings made with sour cream), buttermilk dressing (e.g., ranch dressing), and Thousand Island dressing.
Mayonnaise, sandwich spreads, mayonnaise-type dressings	15 g	_ tbsp (_ g)	All mayonnaise, sandwich spreads, and mayonnaise-type dressings that substitute for mayonnaise or sandwich spread (e.g., mayonnaise-like dressings containing less than 65 percent but no less than 30 percent of vegetable oil by weight).
Spray types	0.25 g	About _ seconds spray (_ g)	All types of cooking sprays (e.g., cooking spray olive oil).
<u>FISH, SHELLFISH, GAME MEATS ⁹, AND MEAT OR POULTRY SUBSTITUTES:</u>			
Bacon substitutes, canned anchovies ¹⁰ , anchovy pastes, caviar	15 g	_ piece(s) (_ g) for discrete pieces; _ tbsp(s) (_ g) for others	Substitutes for bacon strips (e.g., meatless), breakfast strips, canned anchovy, anchovy paste, and caviar. <u>NOTE:</u> Substitutes for bacon bits belong to the “Salad and potato toppers, e.g., salad crunchies, salad crispins, substitutes for bacon bits” product category.

Contains Nonbinding Recommendations

PRODUCT CATEGORY	REFERENCE AMOUNT	LABEL STATEMENT	EXAMPLES OF PRODUCTS ⁴
Dried, e.g., jerky	30 g	_ piece(s) (_ g)	All dried fish, shellfish, game meats, and meat or poultry substitutes having a water-to-protein-ratio of less than 2:1 (e.g., fish jerky, dried shrimp, pepperoni substitute).
Entrees with sauce, e.g. fish with cream sauce, shrimp with lobster sauce	140 g cooked	_ cup(s) (_ g); 5 oz (140 g/visual unit of measure) if not measurable by cup	<p>All raw and cooked fish, shellfish, game meat, and meat or poultry substitute products with sauce or gravy of which fish, shellfish, game meat, and meat or poultry substitutes are <u>the</u> major ingredient. Examples are fish divan, creamed fish, shrimp with lobster sauce, sweet and sour shrimp, shrimp cocktail, Seafood Newburg, scallops with cheese sauce, meatless Salisbury steak with gravy, mock chicken leg with cream sauce, sardine with tomato-based sauce. These products are often used as toppings for rice, pasta, or baked products.</p> <p>NOTE: Products with accompanying starch items (e.g., Seafood Newburg on a bed of noodles, creamed tuna with biscuit, sweet and sour shrimp with rice) belong to one of the appropriate “Mixed Dishes” product categories. Also note that for raw fish, shellfish, game meat, and meat or poultry substitutes with sauces or gravies, the 140 g reference amount for this category is the cooked form of the product, so the reference amount for uncooked products is the amount required to make 140 g cooked.</p>
Entrees without sauce, e.g., plain or fried fish and shellfish, fish and shellfish cake	85 g cooked; 110 g uncooked ¹¹	_ piece(s) (_ g) for discrete pieces; _ cup(s) (_ g); _ oz (_ g/visual unit of measure) if not measurable by cup	All raw and cooked fish, shellfish, game meat, and meat poultry substitute products without sauce or gravy of which fish, shellfish, game meat, and meat or poultry substitutes are <u>the</u> major ingredients. Examples are plain fish, shellfish, game meat, meat or poultry substitutes (e.g., soy burger, meatless scallop); battered or breaded fillet or fish, fish stick; battered or breaded shrimp; spiced shrimp and crab; fish and shellfish cake; fish loaf; and stuffed fish and shellfish.

Contains Nonbinding Recommendations

PRODUCT CATEGORY	REFERENCE AMOUNT	LABEL STATEMENT	EXAMPLES OF PRODUCTS ⁴
Fish, shellfish, or game meat ⁹ , canned ¹⁰	85 g	_ piece(s) (_ g) for discrete pieces; _ cup(s) (_ g); 3 oz (85 g/_ cup) for products that are difficult to measure the g weight of cup measure (e.g., tuna); 3 oz (85 g/_ pieces) for products that naturally vary in size (e.g., sardines)	All canned fish, shellfish and game meat, other than smoked or pickled fish, shellfish, and game meat. Products included in this category include canned tuna, canned shrimp, canned clams, canned salmon, and gefilte fish.
Substitute for luncheon meat, meat spreads, Canadian bacon, sausages, frankfurters, and seafood	55 g	_ piece(s) (_ g) for distinct pieces (e.g., slices, links); _ cup(s) (_ g); 2 oz (56 g/visual unit of measure) for nondiscrete bulk product	All meatless products that are substitutes for the following types of products: luncheon meats, meat spreads, Canadian bacon, sausages, frankfurters, and seafood. Examples are meatless breakfast links, vegetarian pate, patties, or slices; meatless salami; meatless frankfurter; and seafood substitutes (e.g., shrimp or crab meat substitutes).
Smoked or pickled fish, ¹⁰ shellfish, or game meat ⁹ ; fish or shellfish spread	55 g	_ piece(s) (_ g) for distinct pieces (e.g., slices, links) or _ cup(s) (_ g); 2 oz (56 g/visual unit of measure) for nondiscrete bulk product	All smoked or pickled fish, shellfish, and game meat; all fish or shellfish spreads. These products are usually served as an appetizer, not an entree. Examples are herring pickled in cream or wine sauce, smoked kippered herring, smoked salmon, and ground fish paste used for canapés.
Substitutes for bacon bits—see Miscellaneous ¹²			

Contains Nonbinding Recommendations

PRODUCT CATEGORY	REFERENCE AMOUNT	LABEL STATEMENT	EXAMPLES OF PRODUCTS ⁴
<u>FRUITS AND FRUIT JUICE:</u>			
Candied or pickled ¹⁰	30 g	_ piece(s) (_ g)	<p>All candied fruits (e.g., candied pineapple, cherries, apple, pear); all pickled fruits (e.g., pickled apple).</p> <p>NOTE: Caramelized apples belong to the “All other fruits (except those listed as separate categories), fresh, canned or frozen” product category. Dehydrated fruit leather-type products belong in the “Snacks: All varieties, chips, pretzels, popcorns, extruded snacks, fruit and vegetable-based snacks (e.g., fruit chips), grain-based snack mixes” product category. Fruit peel or candied fruit peel and maraschino cherries that are used for garnish or flavoring purpose belong to the “Fruits for garnish or flavor, e.g., maraschino cherries” product category.</p>
Dehydrated fruits—see snack category.			
Dried	40 g	_ piece(s) (_ g) for large pieces (e.g., dates, figs, prunes); _ cup(s) (_ g) for small pieces (e.g., raisins)	<p>All dried fruits (e.g., raisins, dates, prunes), including fruits such as peaches, pears, and apples, if dried.</p> <p>NOTE: Dehydrated fruit leather-type products and fruit chips (e.g., banana chips) belong in the “Snacks: all varieties, chips, pretzels, popcorns, extruded snacks, fruit-based snacks (e.g., fruit chips), grain-based snack mixes” product category.</p>
Fruits for garnish or flavor, e.g., maraschino cherries ¹⁰	4 g	1 cherry (_ g); _ piece(s) (_g)	Fruits used for garnish or flavor (e.g., maraschino cherries, fruit peel, candied fruit peel).

Contains Nonbinding Recommendations

PRODUCT CATEGORY	REFERENCE AMOUNT	LABEL STATEMENT	EXAMPLES OF PRODUCTS ⁴
Fruit relishes, e.g., cranberry sauce, cranberry relish	70 g	_ cup(s) (_ g)	<p>All fruit products which are used as relishes (e.g., cranberry sauce, cranberry relish, cranberry-orange relish).</p> <p>Note: Fruit chutney belongs in the “Honey, jams, jellies, fruit butter, molasses, fruit pastes, fruit chutneys” product category.</p>
Fruits used primarily as ingredients, avocado	50 g	See footnote ¹³	Avocado
Fruits used primarily as ingredients, others (cranberries, lemon, lime)	50 g	_ piece(s) (_ g) for large fruits; _ cup(s) (_ g) for small fruits measurable by cup ¹³	All fruits used primarily as an ingredient in other foods rather than fruits consumed alone (e.g., cranberries, lemon, lime).
Watermelon	280 g	See footnote ¹³	All types of watermelon.
All other fruits (except those listed as separate categories), fresh, canned or frozen	140 g	_ piece(s) (_ g) for large pieces (e.g., strawberries, prunes, apricots, etc.); _ cup(s) (_ g) for small pieces (e.g., blueberries, raspberries, etc.) ¹³	All fresh, canned, or frozen fruits, other than those listed in other fruit categories. This category includes apple sauce and caramelized apples.
Juices, nectars, fruit drinks	240 mL	8 fl oz (240 mL)	<p>All fruit juices except the juices that are used as ingredients (e.g., lemon and lime juice are not included in this product category); nectars; noncarbonated drinks containing any amount of fruit juice or nectar (e.g., coconut water).</p> <p>NOTE: Lemon juice and lime juice that are used as ingredients belong to “Juices used as ingredients, e.g., lemon juice, lime juice” product category.</p>

Contains Nonbinding Recommendations

PRODUCT CATEGORY	REFERENCE AMOUNT	LABEL STATEMENT	EXAMPLES OF PRODUCTS ⁴
Juices used as ingredients, e.g., lemon juice, lime juice	5 mL	1 tsp (5 mL)	Juices used primarily as ingredients rather than consumed for beverages, such as lemon and lime juice.
<u>LEGUMES:</u>			
Tofu ¹⁰ , tempeh	85 g	_ piece(s) (_ g) for discrete pieces; 3 oz (84 g/visual unit of measure) for bulk products	Tofu (also called bean curd and bean cake), tempeh.
Beans, plain or in sauce	130 g for beans in sauce or canned in liquid and refried beans prepared; 90 g for others prepared; 35 g dry	_ cup (_ g)	All bean (e.g., kidney beans, pinto beans, Northern bean, navy beans, blackeye peas, cannellini beans) products with or without sauce (e.g., baked beans, refried beans), but excluding bean cake and condiments made from dried beans (e.g., soy sauce, soybean paste, black bean sauce). This product category also includes chickpea, cowpea, pigeon pea, and lentil products with or without sauce.
<u>MISCELLANEOUS:</u>			
Baking powder, baking soda, pectin	0.6 g	_ tsp (_ g)	All types of baking powder, baking soda, and pectin.
Baking decorations, e.g., colored sugars and sprinkles for cookies, cake decorations	1 tsp or 4 g if not measurable by teaspoon	_ piece(s) (_ g) for discrete pieces; 1 tsp (_ g)	All products used to decorate cakes, cookies and other desserts (e.g., colored sugars, cake decors, cake decorating gel, chocolate sprinkles).

Contains Nonbinding Recommendations

PRODUCT CATEGORY	REFERENCE AMOUNT	LABEL STATEMENT	EXAMPLES OF PRODUCTS ⁴
Batter mixes, bread crumbs	30 g	_ tbsp(s) (_ g);_ cup(s) (_ g)	Bread crumbs (e.g., panko), batter mixes (e.g., tempura mixes, onion ring batter mixes).
Chewing gum ⁸	3 g	_ piece(s) (_ g)	All chewing gums (e.g., regular, sugarless, bubble).
Cocoa powder, carob powder, unsweetened	1 tbsp	1 tbsp (_ g)	All cocoa powder, unsweetened (e.g., baking cocoa); unsweetened flavored and unflavored carob powder.
Cooking wine	30 mL	2 tbsp (30 mL)	All types of cooking wine (e.g., rice, marsala, red wine, sherry wine).
Dietary supplements	The maximum amount recommended, as appropriate, on the label for consumption per eating occasion or, in the absence of recommendations, 1 unit, e.g. tablet, capsule, packet, teaspoonful, etc.	_ tablet(s), _capsules(s), _packet(s), _tsp(s) (_ g), etc.	All dietary supplements.
Meat, poultry, and fish coating mixes, dry; seasoning mixes, dry, e.g., chili seasoning mixes, pasta salad seasoning mixes	Amount to make one reference amount of final dish	_ tsp(s) (_ g); _ tbsp(s) (_ g)	Coating mixes for meat, poultry, and fish; seasoning mixes for specific dishes (e.g., chili seasoning mix, pasta salad seasoning mix, meat loaf seasoning mix). NOTE: Flavored salt products (e.g., garlic salt, onion salt, all-purpose seasoning salt) belong to the “Salt, salt substitute, seasoning salt (e.g., garlic salt)” product category.

Contains Nonbinding Recommendations

PRODUCT CATEGORY	REFERENCE AMOUNT	LABEL STATEMENT	EXAMPLES OF PRODUCTS ⁴
Milk, milk substitute, and fruit juice concentrates (without alcohol) (e.g., drink mixers, frozen fruit juice concentrate, sweetened cocoa powder)	Amount to make 240 ml drink (without ice)	_ fl oz (_ mL); _ tsp (_ g); _ tbsp (_ g)	All types of flavored or non-flavored milk; non-dairy-based milk substitutes; fruit-flavored (100% fruit-based ingredient, e.g., fruit juice concentrate) or non-flavored powdered drink mixes that are mixed with milk or water (e.g., fruit drinks, chocolate or non-chocolate flavored powdered drink mixes, lemonade drink mixes); sweetened cocoa powder.
Drink mixes (without alcohol): All other types (e.g., flavored syrups and powdered drink mixes)	Amount to make 360 mL drink (without ice)	_ fl oz (_ mL); _ tsp (_ g); _ tbsp (_ g)	Mixers for alcoholic beverages (e.g., pina-colada drink mixers); flavored or sweetened drink mixers and drink mixers used to make mixed drinks (e.g., ice tea drink mixes); flavored or sweetened syrups or powder drink mixes without alcohol (e.g., hazelnut flavoring syrup).
Salad and potato toppers, e.g., salad crunchies, salad crispins, substitutes for bacon bits	7 g	_ tbsp(s) (_ g)	All toppers for salads and potatoes (e.g., salad crunchies, salad crispies, imitation bacon bits, crispy fried onions). NOTE: Shredded cheeses belong to the “Cheese, all others except those listed as separate categories—includes cream cheese and cheese spread” product category. Croutons belong to the “Croutons” product category under “Bakery Products.”
Salt, salt substitutes, seasoning salts (e.g., garlic salt)	1/4 tsp	1/4 tsp (_ g); _piece(s) (_ g) for discrete pieces (e.g., individually packaged products)	Salt; seasoning mixes containing salt and other flavoring ingredients (e.g., garlic salt, onion salt, all-purpose seasoning salt); salt substitutes.
Seasoning oils and seasoning sauces (e.g., coconut concentrate, sesame oil, almond oil, chili oil, coconut oil, walnut oil)	1 tbsp	1 tbsp (_ g)	All types of flavoring oils or concentrate that are generally used as an ingredient of a sauce or dressing for a dish (e.g. coconut concentrate used to make flavoring sauces). NOTE: Coconut concentrate is an extract of the cooked mixture of water and coconut meat, which is often used as an ingredient of a sauce or dressing (such as the curry sauce).

Contains Nonbinding Recommendations

PRODUCT CATEGORY	REFERENCE AMOUNT	LABEL STATEMENT	EXAMPLES OF PRODUCTS ⁴
Seasoning pastes (e.g. garlic paste, ginger paste, curry paste, chili paste, miso paste), fresh or frozen	1 tsp	1 tsp (_g)	All seasoning pastes that are generally used as the sauces or an ingredient of sauces.
Spices, herbs (other than dietary supplements)	1/4 tsp or 0.5 g if not measurable by teaspoon	1/4 tsp (_g); _ piece(s) (_g) if not measurable by teaspoons (e.g., bay leaf)	All spices and herbs (except those that contain salt) used to flavor food (e.g., granulated garlic, granulated onion, garlic powder, onion powder, thyme leaves); seeds used as spices (e.g., poppy seed, sesame seed, celery seed). NOTE: Spices or herbs containing salt belong to the “Salt, salt substitutes, seasoning salts (e.g., garlic salt)” product category.
<u>MIXED DISHES:</u>			
Appetizers, hors d’oeuvres, mini mixed dishes, e.g., mini bagel pizzas, breaded mozzarella sticks, egg rolls, dumplings, potstickers, wontons, mini quesadillas, mini quiches, mini sandwiches, mini pizza rolls, potato skins	85 g, add 35g for products with gravy or sauce topping	_piece(s) (_g),	Mixed dishes made in “bite-size” and used as an appetizer before the main meal, such as mini bagel pizzas, breaded mozzarella sticks, stuffed jalapeno poppers, stuffed mushrooms, pupusa, egg rolls, dumplings, mini quesadillas, mini quiches, mini sandwiches, mini pizza rolls, potato skins, coated vegetables (e.g., fried green beans), macaroni bites, toasted ravioli, dim sum, and mini taquitos. NOTE: Individual unit of products in this category weigh no more than 85 g per unit.

Contains Nonbinding Recommendations

PRODUCT CATEGORY	REFERENCE AMOUNT	LABEL STATEMENT	EXAMPLES OF PRODUCTS ⁴
<p>Measurable with cup, e.g., casseroles, hash, macaroni and cheese, pot pies, spaghetti with sauce, stews, etc.</p>	<p>1 cup</p>	<p>1 cup (_ g)</p>	<p>All mixed dishes that are measurable with cup that are not listed as a separate category in § 101.12(b). Products in this category are mixtures and <u>usually</u> contain starch (e.g., rice, pasta), dried beans, and/or animal source ingredients (e.g., cheese, fish, shellfish), with or without vegetables. Examples are casseroles; chili; stews; hash; pot pies; tuna with dumpling (mixture); lo mein; lasagna; macaroni and cheese; filled pasta (e.g., cannelloni, ravioli, and tortellini); spaghetti with sauce; Fettuccini Alfredo; linguini with clam sauce; pasta with pesto sauce; other pasta with cream sauce, cheese sauce, tomato-based sauce, and other similar sauces; flavored rice with or without sauce, bean, vegetable or animal products or with meat substitute (e.g., paella, Spanish rice, rice and beans, rice with cheese, flavored rice mixes, fried rice, shrimp chow mein on rice).</p> <p>NOTE: Some frozen entrees (e.g., rice or pasta with sauce or toppings) are often packaged in separate pouches. The component foods are packaged separately for technical reasons such as differences in required cooking times for the different components and better preservation of the texture and flavor during storage. However, because the components from all pouches in a package are consumed as one product, they are mixed dishes and belong to this category.</p> <p>NOTE: Products that are used as an appetizer and the individual unit weigh no more than 85 g per unit belong in the product category “Appetizers, hors d’oeuvres, mini mixed dishes, e.g., mini bagel pizzas, breaded mozzarella sticks, egg rolls, dumplings, potstickers, wontons, mini quesadillas, mini quiches, mini sandwiches, mini pizza rolls, potato skins.”</p>
<p>Not measurable with cup, e.g., burritos, enchiladas, pizza, pizza rolls, quiche, all types of sandwiches</p>	<p>140g, add 55g for products with gravy or sauce topping, e.g., enchilada with cheese sauce, crepe with white sauce¹⁴</p>	<p>_piece(s) (_g) for discrete pieces; _ fractional slice (_g) for large discrete units</p>	<p>All mixed dishes that are not measurable with cup that are not listed as a separate category in § 101.12(b). Products in this category <u>usually</u> are mixtures and <u>usually</u> contain starch (e.g., rice, pasta, breading), dried beans, and/or animal source ingredients (e.g., cheese, fish, shellfish). They come with or without vegetables. Examples are pizza, quiche, burrito, enchilada, sandwich, manicotti, taco, chimichanga, fajita, calzone, pizza roll, entree-type turnover or crepe, stuffed shell, corn dog, corn fritter, manicotti with or without sauce, egg rolls individual piece weighing more than 85 g, stuffed white potatoes with topping, and stuffed pepper, cabbage, and tomato.</p>

Contains Nonbinding Recommendations

PRODUCT CATEGORY	REFERENCE AMOUNT	LABEL STATEMENT	EXAMPLES OF PRODUCTS ⁴
<u>NUTS AND SEEDS:</u>			
Nuts, seeds and mixtures, all types: sliced, chopped, slivered, and whole	30 g	_ piece(s) (_ g) for large pieces (e.g., unshelled nuts);_ tbsp(s) (_ g) ;_ cup(s) (_ g) for small pieces (e.g., peanuts, sunflower seeds)	All nuts; seeds used as a snack (e.g., sunflower seeds); mixed nuts; and mixtures primarily consisting of nuts and seeds (e.g., snack mixes); soy nuts (i.e., dry roasted edamame). <u>NOTE:</u> Seeds that are used for seasoning (e.g., sesame seed, poppy seed, celery seed) and that are usually positioned with spices and herbs in the marketplace do not belong to this category. Nuts coated with candy (e.g., chocolate-coated nuts, yogurt-coated nuts) belong to the “All other candies” product category.
Nut and seed butters, pastes, or creams	2 tbsp	2 tbsp (_ g)	All butter or paste made of nuts or seeds (e.g., peanut butter, almond butter, sesame butter or paste (e.g., tahini), including flavored nut butter spreads (e.g., cocoa, cookie, and coffee flavored)), coconut cream.
Coconut, nut and seed flours	15 g	_ tbsp(s) (_ g); _ cup (_ g)	All coconut, nut, or seed flour (e.g., almond flour, coconut flour, hazelnut flour); soybean flour; and carob flour. <u>NOTE:</u> Carob powder belongs to the “Cocoa powder, carob powder, unsweetened” product category.

Contains Nonbinding Recommendations

PRODUCT CATEGORY	REFERENCE AMOUNT	LABEL STATEMENT	EXAMPLES OF PRODUCTS ⁴
<u>POTATOES AND SWEET POTATOES/YAMS:</u>			
French fries, hash browns, skins, or pancakes	70 g prepared; 85 g for frozen unprepared French fries	_ piece(s) (_ g) for large distinct pieces (e.g., patties, skins); 2.5 oz (70 g/_ pieces) for prepared fries; 3 oz (84 g/_ pieces) for unprepared fries	Examples of products included in this category are deep or pan fried potatoes/sweet potatoes/yams (e.g., French fries, hash browns, potato O'Brien), potato skins, potatoes/sweet potatoes/yam patties and potato pancakes.
Mashed, candied, stuffed or with sauce	140 g	_ piece(s) (_ g) for discrete pieces (e.g., stuffed potato); _ cup(s) (_ g)	Mashed, candied, stuffed, or with sauce potatoes/sweet potatoes/yams; potatoes/sweet potatoes/yams (e.g., potatoes au gratin, scalloped potatoes, twice-baked potato).
Plain, fresh, canned, or frozen	110 g for fresh or frozen; 125 g for vacuum packed; 160 g for canned in liquid	_ piece(s) (_ g) for discrete pieces; _ cup(s) (_ g) for sliced or chopped products	All plain potatoes, sweet potatoes, and yams without sauce that are not included in the other two potato/sweet potato/yam categories.
<u>SALADS:</u>			
Gelatin salad	120 g	_ cup (_ g)	All types of gelatin-based salads with or without fruits, vegetables, or nuts.
Pasta or potato salad	140 g	_ cup(s) (_ g)	All pasta (e.g., macaroni salad with or without additions) and potato salads (e.g., Amish potato salad, German potato salad)

Contains Nonbinding Recommendations

PRODUCT CATEGORY	REFERENCE AMOUNT	LABEL STATEMENT	EXAMPLES OF PRODUCTS ⁴
All other salads, e.g., egg, fish, shellfish, bean, fruit, or vegetable salads	100 g	_ cup(s) (_ g)	<p>All other salads, including egg, fish (e.g., tuna salad), shellfish (e.g., shrimp salad), bean, fruit, and vegetable salads.</p> <p>NOTE: The reference amount for vegetable salads includes dressing. Canned fruits labeled as “fruit salad” that resemble fruit cocktail belongs to the “All other fruits (except those listed as separate categories), fresh, canned, or frozen” product category.</p>
<u>SAUCES, DIPS, GRAVIES, AND CONDIMENTS:</u>			
Barbecue sauce, hollandaise sauce, tartar sauce, tomato chili sauce, other sauces for dipping (e.g., mustard sauce, sweet and sour sauce), all dips (e.g., bean dips, dairy-based dips, salsa)	2 tbsp	2 tbsp (_ g); 2 tbsp (30 mL)	<p>Barbecue sauce, hollandaise sauce, tartar sauce, all dips (e.g., bean dip; dips made with sour cream, cream cheese, yogurt, or other dairy products; guacamole, salsa), tomato chili sauce, sauces for dipping (e.g., mustard sauce, sweet and sour sauce for chicken nuggets).</p> <p>NOTE: Catsup, steak sauce, and soy sauce belong in the “Major condiments, e.g., catsup, steak sauce, soy sauce, vinegar, teriyaki sauce, marinades” product category. Hot sauces and mustards belong in the “Minor condiments, e.g., horseradish, hot sauces, mustards, Worcestershire sauce” product category. Cocktail sauce belongs in the “Minor main entree sauces (e.g., pizza sauce, pesto sauce, Alfredo sauce), other sauces used as toppings (e.g., gravy, white sauce, cheese sauce), cocktail sauce” product category.</p>
Major main entree sauces, e.g., spaghetti sauce	125 g	_ cup (_ g); _ cup (_ mL)	Sauces customarily used for main entrees (e.g., spaghetti sauce, marinara sauce, white clam sauce).

Contains Nonbinding Recommendations

PRODUCT CATEGORY	REFERENCE AMOUNT	LABEL STATEMENT	EXAMPLES OF PRODUCTS ⁴
Minor main entree sauces (e.g., pizza sauce, pesto sauce, Alfredo sauce), other sauces used as toppings (e.g., gravy, white sauce, cheese sauce), cocktail sauce	1/4 cup	1/4 cup (_ g); 1/4 cup (60 mL)	Sauces customarily used for main entrees that are thicker in consistency and/or used in smaller quantities than the sauces included in the major main entree sauce. Sauces in this category include pizza sauce, enchilada sauce, pesto sauce, Alfredo sauce; gravy, white sauce, cheese sauce, and other similar sauces used as toppings; and cocktail sauce.
Major condiments, e.g., catsup, steak sauce, soy sauce, vinegar, teriyaki sauce, marinades	1 tbsp	1 tbsp (_ g); 1 tbsp (15 mL)	Condiments that are customarily used in a large quantity (e.g., about one tablespoon). Catsup, hot dog chili sauce, steak sauce, taco sauce, horseradish sauce, soy sauce, vinegar, teriyaki sauce, all marinades, and fish sauce.
Minor condiments, e.g., horseradish, hot sauces, mustards, Worcestershire sauce	1 tsp	1 tsp (_ g); 1 tsp (5 mL)	Condiments that are customarily used in a small quantity (e.g., about one teaspoon). Horseradish (not horseradish sauce), hot sauce, mustard (not mustard sauce), cooked or canned plum sauce (e.g., umeboshi), and Worcestershire sauce. NOTE: Mustard sauce belongs to the “Barbecue sauce, hollandaise sauce, tartar sauce, tomato chili sauce, other sauces for dipping (e.g., mustard sauce, sweet and sour sauce), all dips (e.g., bean dips, dairy-based dips, salsa)” product category. Horseradish sauce belongs to the “Major condiments, e.g., catsup, steak sauce, soy sauce, vinegar, teriyaki sauce, marinades” product category.
<u>SNACKS:</u>			
All varieties, chips, pretzels, popcorn, extruded snacks, fruit and vegetable-based snacks (e.g., fruit chips), grain-based snack mixes	30 g	_ cup (_ g) for small pieces (e.g., popcorn); _piece(s) (_ g) for large pieces (e.g., large pretzels; pressed dried fruit sheet); 1 oz (28g/visual unit of measure) for bulk products (e.g., potato chips)	Salty snacks such as potato chips, corn chips, tortilla chips, pretzels, other starch-based extruded snacks; popped and unpopped popcorns, sweetened and unsweetened, flavored and unflavored, with or without nuts; fruit-based snacks (e.g., banana chips, apple chips, dehydrated fruits, dehydrated fruits leather-type, pressed fruit sheets such as fruit leather-type products); dehydrated vegetable chips, veggie crisps; and other grain-based snack mixes (e.g., multigrain mixture with nuts and/or fruits, flavored or unflavored puffed rice snack mix).

Contains Nonbinding Recommendations

PRODUCT CATEGORY	REFERENCE AMOUNT	LABEL STATEMENT	EXAMPLES OF PRODUCTS ⁴
<u>SOUPS:</u>			
All varieties	245 g	_ cup (_ g); _ cup (_ mL)	All soups (e.g., oriental style soup, tomato soup, chicken, split pea soup).
Dry soup mixes, bouillon	Amount to make 245 g	_ cup (_ g); _ cup (_ mL)	All types of dry soup mixes, bouillon.
<u>SUGARS AND SWEETS:</u>			
Baking candies (e.g., chips)	15 g	_ piece(s) (_ g) for large pieces; _ tbsp(s) (_ g) for small pieces; 1/2 oz (14 g/visual unit of measure) for bulk products	All candies used for baking (e.g., baking chocolate, chocolate chips, peanut butter chips).
After-dinner confectioneries	10 g	_ piece(s) (_ g)	All types and flavors of after-dinner confectioneries (i.e., products marketed for use after meals), such as mint wafers, butter mints, and chocolate squares.
Hard candies, breath mints ⁸	2 g	_ piece(s) (_ g)	All types and flavors of hard candy, breath mints.
Hard candies, roll-type, mini-size in dispenser packages	5 g	_ piece(s) (_ g)	All types and flavors of roll-type hard and chewy candies and mini-size candies in dispenser packages. NOTE: This product category excludes breath mints.

Contains Nonbinding Recommendations

PRODUCT CATEGORY	REFERENCE AMOUNT	LABEL STATEMENT	EXAMPLES OF PRODUCTS ⁴
Hard candies, others; powdered candies; liquid candies	15 mL for liquid candies; 15 g for all others	_ piece(s) (_ g) for large pieces;_ tbsp(s) (_ g) for "mini-size" candies measurable by tablespoon; _ straw(s) (_ g) for powdered candies; _ wax bottle(s) (_ mL) for liquid candies; 1/2 oz (14 g/visual unit of measure) for bulk products	All types of hard candies not listed in other candy product categories (i.e., excluding hard candies, breath mints; hard candies, roll-type, mini-size in dispenser packages; after-dinner confectionaries); covered or non-covered for all types of flavored or plain caramels; non-coated plain mints or candies; candy corns; uncovered toffee or taffy; rock sugar candies; powdered candies; liquid candies (e.g., wax candy).
All other candies	30 g	_ piece(s) (_ g); 1 oz (30 g/visual unit of measure) for bulk products	All candies other than those included in the baking, after-dinner confectionaries, and hard candies categories. This category includes fruits or nuts coated with candy (e.g., chocolate-coated raisins or nuts, yogurt-coated raisins or nuts), fruit-based sweets (e.g., gummy bears) and marshmallow candies (e.g., chocolate-coated marshmallows, coconut-coated marshmallows, marshmallow chickens, marshmallow cream), and chocolate bars (solid or chocolate covered candy). NOTE: All plain marshmallows are included in the "Marshmallows" category.
Confectioner's sugar	30 g	_ cup (_ g)	Powdered sugar, all types.
Honey, jams, jellies, fruit butter, molasses, fruit pastes, fruit chutneys	1 tbsp	1 tbsp (_ g); 1 tbsp (15 mL)	All honeys, jams, jellies (e.g., grape jelly, mint jelly), preserves, marmalades, fruit butters (e.g., apple butter), molasses, fruit pastes, and fruit chutneys.
Marshmallows	30 g	_ cup(s) (_ g) for small pieces; _ piece(s) (_ g) for large pieces	All plain marshmallows. NOTE: Marshmallow candies (e.g., chocolate coated marshmallows, coconut coated marshmallows, marshmallow chickens) belong to the "All other candies" product category.

Contains Nonbinding Recommendations

PRODUCT CATEGORY	REFERENCE AMOUNT	LABEL STATEMENT	EXAMPLES OF PRODUCTS ⁴
Sugar	8 g	_ tsp (_ g) ; _ piece(s) (_ g) for discrete pieces (e.g., sugar cubes, individually packaged products)	All sugars excluding powdered sugar. Examples of products in this category include granulated white or brown sugar, cubed sugar, cane sugar, and raw sugar. NOTE: Rock sugar candy belongs to the “Hard candies, others; powdered candies; liquid candies” category.
Sugar substitutes	An amount equivalent to one reference amount for sugar in sweetness	_ tsp(s) (_ g) for solids; _ drop(s) (_ g) for liquid; _ piece(s) (_ g) (e.g., individually packaged products)	All sugar substitutes, liquid and powder (e.g., aspartame, maltodextrin, sucralose, dextrose, stevia).
Syrups	30 mL for all syrups	2 tbsp (30 mL)	All syrups commonly used as part of a meal or as an ingredient, including cane syrup; corn syrup; maple syrup; cane, maple, and/or corn blends; buttered syrup; sugar and water syrup; and fruit syrup. NOTE: This category excludes chocolate syrup and fudge types of syrup, which are included in the “Other dessert toppings, e.g., fruits, syrups, spreads, marshmallow cream, nuts, dairy and non-dairy whipped toppings” product category.
<u>VEGETABLES:</u>			
Dried vegetables, dried tomatoes, sun-dried tomatoes, dried mushrooms, dried seaweed	5 g, add 5 g for products packaged in oil	_piece(s); 1/3 cup (__g)	All types of dried vegetables (e.g., dried tomatoes, sun-dried tomatoes, dried mushrooms, dried seaweed (except dried seaweed sheets)) in various shapes (e.g., halved, sliced, mined, bits). NOTE: Dried seaweed sheets belong in the “Dried seaweed sheets” product category.

Contains Nonbinding Recommendations

PRODUCT CATEGORY	REFERENCE AMOUNT	LABEL STATEMENT	EXAMPLES OF PRODUCTS ⁴
Dried seaweed sheets	3 g	_ piece(s) (_ g); ___ cup(s) (___g)	All types of dried seaweed sheets.
Vegetables primarily used for garnish or flavor (e.g., pimento ¹⁰ , parsley, fresh or dried)	4 g	___ piece(s) (_ g); _ tbsp(s) (_ g) for chopped products	Fresh, canned, or dried pimento and parsley. NOTE: Dried parsley flakes belong to the “Spices, herbs (other than dietary supplements)” product category.
Fresh or canned chili peppers, jalapeno peppers, other hot peppers, green onion	30 g	_ piece(s) (_ g) ¹³ ; _ tbsp(s) (_ g); _ cup(s) (_ g) for sliced or chopped products	Fresh or canned chili peppers, jalapeno peppers, other hot peppers (e.g., ghost, habanero), green onions.
All other vegetables without sauce: fresh, canned, or frozen	85 g for fresh or frozen; 95 g for vacuum packed; 130 g for canned in liquid, cream-style corn, canned or stewed tomatoes, pumpkin, or winter squash	_ piece(s) (_ g) for large pieces (e.g., Brussels sprouts); _ cup(s) (_ g) for small pieces (e.g., cut corn, green peas); 3 oz (84 g/visual unit of measure) if not measurable by cup	All fresh, canned, or frozen vegetables without sauce (e.g., pumpkin, palm heart, winter squash), other than those used for garnish or flavor.

Contains Nonbinding Recommendations

PRODUCT CATEGORY	REFERENCE AMOUNT	LABEL STATEMENT	EXAMPLES OF PRODUCTS ⁴
All other vegetables with sauce: fresh, canned, or frozen	110 g	_ piece(s) (_ g) for large pieces (e.g., Brussels sprouts); _ cup(s) (_ g) for small pieces (e.g., cut corn, green peas); 4 oz (112 g/visual unit of measure) if not measurable by cup	All fresh, canned, or frozen vegetables other than those used for garnish or flavor that come with sauce. Products in this category include creamed spinach, peas and onion with cream sauce, spinach soufflé, broccoli with cheese sauce, glazed carrots, carrots in tomato sauce.
Vegetable juice	240 mL	8 fl oz (240 mL)	All single vegetable or mixed vegetable juices (e.g., tomato juice, vegetable juice).
Olives ¹⁰	15 g	_ piece(s) (_ g); _ tbsp(s) (_ g) for sliced products	All olives (e.g., green, black, stuffed).
Pickles and pickled vegetables, all types ¹⁰	30 g	1 oz (28 g/visual unit of measure)	All types of pickles and pickled vegetables (e.g., Kimchi, sauerkraut).
Pickle relishes	15 g	_ tbsp (_ g)	All pickle relishes.
Sprouts, all types: fresh or canned	1/4 cup	1/4 cup (___g)	All canned or fresh sprouts (e.g., bean sprouts, alfalfa sprouts).
Vegetable pastes, e.g., tomato paste	30 g	_ tbsp (_ g)	Tomato paste and other vegetable pastes having similar consistency (i.e., water content of about 75%).
Vegetable sauces or purees, e.g., tomato sauce, tomato puree	60 g	_ cup (_ g); _ cup (_ mL)	Tomato sauce, tomato puree, and other vegetable sauces or purees having similar consistency (i.e., water content of about 85 to 90%).

Contains Nonbinding Recommendations

¹ These values represent the amount (edible portion) of food customarily consumed per eating occasion and were primarily derived from the 1977-1978 and the 1987-1988 Nationwide Food Consumption Surveys conducted by the U.S. Department of Agriculture and updated with data from the National Health and Nutrition Examination Survey, 2003-2004, 2005-2006 and 2007-2008 conducted by the Centers for Diseases Control and Prevention, in the Department of Health and Human Services.

² Unless otherwise noted in the Reference Amount column, the reference amounts are for the ready-to-serve or almost ready-to-serve form of the product (e.g., heat and serve, brown and serve). If not listed separately, the reference amount for the unprepared form (e.g., dry mixes, concentrates, dough, batter, fresh and frozen pasta) is the amount required to make the reference amount of the prepared form. Prepared means prepared for consumption (e.g., cooked).

³ Manufacturers are required to convert the reference amount to the label serving size in a household measure most appropriate to their specific product using the procedures in 21 CFR 101.9(b).

⁴ The label statements are meant to provide examples of serving size statements that may be used on the label, but the specific wording may be changed as appropriate for individual products. The term “piece” is used as a generic description of a discrete unit. Manufacturers should use the description of a unit that is most appropriate for the specific product (e.g., sandwich for sandwiches, cookie for cookies, and bar for ice cream bars). The guidance provided is for the label statement of products in ready-to-serve or almost ready-to-serve form. The guidance does not apply to the products which require further preparation for consumption (e.g., dry mixes, concentrates) unless specifically stated in the product category, reference amount, or label statement column that it is for these forms of the product. For products that require further preparation, manufacturers must determine the label statement following the rules in § 101.9(b) using the reference amount determined according to § 101.12(c).

⁵ Includes cakes that weigh 10 g or more per cubic inch. The serving size for fruitcake is 1 ½ ounces.

⁶ Includes cakes that weigh 4 g or more per cubic inch but less than 10 g per cubic inch.

⁷ Includes cakes that weigh less than 4 g per cubic inch.

⁸ Label serving size for ice cream cones, eggs, and breath mints of all sizes will be 1 unit. Label serving size of all chewing gums that weigh more than the reference amount that can reasonably be consumed at a single-eating occasion will be 1 unit.

⁹ Animal products not covered under the Federal Meat Inspection Act or the Poultry Products Inspection Act, such as flesh products from deer, bison, rabbit, quail, wild turkey, geese, ostrich, etc.

¹⁰ If packed or canned in liquid, the reference amount is for the drained solids, except for products in which both the solids and liquids are customarily consumed (e.g., canned chopped clam in juice).

¹¹ The reference amount for the uncooked form does not apply to raw fish in § 101.45 or to single-ingredient products that consist of fish or game meat as provided for in § 101.9(j)(11).

¹² Substitutes for bacon bits appears in the product category “Salad and potato toppers, e.g. salad crunchies, salad crispins, substitutes for bacon bits.”

¹³ For raw fruit, vegetables, and fish, manufacturers should follow the label statement for the serving size specified in Appendices C and D to part 101 (21 CFR part 101) Code of Federal Regulations.

¹⁴ Pizza sauce is part of the pizza and is not considered to be sauce topping.