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**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: Guidance for Industry
Small Entity Compliance Guide**

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For questions regarding this document contact the Center for Food Safety and Applied Nutrition (CFSAN) at 240-402-1450.

**U.S. Department of Health and Human Services
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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: Guidance for Industry¹ Small Entity Compliance Guide

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

In the *Federal Register* of May 27, 2016 ([81 FR 34000](#)), we published a final rule pertaining to serving sizes for food. The final rule amends the definition of a single-serving container, requires dual-column labeling for certain containers, updates the tables of Reference Amounts Customarily Consumed (reference amounts, or RACCs), and amends the serving size for breath

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

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mints. The rule became effective on July 26, 2016. We have prepared this Small Entity Compliance Guide in accordance with section 212 of the Small Business Regulatory Enforcement Fairness Act (Public Law 104-121, as amended by Public Law 110-28). This guidance document restates in plain language the legal requirements set forth in the rule, and is intended to help small entities comply with the rule established in 21 CFR 101.9 and 101.12.

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 our guidances means that something is suggested or recommended, but not required.

In the remainder of this guidance, “you” and “I” refer to food manufacturers that are subject to the rule. Many answers in this guidance are followed by citations to show where a specific requirement can be found in either the Federal Food, Drug, and Cosmetic Act (FD&C Act) or Title 21 of the *Code of Federal Regulations*.

II. Who Is Subject to the Rule?

II.1 Does the Rule Apply to Food Manufacturers?

You are subject to the rule if you manufacture food that is subject to our nutrition labeling requirements.

II.2 How Does FDA Define “Serving Size”?

A serving size is the amount of food customarily consumed (*i.e.*, typically eaten) in one sitting for that food (section 403(q)(1)(A)(i) of the FD&C Act).

Serving sizes are determined from the RACCs established in 21 CFR 101.12(b) and the procedures described in 21 CFR 101.9(b). A serving size should be written in a common household measure (*e.g.*, cup, tablespoon, piece, slice, fraction (*e.g.*, 1/4 pizza), ounce (oz), fluid ounce (fl oz), or other common household equipment used to package food products (*e.g.*, jar, tray)) as defined under 21 CFR 101.9(b)(5).

II.3 How Does the Rule Define Single-Serving Container?

A single-serving container is a product that is packaged and sold individually and contains less than 200 percent of the applicable reference amount for that product (21 CFR 101.9(b)(6)). The entire content of a single-serving container must be labeled as one serving (21 CFR 101.9(b)(6)). The final rule removed a preexisting exception from this labeling requirement that applied to

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certain products for which the RACC was 100 g or mL or larger. Under the final rule, regardless of the size of the RACC, all products that are packaged and sold individually and contain less than 200 percent of the applicable reference amount for that product must be labeled as a single-serving container (21 CFR 101.9(b)(6)). However, if the product is more than 150 percent and less than 200 percent of the applicable RACC, the manufacturer may voluntarily provide an additional column on the Nutrition Facts label, to the left of the column that provides nutrition information per container (*i.e.*, per serving). The voluntary column would list the quantitative amounts and the percent Daily Value (DV) per common household measure that most closely approximates the RACC (21 CFR 101.9(b)(6)).

II.4 What Are the Requirements for Dual-Column Labeling?

FDA regulations, at 21 CFR 101.9(a)(1), require that the labeling of packaged foods provide certain nutrition information in a specified format (*i.e.*, the Nutrition Facts label). While most packaged foods provided a single column of nutrition information under preexisting regulations, the final rule requires that a second column of nutrition information be placed on products that are packaged and sold individually and that contain at least 200 percent and up to and including 300 percent of the applicable reference amount for that product, unless an exemption applies (21 CFR 101.9(b)(12)(i)). The second column is part of the Nutrition Facts label and must list the nutrition information for the entire package (21 CFR 101.9(b)(12)(i)). The first nutrition column must list the nutrition information per serving (21 CFR 101.9(b)(12)(i)). See Figure 1. Unless an exemption applies, dual-column labeling requirements also apply for products in discrete units—regardless of whether they are packaged and sold individually—where the discrete unit contains at least 200 percent and up to and including 300 percent of the reference amount (21 CFR 101.9(b)(2)(i)(D)). For these products, the second column that is part of the Nutrition Facts label must list the nutrition information for the discrete unit (21 CFR 101.9(b)(2)(i)(D)).

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Figure 1: Example of a "Dual-Column" Label

Nutrition Facts				
2 servings per container				
Serving size		1 cup (255g)		
Calories	Per serving		Per container	
	220		440	
		% DV*		% DV*
Total Fat	5g	6%	10g	13%
Saturated Fat	2g	10%	4g	20%
<i>Trans</i> Fat	0g		0g	
Cholesterol	15mg	5%	30mg	10%
Sodium	240mg	10%	480mg	21%
Total Carb.	35g	13%	70g	25%
Dietary Fiber	6g	21%	12g	43%
Total Sugars	7g		14g	
Incl. Added Sugars	4g	8%	8g	16%
Protein	9g		18g	
Vitamin D	5mcg	25%	10mcg	50%
Calcium	200mg	15%	400mg	30%
Iron	1mg	6%	2mg	10%
Potassium	470mg	10%	940mg	20%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

II.5 What Products Are Not Required to Provide Dual-Column Labeling?

Dual-column labeling is not mandatory for the following products, regardless of whether they contain at least 200 percent and up to and including 300 percent of the applicable reference amount: (1) products that meet the requirements to use the tabular format (see 21 CFR 101.9(j)(13)(ii)(A)(1) and Figure 2, below) or to products that meet the requirements to use the linear format (see 21 CFR 101.9(j)(13)(ii)(A)(2) and Figure 3, below) (21 CFR 101.9(b)(12)(i)(A)); (2) raw fruits, vegetables, and seafood that provide voluntary labeling or advertising or when claims are made about the product (see 21 CFR 101.9(b)(12)(i)(B)); (3) products that require further preparation (*e.g.* pancake mix) and voluntarily provide an additional column of nutrition “as prepared” (see 21 CFR 101.9(b)(12)(i)(C) and 21 CFR 101.9(e)); (4) products that are commonly consumed in combination with another food (*e.g.* cereal and milk) and provide an additional column of nutrition information for the combination (see 21 CFR 101.9(b)(12)(i)(C) and 21 CFR 101.9(e)); (5) products that provide an additional column of nutrition information for two or more groups for which Reference Daily Intakes are established

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(e.g., both infants and children less than 4 years of age) (see 21 CFR 101.9(b)(12)(i)(C) and 21 CFR 101.9(e)); (6) popcorn products that provide an additional column of information per 1 cup popped popcorn (see 21 CFR 101.9(b)(12)(i)(C)); or (7) varied-weight products (see 21 CFR 101.9(b)(8)(iii)).

Figure 2: Example of a "Tabular Format" Label

Nutrition Facts	Amount/serving	% DV	Amount/serving	% DV
	Total Fat 2g	3%	Total Carb. 15g	5%
5 servings per container	Sat. Fat 1g	5%	Fiber 0g	0%
Serving size 1/6 cup (28g)	<i>Trans</i> Fat 0.5g		Total Sugars 14g	
Calories per serving 90	Cholesterol 10mg	3%	Incl. 13g Added Sugars	26%
	Sodium 200mg	9%	Protein 3g	
Vitamin D 0% • Calcium 6% • Iron 6% • Potassium 10%				

Figure 3: Example of a "Linear Format" Label

<p>Nutrition Facts Servings: 12, Serv. size: 1 mint (2g), Amount per serving: Calories 5, Total Fat 0g (0% DV), Sat. Fat 0g (0% DV), <i>Trans</i> Fat 0g, Cholest. 0mg (0% DV), Sodium 0mg (0% DV), Total Carb. 2g (1% DV), Fiber 0g (0% DV), Total Sugars 2g (Incl. 2g Added Sugars, 4% DV), Protein 0g, Vit. D (0% DV), Calcium (0% DV), Iron (0% DV), Potas. (6% DV).</p>

II.6 What Food Product Categories Are Updated, Modified, and Established in the RACC Tables?

The final rule updates, modifies, or establishes RACCs for several food categories in the tables in 21 CFR 101.12(b). The RACC updates and modifications, as well as the newly established RACCs, are based, in part, on consumption information from the 2003 – 2008 National Health and Nutrition Examination Surveys (NHANES). Generally, the rule “updates” the RACC if the NHANES consumption data showed an increase or decrease in consumption of at least 25 percent from the preexisting RACC. The rule “modifies” the RACC for certain product categories for which the data did not show an increase or decrease of at least 25 percent from the preexisting RACC, but other criteria led us to determine that a modification was necessary. The rule “establishes” a RACC if it adds a product category to the RACC tables.

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See Figure 6 for all changes in “Table 1—Reference Amounts Customarily Consumed Per Eating Occasion: Foods for Infants and Young Children 1 Through 3 Years of Age.”

See Figure 7 for all changes in “Table 2—Reference Amounts Customarily Consumed Per Eating Occasion: General Food Supply.”

II.7 How Does the Rule Amend the Label Serving Size for Breath Mints?

The final rule changes the label serving size for breath mints to “1 unit.” The rule continues to use two grams (2 g) as the RACC for the “hard candies, breath mints” product category (21 CFR 101.12(b)).

III. What Foods Are Covered by the Rule?

III.1 Does the Rule Cover Foods for Infants and Young Children 1 Through 3 Years of Age?

Yes. When the food is intended for infants or children 1 through 3 years of age, a serving size means the amount customarily consumed by either (1) infants up to 12 months of age or (2) children 1 through 3 years of age (21 CFR 101.9(b)(1)).

The RACC changes for foods for infants and young children 1 through 3 years of age are 21 CFR 101.12(b), Table 1. See Figure 6.

III.2 Does the Rule Cover Foods for the General Food Supply?

Yes. Foods for the general food supply are foods eaten by persons 4 years of age or older. A serving size for the general food supply means the amount of food customarily consumed by this age group (21 CFR 101.9(b)(1)).

The RACC changes for foods in the general food supply are found in 21 CFR 101.12(b), Table 2. See Figure 7.

III.3 Does the Rule Cover Dietary Supplements?

Yes. Section 201(f) of the FD&C Act defines “food” as: “(1) articles used for food or drink for man or other animals, (2) chewing gum, and (3) articles used for components of any such article.” Further, section 201(ff) of the FD&C Act explains that dietary supplements are deemed to be foods within the meaning of the FD&C Act except for the purposes of sections 201(g) (definition of “drug”) and 417 (reportable food registry) of the FD&C Act.

The RACC for dietary supplements is found in 21 CFR 101.12(b), Table 2. See Figure 6.

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III.4 How Does the Rule Address Products that Require Further Preparation?

Products that require further preparation are products that require steps, such as cooking or the addition of water or other ingredients, before they can be consumed (21 CFR 101.12(c)). The RACC tables listed in 21 CFR 101.12(b) primarily provide RACCs for food in the packaged or as-purchased form (21 CFR 101.9(b)(9)). However, for foods that require further preparation, the RACC tables may provide a reference amount for a product in both the prepared and unprepared form. If the tables do not provide a RACC for the unprepared form, then the RACC for the unprepared product must be the amount of the unprepared product required to make the RACC for the prepared product (21 CFR 101.12(c)).

IV. What Foods Are Not Covered by the Rule?

Under 21 CFR 101.9(j), numerous foods are exempt from nutrition labeling requirements or are subject to special labeling requirements. Such products generally include: (1) Foods offered for sale by a retailer who has annual gross sales made or business done in sales to consumers that is not more than \$500,000; (2) foods offered for sale by a retailer who has annual gross sales made or business done in sales of food to consumers of not more than \$50,000; (3) foods served in restaurants; (4) foods served in other establishments in which food is served for immediate consumption (*e.g.* schools, hospitals, trains, airplanes); and (5) foods that contain insignificant amounts of all nutrients (*e.g.* coffee beans, tea leaves). For more information on foods not covered by the rule and for further information about exemptions from these requirements, see 21 CFR 101.9(j).

V. How Do I Comply with the Label Serving Size Requirements?

V.1 When Dual-Column Labeling Is Required, How Must I Label the Product?

For products for which a dual-column label is required (*i.e.*, products packaged and sold individually that contain at least 200 percent and up to and including 300 percent of the RACC, and products with discrete units that weigh at least 200 percent and up to 300 percent of the RACC), the product label must provide one column of nutrition information based on the serving size that is less than the entire package (*i.e.*, the serving size derived from the reference amount) and a second column of nutrition information for the entire package (see 21 CFR 101.9(b)(12)(i) or discrete unit (see 21 CFR 101.9(b)(2)(i)(D)), as applicable. See Figure 1.

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V.2 Do I Have Label Options for Single-Serving Containers that Contain More Than 150% and Less Than 200% of the RACC?

Manufacturers of products that contain more than 150 percent and less than 200 percent of the applicable reference amount may voluntarily provide an additional column in the Nutrition Facts label. The additional column must be placed to the left of the column providing nutrition information per container (*i.e.*, per serving) (21 CFR 101.9(b)(6)). The additional column (*i.e.*, the left column) will display nutrition information per common household measurement (*e.g.*, cups, ounces) that most closely approximates the reference amount for the product (21 CFR 101.9(b)(6)). The nutrition information column for the serving size (*i.e.*, the right column) must provide nutrition information for the entire container (*i.e.*, the serving size) (21 CFR 101.9(b)(6)).

Figure 4: Multiple Examples of "Dual-Column" Labels

Dual-Column Display

Nutrition Facts			
2 servings per container			
Serving size		1 cup (255g)	
	Per serving		Per container
Calories	220		440
	% DV*		% DV*
Total Fat	5g	6%	10g 13%
Saturated Fat	2g	10%	4g 20%
<i>Trans</i> Fat	0g		0g
Cholesterol	15mg	5%	30mg 10%
Sodium	240mg	10%	480mg 21%
Total Carb.	35g	13%	70g 25%
Dietary Fiber	6g	21%	12g 43%
Total Sugars	7g		14g
Incl. Added Sugars	4g	8%	8g 16%
Protein	9g		18g
Vitamin D	5mcg	25%	10mcg 50%
Calcium	200mg	15%	400mg 30%
Iron	1mg	6%	2mg 10%
Potassium	470mg	10%	940mg 20%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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Dual-Columns, Two Forms of the Same Food

Nutrition Facts				
12 servings per container				
Serving size 1/4 cup dry mix (44g)				
	Per 1/4 cup dry mix		Per baked portion	
Calories	170		300	
	% DV*		% DV*	
Total Fat	1.5g	2%	16g	21%
Saturated Fat	1g	5%	5g	25%
Trans Fat	0g		0g	
Cholesterol	0mg	0%	60mg	20%
Sodium	300mg	13%	375mg	16%
Total Carb.	36g	13%	36g	13%
Dietary Fiber	<1g	2%	<1g	2%
Total Sugars	18g		18g	
Incl. Added Sugars	18g	36%	18g	36%
Protein	2g		3g	
Vitamin D	0mcg	0%	0mcg	0%
Calcium	100mg	8%	100mg	8%
Iron	1mg	6%	1mg	6%
Potassium	45mg	0%	45mg	0%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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Dual-Columns, Per Serving and Per Unit

Nutrition Facts				
12 servings per container				
Serving size		1/2 muffin (144g)		
Calories	Per 1/2 muffin		Per 1 muffin	
	380		760	
	% DV*		% DV*	
Total Fat	16g	21%	32g	41%
Saturated Fat	3g	15%	6g	30%
Trans Fat	0g		0g	
Cholesterol	50mg	17%	100mg	33%
Sodium	480mg	21%	960mg	42%
Total Carb.	56g	20%	112g	41%
Dietary Fiber	2g	7%	4g	14%
Total Sugars	32g		64g	
Incl. Added Sugars	30g	60%	60g	120%
Protein	3g		6g	
Vitamin D	0.1mcg	0%	0.2mcg	2%
Calcium	40mg	4%	80mg	6%
Iron	2mg	10%	4mg	20%
Potassium	190mg	4%	380mg	8%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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Dual-Column, Voluntary for Package Containing at Least 150 Percent but Less Than 200 Percent of the RACC^{2 3}

Nutrition Facts			
1 serving per container			
Serving size 1 can (about 1 cup) (248g)²			
	Per 1/2 cup³		Per 1 can
Calories	70		140
	% DV*		% DV*
Total Fat	1g	1%	2g 3%
Saturated Fat	0g	0%	0g 0%
<i>Trans Fat</i>	0g		0g
Cholesterol	0mg	0%	0mg 0%
Sodium	360mg	16%	720mg 31%
Total Carb.	13g	5%	26g 9%
Dietary Fiber	2g	7%	4g 14%
Total Sugars	3g		6g
Incl. Added Sugars	0g	0%	0g 0%
Protein	1g		2g
Vitamin D	0mcg	0%	0mcg 2%
Calcium	20mg	2%	40mg 4%
Iron	0.4mg	2%	0.7mg 4%
Potassium	180mg	4%	360mg 8%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

² This example presumes that the product is a can of vegetables canned in liquid, with an applicable RACC of 130 g. This can contains 191% of the RACC, meaning that the package must be labeled as a single-serving container but that a second column of nutrition information may be provided under 21 CFR 101.9(b)(6).

³ 1/2 cup is the common household measure that most closely approximates the RACC of 130 g.

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V.3 Do I Have to Update Nutrient Content Claims and Health Claims Stated on Food Products Labels?

It depends. While the rule does not make changes to regulations regarding eligibility to make claims—an issue we intend to consider in a future rulemaking—changes to RACCs may affect manufacturers' ability to continue to make nutrient content and health claims on food product labels. You may have to evaluate whether an updated, modified, or newly established RACC affects your ability to make such claims. Additionally, the rule established new requirements with respect to the use of nutrient content claims and health claims on products for which a dual-column label is required. For products for which a dual-column label is required (see 21 CFR 101.9(b)(2)(i)(D) and (b)(12)(i)), when a nutrient content claim or health claim is made on the label, the claim must be followed by a statement that provides the basis on which the claim is made (*i.e.* the statement makes clear which column of information is used as the basis for the claim) (21 CFR 101.9(b)(12)). However, when both columns of information satisfy the requirements to make the claim, no such statement is required (*i.e.* the nutrient that is the subject of the claim meets the criteria for the claim based on the reference amount for the product and the entire container or the unit amount) (21 CFR 101.9(b)(12)). When required (see (21 CFR 101.9(b)(12)(ii)), the statement for a nutrient content claim must express that the claim refers to the amount of the nutrient per serving (*e.g.*, “good source of calcium per serving” or “per X [insert unit]_serving”) or per reference amount (*e.g.*, “good source of calcium per [insert reference amount (*e.g.*, per 8 ounces)”), as required based on 21 CFR 101.12(g). When a health claim is made, the statement must be “A serving of _ounces of this product conforms to such a diet” (21 CFR 101.9(b)(12)(ii)).

VI. How Do I Determine the Appropriate Serving Size for My Product?

VI.1 How Do I Use the RACCs to Determine Serving Sizes?

First, you should determine the appropriate food category for your product in the RACC tables listed in 21 CFR 101.12(b). After you determine the appropriate food category, you should identify the reference amount for your product. Next, you should convert the reference amount to the label serving size for your product. To do so:

- If your product is a breath mint, the serving size is one unit.
- If your product is in discrete units (other than a breath mint), see Question VI.3, below:
- If your product is not in discrete units:
 - And the total weight of your product is less than 200 percent of the RACC, the serving size for the container is one serving.

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- And the total weight of your product is more than 200 percent of the RACC, the serving size is the common household measure that most closely approximates the RACC. You must use the procedures in 21 CFR 101.9(b) to convert the RACC to the label serving size for your product (21 CFR 101.9(b)(2)). Tables 1 and 2 in 21 CFR 101.12(b) provide “label statement” examples, which are meant to provide examples of serving size statements that may be used on the label. Further information about applicable common household measures and units (*e.g.* cup, tablespoon, piece, slice, fraction (*e.g.* 1/4 pizza, ounce)) is available in 21 CFR 101.9(b)(5). Note that for certain products for which the total weight is more than 200 percent of the RACC and up to and including 300 percent of the RACC, dual-column labeling requirements apply (21 CFR 101.9(b)(12)(i)).

See Figure 5 for an example of how to convert the RACC to the appropriate label serving size for a product.

Figure 5: Example of How to Convert the Reference Amount to the Label Serving Size

The following example shows how to use the reference amount to determine the serving size for a 16 oz. (454 g) pizza:

1st step: From the RACC table (21 CFR 101.12(b)), you determine that the RACC for pizza is 140 g.

2nd step: Calculate the fraction of the 16 oz. (454 g) pizza that is closest to the RACC for pizza (calculations shown for a pie of net weight 16oz/454 g pizza):

$$1/3 \times 454 \text{ g} = 151 \text{ g}$$

$$1/4 \times 454 \text{ g} = 113 \text{ g}$$

Note that 151 g is closer than 113 g to the RACC for pizza (140 g)

3rd step: The serving size is the fraction closest to the RACC together with the actual gram weight for that fraction of the pizza:

“Serving Size 1/3 pie (151g)”

For this example, when you convert the RACC for pizza (140 g), the serving size for a 16oz (454 g) pizza is “1/3 pie (151 g)” (21 CFR 101.14(b)).

VI.2 Which Products Have Special RACC Rules to Determine Serving Sizes?

The following products have special rules to determine serving sizes: weight control products available only through a weight-control program; single-serving and multiserving meal products

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and main dish products; and variety packs and products having two or more compartments containing a different food (21 CFR 101.12(b)(2)).

For weight control products available only through a weight-control program, you may determine a serving size that is consistent with the meal plan of the program. These products must bear a statement, “for sale only through the ___ program” (you must fill in the blank with the name of the appropriate weight-control program, *e.g.*, Smith's Weight Control), on the principal display panel (21 CFR 101.9(b)(2)). These types of products must still use the RACCs tables to evaluate whether the products qualify for nutrient content claims or health claims (21 CFR 101.9(b)(2)).

The serving size for meal products and main dish products that come in single-serving containers must be the entire edible content of the package (21 CFR 101.9(b)(3)). A meal product is a food that is represented as, or commonly understood to be, a breakfast, lunch, dinner, or meal (21 CFR 101.13(l)(2)), and that makes a major contribution to the total diet by weighing at least 10 ounces per labeling serving and contains not less than three 40-g portions of food, or combinations of food, from two or more of the following food groups: (1) Bread, cereal, rice, and pasta; (2) fruits and vegetables; (3) milk, yogurt, and cheese; and (4) meat, poultry, fish, dry beans, eggs, and nuts (21 CFR 101.13(l)). To determine whether the product contains three 40-g portions of these food groups, note that none of these foods can be sauces, unless they are foods that are in the “Sauces, Dips, Gravies, and Condiments” food product category as listed in the RACCs tables at 101.12(b) (21 CFR 101.13(l)). Additionally, none of these foods can be gravies, condiments, relishes, pickles, olives, jams, jellies, syrups, breadings or garnishes (21 CFR 101.13(l)).

A main dish product is a food that is represented as, or commonly understood to be, a main dish (*e.g.*, not a beverage or a dessert) (21 CFR 101.13(m)). Main dish products must make a major contribution to a meal by weighing at least 6 oz. per labeled serving, and must contain not less than 40 g of food, or combinations of food, from each of at least two of the following four food groups: (1) Bread, cereal, rice, and pasta; (2) fruits and vegetables; (3) milk, yogurt, and cheese; and (4) meat, poultry, fish, dry beans, eggs, and nuts (21 CFR 101.13(m)). To determine whether the product contains no less than 40 g of food from these food groups, note that none of these foods can be sauces, unless they are foods that are in the “Sauces, Dips, Gravies, and Condiments” food product category as listed in the RACCs tables at 101.12(b), and none of these foods can be gravies, condiments, relishes, pickles, olives, jams, jellies, syrups, breadings or garnishes (21 CFR 101.13(m)).

The serving size for meal products and main dish products in multiserving containers must be based on the reference amount applicable to the product listed in the RACCs tables in 21 CFR 101.12(b), as required in 21 CFR 101.9(b)(3). If the reference amount is not listed for meal products and main dish products in multiserving containers, then the reference amount for the entire product must be based on the reference amount of the main ingredient, plus proportioned

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amounts of all minor ingredients (21 CFR 101.9(b)(3)). You must use the procedures in 21 CFR 101.12(f) to determine the serving sizes for minor ingredients (21 CFR 101.9(b)(3)).

For a variety pack (*e.g.*, a package containing several varieties of single-serving units, a product having two or more compartments containing a different food), you must provide a serving size that is derived from the RACCs tables in 21 CFR 101.12(b) for each variety or food (21 CFR 101.9(b)(4)). Nutrition information must be provided for each variety or food per serving size (21 CFR 101.9(b)(4)). You must use the procedures in 21 CFR 101.9(b)(2) to convert the reference amount for each variety or food (21 CFR 101.9(b)(4)).

VI.3 How Do I Determine Serving Sizes for Discrete Units, Large Discrete Units, and Bulk Products?

For discrete units (*e.g.*, muffins, sliced bread, individually-packaged products in multiserving packages) and for products which consist of two or more foods consumed in combination where the main ingredient is a discrete unit (*e.g.* pancake and syrup), the serving size depends on the RACC for the product and the weight of a single discrete unit (21 CFR 101.9(b)(2)(i)).

If a single unit weighs 50 percent or less of the RACC, the serving size will be the number of whole units closest to the RACC for that product (21 CFR 101.9(b)(2)(i)(A)). If a single unit weighs more than 50 percent but less than 67 percent of the RACC, you may declare one unit or two units as the serving size (21 CFR 101.9(b)(2)(i)(B)). If a single unit weighs 67 percent or more but less than 200 percent of the RACC, then the serving size must be declared as one unit (21 CFR 101.9(b)(2)(i)(C)). If the single unit weighs at least 200 percent and up to and including 300 percent of the RACC, the serving size must be the proportion of the unit that approximates the reference amount (21 CFR 101.9(b)(2)(i)(D)). See Section II.4 of this document for additional labeling rules required for discrete units that contain at least 200 percent and up to and including 300 percent of the reference amount.

The serving size for products in large discrete units that are usually divided up for consumption (*e.g.*, cake, pie, pizza, melon, cabbage) must be the fraction of the product that is closest to the RACC for that product (21 CFR 101.9(b)(2)(ii)). For unprepared products where the entire contents of the package is used to prepare large discrete units (*e.g.*, cake mix, pizza kit), the serving size must be the fraction that is closest to the RACC for that product in the prepared form, and may be the fraction of the package used to make the reference amount for the unprepared product (21 CFR 101.9(b)(2)(ii)). For products which consist of two or more foods packaged to be eaten together where the main ingredient is a large discrete unit (*e.g.*, prepared cake with a can of frosting), the serving size must be the fraction that is closest to the RACC for that product in the prepared form, and may be the fraction of the main ingredient, plus proportions of all minor ingredients used to make the reference amount for the combined product

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(21 CFR 101.9(b)(2)(ii)). You must use the procedures in 21 CFR 101.12(f) to determine the serving sizes for minor ingredients (21 CFR 101.9(b)(2)(ii)).

The serving sizes for nondiscrete bulk products (*e.g.*, breakfast cereal, flour, sugar, dry mixes, concentrates, pancake mixes, macaroni and cheese kits) must be stated using a household measure that is closest to the RACC for that product (21 CFR 101.9(b)(2)(iii)). For example, the RACC for snacks is 30 g. If you have a bag that contains a mixture of nuts and caramel popcorn that weighs 23 g per cup and you calculate that 1 1/3 cup weighs 30.7 g, and that 1 1/4 cup weighs 28.75 g, the closest household measure is 1 1/3 cup. For this example, the snack serving size would be “1 1/3 cup (31g)” for the mixture of nuts and caramel popcorn that weighs 23 g per cup.

In addition, where the main ingredient is a non-discrete bulk product for products which consist of two or more foods packaged to be eaten together (*e.g.*, peanut butter and jelly), the serving size must be stated in a household measure that is closest to the RACC for that product (21 CFR 101.9(b)(2)(iii)). The serving size may also be the amount of the main ingredient, plus proportioned amounts of all minor ingredients used to make the reference amount for the combined product. You must use the procedures in 21 CFR 101.12(f) to determine the serving sizes for minor ingredients (21 CFR 101.9(b)(2)(iii)).

VI.4 What Are Common Household Measures?

You must state the serving size for your product in a common household measure or common household unit (21 CFR 101.9(b)(1)). For serving size labeling purposes, the terms common household measure or common household unit mean cup, tablespoon, teaspoon, piece, slice, fraction (*e.g.* 1/4 pizza), ounce (oz), fluid ounce (fl oz), or other common household items used to package foods (*e.g.* jar, tray) (21 CFR 101.9(b)(5)).

For all products, except beverages, you must state serving sizes using cups, tablespoons, or teaspoons, unless such units are not appropriate, in which case whole units and fractions of large whole units must be used, such as piece, slice, tray, jar, or fraction (21 CFR 101.9(b)(5)(i) and (b)(5)(ii)). If the product size naturally varies to a considerable degree, you may use ounces with an accompanying measurement (*e.g.* 1 oz (28g/about 1/2 pickle)) (21 CFR 101.9(b)(5)(vi)).

You must state measurements for cups in 1/4 or 1/3 increments (*e.g.*, 1/4, 1/3, 1/2, 2/3, 3/4, 1, 1 1/4 cups) (21 CFR 101.9(b)(5)(i)). Tablespoons must be stated as 1, 1 1/3, 1 1/2, 1 2/3, 2, or 3 tablespoons (21 CFR 101.9(b)(5)(i)). Teaspoons must be stated as 1/8, 1/4, 1/2, 3/4, 1, or 2 teaspoons (21 CFR 101.9(b)(5)(i)). For nutrition labeling purposes, a teaspoon means 5 milliliters (mL), a tablespoon means 15 mL, a cup means 240 mL, 1 fl oz. means 30 mL, and 1 oz. in weight means 28 g (21 CFR 101.9(b)(5)(viii)). For beverages, you may use fluid ounces (21 CFR 101.9(b)(5)(i)).

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For single-serving containers and individually packaged products within multiserving containers, the common household unit must be a description of the individual container or package, such as can, box, or package (21 CFR 101.9(b)(5)(iv)).

VI.5 How Do I Determine the Number of Servings Per Container?

The number of servings per container must be based on the serving size of the product (21 CFR 101.9(b)(8)). The number of servings must be rounded to the nearest whole number, except for the number of servings between 2 and 5 servings and random weight products, which must be rounded to the nearest 0.5 serving (21 CFR 101.9(b)(8)(i)). Rounding should be indicated by the use of the term “about” (*e.g.*, about 2 servings, about 3.5 servings) (21 CFR 101.9(b)(8)(i)).

For drained solids whose product size naturally varies (*e.g.*, maraschino cherries, pickles), you may state the typical number of servings per container (*e.g.*, usually 5 servings) (21 CFR 101.9(b)(8)(ii)).

The number of servings per container for random weight products may be stated as “varied,” provided the nutrition information is based on the reference amount expressed in the appropriate household measure, as described in 21 CFR 101.9(b)(5) (21 CFR 101.9(b)(iii)). The nutrition information may provide the typical number of servings in parentheses following the “varied” statement (21 CFR 101.9(b)(8)(iii)). The nutrition information must be based on the applicable reference amount and stated in a common household measure or unit (21 CFR 101.9(b)(8)(iii)). Random weight products are foods such as cheeses that vary in size, resulting in varying net contents for different containers (21 CFR 101.9(b)(8)).

For packages containing several individual single-serving containers, each of which is labeled with all required nutrition information as specified in 21 CFR 101.9 (*i.e.*, the containers are labeled appropriately for individual sale as single-serving containers), the number of servings must be the number of individual containers within the total package (21 CFR 101.9(b)(8)(iv)).

For packages containing several individually packaged multiserving units, the number of servings must be determined by multiplying the number of individual multiserving units in the total package by the number of servings in each individual unit (21 CFR 101.9(b)(8)(v)).

VII. When Must I Comply with the Rule?

The final rule related to this document became effective July 26, 2016, and has a compliance date of July 26, 2018, for manufacturers with \$10 million or more in annual food sales, and July 26, 2019, for manufacturers with less than \$10 million in annual food sales. However, on October 2, 2017, we issued a proposed rule to extend the compliance dates by approximately 1.5

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years and explained that we intend to exercise enforcement discretion with respect to the compliance dates announced in the final rule (82 FR 45753). A final determination regarding the compliance dates is pending.

VIII. What Happens if I Do Not Comply with the Rule?

Failure to comply with the final rule will render the covered food misbranded under the FD&C Act under section 403(q), and potentially other sections of the FD&C Act as well. The introduction or delivery for introduction into interstate commerce of any food that is misbranded constitutes a prohibited act under section 301(a) of the FD&C Act. Among potential consequences, committing a prohibited act can result in injunction and/or seizure (see sections 302 and 304 of the FD&C Act (21 U.S.C. 332 and 334)).

Figure 6: Table 1 – Reference Amounts Customarily Consumed Per Eating Occasion: Foods for Infants and Young Children 1 Through 3 Years of Age

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

Product category	Reference amount	Label statement⁴
Cereals, dry instant	15 g	_ cup (_ g)
Cereals, prepared, ready-to-serve	110 g	_ cup(s) (_ g)
Other cereal and grain products, dry ready-to-eat, <i>e.g.</i> , 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
Dinners, deserts, fruits, vegetables or soups, dry mix	15 g	_ tbsp(s) (_ g); _ cup(s) (_ g)
Dinners, desserts, fruits, vegetables or soups, ready-to-serve, junior type	110 g	_ cup(s) (_ g); cup(s) (_ mL)
Dinners, desserts, fruits, vegetables or soups, ready-to-serve, strained type	110 g	_ cup(s) (_ g); cup(s) (_ mL)
Dinners, stews or soups for young children, ready-to-serve	170 g	_ cup(s) (_ g); cup(s) (_ mL)
Fruits for young children, ready-to-serve	125 g	_ cup(s) (_ g)
Vegetables for young children, ready-to-serve	70 g	_ cup(s) (_ g)
Eggs/egg yolks, ready-to serve	55 g	_ cup(s) (_ g)
Juices all varieties	120 mL	4 fl oz (120 mL)

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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).

Figure 7: Table 2 – Reference Amounts Customarily Consumed Per Eating Occasion: General Food Supply

Table 2—Reference Amounts Customarily Consumed Per Eating Occasion: General Food Supply ^{1 2 3}

Product category	Reference amount	Label statement ⁴
Bakery Products:		
Bagels, toaster pastries, muffins (excluding English muffins)	110 g	_ piece(s) (_ g)
Biscuits, croissants, tortillas, soft bread sticks, soft pretzels, corn bread, hush puppies, scones, crumpets, English muffins	55 g	_ piece(s) (_ g)
Breads (excluding sweet quick type), rolls	50 g	_ piece(s) (_ g) for sliced bread and distinct pieces (<i>e.g.</i> , rolls); 2 oz (56 g/_ inch slice) for unsliced bread
Bread sticks—see crackers		
Toaster pastries—see bagels, toaster pastries, muffins (excluding English muffins)		

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Product category	Reference amount	Label statement⁴
Brownies	40 g	_ piece(s) (_ g) for distinct pieces; fractional slice (_ g) for bulk
Cakes, heavy weight (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 (<i>e.g.</i> , sliced or individually packaged products); _ fractional slice (_ g) for large discrete units
Cakes, mediumweight (chemically leavened cake with or without icing or filling except those classified as light weight 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; light weight cake with icing; Boston cream pie; cupcake; eclair; cream puff) ⁶	80 g	_ piece(s) (_ g) for distinct pieces (<i>e.g.</i> , cupcake); _ fractional slice (_ g) for large discrete units
Cakes, lightweight (angel food, chiffon, or sponge cake without icing or filling) ⁷	55 g	_ piece(s) (_ g) for distinct pieces (<i>e.g.</i> , sliced or individually packaged products); _ fractional slice (_ g) for large discrete units
Coffee cakes, crumb cakes, doughnuts, Danish, sweet rolls, sweet quick type breads	55 g	_ piece(s) (_ g) for sliced bread and distinct pieces (<i>e.g.</i> , doughnut); 2 oz (56 g/visual unit of measure) for bulk products (<i>e.g.</i> , unsliced bread)
Cookies	30 g	_ piece(s) (_ g)
Crackers that are usually not used as snack, melba toast, hard bread sticks, ice cream cones ⁸	15 g	_ piece(s) (_ g)
Crackers that are usually used as snacks	30 g	_ piece(s) (_ g)

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Product category	Reference amount	Label statement⁴
Croutons	7 g	_ tbsp(s) (_ g); _ cup(s) (_ g); _ piece(s) (_ g) for large pieces
Eggroll, dumpling, wonton, or potsticker wrappers	20 g	_ sheet (_ g); wrapper (_ g)
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
Grain-based bars with or without filling or coating, <i>e.g.</i> , breakfast bars, granola bars, rice cereal bars	40 g	_ piece(s) (_ g)
Ice cream cones—see crackers		
Pies, cobblers, fruit crisps, turnovers, other pastries	125 g	_ piece(s) (_ g) for distinct pieces; _ fractional slice (_ g) for large discrete units
Pie crust, pie shells, pastry sheets, (<i>e.g.</i> , 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 (<i>e.g.</i> , Pastry sheet).
Pizza crust	55 g	_ fractional slice (_ g)
Taco shells, hard	30 g	_ shell(s) (_ g)
Waffles	85 g	_ piece(s) (_ g)
Beverages:		
Carbonated and noncarbonated beverages, wine coolers, water	360 mL	12 fl oz (360 mL)
Coffee or tea, flavored and sweetened	360 mL prepared	12 fl oz (360 mL)
Cereals and Other Grain Products:		
Breakfast cereals (hot cereal type), hominy grits	1 cup prepared; 40 g plain dry cereal; 55 g flavored, sweetened cereal	_ cup(s) (_ g)
Breakfast cereals, ready-to-eat, weighing less than 20 g per cup, <i>e.g.</i> , plain puffed cereal grains	15 g	_ cup(s) (_ g)

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Product category	Reference amount	Label statement⁴
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)
Breakfast cereals, ready-to-eat, weighing 43 g or more per cup; biscuit types	60 g	_ piece(s) (_ g) for large distinct pieces (<i>e.g.</i> , biscuit type); _ cup(s) (_ g) for all others
Bran or wheat germ	15 g	_ tbsp(s) (_ g); _ cup(s) (_ g)
Flours or cornmeal	30 g	_ tbsp(s) (_ g); _ cup(s) (_ g)
Grains, <i>e.g.</i> , rice, barley, plain	140 g prepared; 45 g dry	_ cup(s) (_ g)
Pastas, plain	140 g prepared; 55 g dry	_ cup(s) (_ g); _ piece(s) (_ g) for large pieces (<i>e.g.</i> , large shells or lasagna noodles) or 2 oz (56 g/visual unit of measure) for dry bulk products (<i>e.g.</i> , spaghetti)
Pastas, dry, ready-to-eat, <i>e.g.</i> , fried canned chow mein noodles	25 g	_ cup(s) (_ g)
Starches, <i>e.g.</i> , cornstarch, potato starch, tapioca, etc.	10 g	_ tbsp (_ g)
Stuffing	100 g	_ cup(s) (_ g)
Dairy Products and Substitutes:		
Cheese, cottage	110 g	_ cup (_ g)
Cheese used primarily as ingredients, <i>e.g.</i> , dry cottage cheese, ricotta cheese	55 g	_ cup (_ g)
Cheese, grated hard, <i>e.g.</i> , Parmesan, Romano	5 g	_ tbsp (_ g)

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Product category	Reference amount	Label statement⁴
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
Cheese sauce—see sauce category		
Cream or cream substitutes, fluid	15 mL	1 tbsp (15 mL)
Cream or cream substitutes, powder	2 g	_ tsp (_ g)
Cream, half & half	30 mL	2 tbsp (30 mL)
Eggnog	120 mL	1/2 cup (120 mL); 4 fl oz (120 mL)
Milk, condensed, undiluted	30 mL	2 tbsp (30 mL)
Milk, evaporated, undiluted	30 mL	2 tbsp (30 mL)
Milk, milk-substitute beverages, milk-based drinks, <i>e.g.</i> , instant breakfast, meal replacement, cocoa, soy beverage	240 mL	1 cup (240 mL); 8 fl oz (240 mL)
Shakes or shake substitutes, <i>e.g.</i> , dairy shake mixes, fruit frost mixes	240 mL	1 cup (240 mL); 8 fl oz (240 mL)
Sour cream	30 g	_ tbsp (_ g)
Yogurt	170 g	_ cup (_ g)
Desserts:		
Ice cream, frozen yogurt, sherbet, frozen flavored and sweetened ice and pops, frozen fruit juices: all types bulk and novelties (<i>e.g.</i> , 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
Sundae	1 cup	1 cup (_ g)
Custards, gelatin, or pudding	1/2 cup prepared; amount to make 1/2 cup prepared when dry	_ piece(s) (_ g) for distinct unit (<i>e.g.</i> , individually packaged products); 1/2 cup (_ g) for bulk
Dessert Toppings and Fillings:		
Cake frostings or icings	2 tbsp	_ tbsp(s) (_ g)

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Product category	Reference amount	Label statement⁴
Other dessert toppings, <i>e.g.</i> , fruits, syrups, spreads, marshmallow cream, nuts, dairy and non-dairy whipped toppings	2 tbsp	2 tbsp (_ g); 2 tbsp (30 mL)
Pie fillings	85 g	_ cup(s) (_ g)
Egg and Egg Substitutes:		
Egg mixtures, <i>e.g.</i> , egg foo young, scrambled eggs, omelets	110 g	_ piece(s) (_ g) for discrete pieces; _ cup(s) (_ g)
Eggs (all sizes) ⁸	50 g	1 large, medium, etc. (_ g)
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)
Fats and Oils:		
Butter, margarine, oil, shortening	1 tbsp	1 tbsp (_ g); 1 tbsp (15 mL)
Butter replacement, powder	2 g	_ tsp(s) (_ g)
Dressings for salads	30 g	_ tbsp (_ g); _ tbsp (_ mL)
Mayonnaise, sandwich spreads, mayonnaise-type dressings	15 g	_ tbsp (_ g)
Spray types	0.25 g	About _ seconds spray (_ g)
Fish, Shellfish, Game Meats, ⁹ and Meat or Poultry Substitutes:		
Bacon substitutes, canned anchovies, ¹⁰ anchovy pastes, caviar	15 g	_ piece(s) (_ g) for discrete pieces; _ tbsp(s) (_ g) for others
Dried, <i>e.g.</i> , jerky	30 g	_ piece(s) (_ g)
Entrees with sauce, <i>e.g.</i> , 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
Entrees without sauce, <i>e.g.</i> , 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 ¹²

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Product category	Reference amount	Label statement⁴
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 (<i>e.g.</i> , tuna); 3 oz (85 g/_ pieces) for products that naturally vary in size (<i>e.g.</i> , sardines)
Substitute for luncheon meat, meat spreads, Canadian bacon, sausages, frankfurters, and seafood	55 g	_ piece(s) (_ g) for distinct pieces (<i>e.g.</i> , slices, links); _ cup(s) (_ g); 2 oz (56 g/visual unit of measure) for nondiscrete bulk product
Smoked or pickled fish, ¹⁰ shellfish, or game meat ⁹ ; fish or shellfish spread	55 g	_ piece(s) (_ g) for distinct pieces (<i>e.g.</i> , slices, links) or _ cup(s) (_ g); 2 oz (56 g/visual unit of measure) for nondiscrete bulk product
Substitutes for bacon bits—see Miscellaneous		
Fruits and Fruit Juices:		
Candied or pickled ¹⁰	30 g	_ piece(s) (_ g)
Dehydrated fruits—see snack category		
Dried	40 g	_ piece(s) (_ g) for large pieces (<i>e.g.</i> , dates, figs, prunes); _ cup(s) (_ g) for small pieces (<i>e.g.</i> , raisins)
Fruits for garnish or flavor, <i>e.g.</i> , maraschino cherries ¹⁰	4 g	1 cherry (_ g); _ piece(s) (_ g)
Fruit relishes, <i>e.g.</i> , cranberry sauce, cranberry relish	70 g	_ cup(s) (_ g)
Fruits used primarily as ingredients, avocado	50 g	See footnote ¹²

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Product category	Reference amount	Label statement⁴
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 ¹²
Watermelon	280 g	See footnote ¹²
All other fruits (except those listed as separate categories), fresh, canned or frozen	140 g	_ piece(s) (_ g) for large pieces (<i>e.g.</i> , strawberries, prunes, apricots, etc.); _ cup(s) (_ g) for small pieces (<i>e.g.</i> , blueberries, raspberries, etc.) ¹²
Juices, nectars, fruit drinks	240 mL	8 fl oz (240 mL)
Juices used as ingredients, <i>e.g.</i> , lemon juice, lime juice	5 mL	1 tsp (5 mL)
Legumes:		
Tofu, ¹⁰ tempeh	85 g	_ piece(s) (_ g) for discrete pieces; 3 oz (84 g/visual unit of measure) for bulk products
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)
Miscellaneous:		
Baking powder, baking soda, pectin	0.6 g	_ tsp (_ g)
Baking decorations, <i>e.g.</i> , 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)
Batter mixes, bread crumbs	30 g	_ tbsp(s) (_ g); _ cup(s) (_ g)
Chewing gum ⁸	3 g	_ piece(s) (_ g)
Cocoa powder, carob powder, unsweetened	1 tbsp	1 tbsp (_ g)
Cooking wine	30 mL	2 tbsp (30 mL)

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Product category	Reference amount	Label statement⁴
Dietary supplements	The maximum amount recommended, as appropriate, on the label for consumption per eating occasion or, in the absence of recommendations, 1 unit, <i>e.g.</i> , tablet, capsule, packet, teaspoonful, etc	_ tablet(s), _ capsules(s), _ packet(s), _ tsp(s) (_ g), etc.
Meat, poultry, and fish coating mixes, dry; seasoning mixes, dry, <i>e.g.</i> , chili seasoning mixes, pasta salad seasoning mixes	Amount to make one reference amount of final dish	_ tsp(s) (_ g); _ tbsp(s) (_ g)
Milk, milk substitute, and fruit juice concentrates (without alcohol) (<i>e.g.</i> , drink mixers, frozen fruit juice concentrate, sweetened cocoa powder)	Amount to make 240 mL drink (without ice)	_ fl oz (_ mL); _ tsp (_ g); tbsp (_ g)
Drink mixes (without alcohol): All other types (<i>e.g.</i> , flavored syrups and powdered drink mixes)	Amount to make 360 mL drink (without ice)	_ fl oz (_ mL); _ tsp (_ g); _ tbsp (_ g)
Salad and potato toppers, <i>e.g.</i> , salad crunchies, salad crispins, substitutes for bacon bits	7 g	_ tbsp(s) (_ g)
Salt, salt substitutes, seasoning salts (<i>e.g.</i> , garlic salt)	1/4 tsp	1/4 tsp (_ g); _ piece(s) (_ g) for discrete pieces (<i>e.g.</i> , individually packaged products)
Seasoning oils and seasoning sauces (<i>e.g.</i> , coconut concentrate, sesame oil, almond oil, chili oil, coconut oil, walnut oil)	1 tbsp	1 tbsp (_ g)
Seasoning pastes (<i>e.g.</i> , garlic paste, ginger paste, curry paste, chili paste, miso paste), fresh or frozen	1 tsp	1 tsp (_ g)
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 (<i>e.g.</i> , bay leaf)

Contains Nonbinding Recommendations

Product category	Reference amount	Label statement⁴
Mixed Dishes:		
Appetizers, hors d'oeuvres, mini mixed dishes, <i>e.g.</i> , 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 35 g for products with gravy or sauce topping	_ piece(s) (_ g)
Measurable with cup, <i>e.g.</i> , casseroles, hash, macaroni and cheese, pot pies, spaghetti with sauce, stews, etc.	1 cup	1 cup (_ g)
Not measurable with cup, <i>e.g.</i> , burritos, enchiladas, pizza, pizza rolls, quiche, all types of sandwiches	140 g, add 55 g for products with gravy or sauce topping, <i>e.g.</i> , enchilada with cheese sauce, crepe with white sauce ¹³	_ piece(s) (_ g) for discrete pieces; _ fractional slice (_ g) for large discrete units
Nuts and Seeds:		
Nuts, seeds and mixtures, all types: Sliced, chopped, slivered, and whole	30 g	_ piece(s) (_ g) for large pieces (<i>e.g.</i> , unshelled nuts); _ tbsp(s) (_ g); _ cup(s) (_ g) for small pieces (<i>e.g.</i> , peanuts, sunflower seeds)
Nut and seed butters, pastes, or creams	2 tbsp	2 tbsp (_ g)
Coconut, nut and seed flours	15 g	_ tbsp(s) (_ g); _ cup (_ g)
Potatoes and Sweet Potatoes/Yams:		
French fries, hash browns, skins, or pancakes	70 g prepared; 85 g for frozen unprepared French fries	_ piece(s) (_ g) for large distinct pieces (<i>e.g.</i> , patties, skins); 2.5 oz (70 g/_ pieces) for prepared fries; 3 oz (84 g/_ pieces) for unprepared fries
Mashed, candied, stuffed or with sauce	140 g	_ piece(s) (_ g) for discrete pieces (<i>e.g.</i> , stuffed potato); _ cup(s) (_ g)

Contains Nonbinding Recommendations

Product category	Reference amount	Label statement⁴
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
Salads:		
Gelatin salad	120 g	_ cup (_ g)
Pasta or potato salad	140 g	_ cup(s) (_ g)
All other salads, <i>e.g.</i> , egg, fish, shellfish, bean, fruit, or vegetable salads	100 g	_ cup(s) (_ g)
Sauces, Dips, Gravies, and Condiments:		
Barbecue sauce, hollandaise sauce, tartar sauce, tomato chili sauce, other sauces for dipping (<i>e.g.</i> , mustard sauce, sweet and sour sauce), all dips (<i>e.g.</i> , bean dips, dairy-based dips, salsa)	2 tbsp	2 tbsp (_ g); 2 tbsp (30 mL)
Major main entree sauces, <i>e.g.</i> , spaghetti sauce	125 g	_ cup (_ g); _ cup (_ mL)
Minor main entree sauces (<i>e.g.</i> , pizza sauce, pesto sauce, Alfredo sauce), other sauces used as toppings (<i>e.g.</i> , gravy, white sauce, cheese sauce), cocktail sauce	1/4 cup	1/4 cup (_ g); 1/4 cup (60 mL)
Major condiments, <i>e.g.</i> , catsup, steak sauce, soy sauce, vinegar, teriyaki sauce, marinades	1 tbsp	1 tbsp (_ g); 1 tbsp (15 mL)
Minor condiments, <i>e.g.</i> , horseradish, hot sauces, mustards, Worcestershire sauce	1 tsp	1 tsp (_ g); 1 tsp (5 mL)

Contains Nonbinding Recommendations

Product category	Reference amount	Label statement⁴
Snacks:		
All varieties, chips, pretzels, popcorn, extruded snacks, fruit and vegetable-based snacks (<i>e.g.</i> , fruit chips), grain-based snack mixes	30 g	_ cup (_ g) for small pieces (<i>e.g.</i> , popcorn); _ piece(s) (_ g) for large pieces (<i>e.g.</i> , large pretzels; pressed dried fruit sheet); 1 oz (28g/visual unit of measure) for bulk products (<i>e.g.</i> , potato chips)
Soups:		
All varieties	245 g	_ cup (_ g); _ cup (_ mL)
Dry soup mixes, bouillon	Amount to make 245 g	_ cup (_ g); _ cup (_ mL)
Sugars and Sweets:		
Baking candies (<i>e.g.</i> , 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
After-dinner confectioneries	10 g	_ piece(s) (_ g)
Hard candies, breath mints ⁸	2 g	_ piece(s) (_ g)
Hard candies, roll-type, mini-size in dispenser packages	5 g	_ piece(s) (_ g)
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 other candies	30 g	_ piece(s) (_ g); 1 oz (30 g/visual unit of measure) for bulk products
Confectioner's sugar	30 g	_ cup (_ g)

Contains Nonbinding Recommendations

Product category	Reference amount	Label statement⁴
Honey, jams, jellies, fruit butter, molasses, fruit pastes, fruit chutneys	1 tbsp	1 tbsp (_ g); 1 tbsp (15 mL)
Marshmallows	30 g	_ cup(s) (_ g) for small pieces; _ piece(s) (_ g) for large pieces
Sugar	8 g	_ tsp (_ g); _ piece(s) (_ g) for discrete pieces (<i>e.g.</i> , sugar cubes, individually packaged products)
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) (<i>e.g.</i> , individually packaged products)
Syrups	30 mL for all syrups	2 tbsp (30 mL)
Vegetables:		
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)
Dried seaweed sheets	3 g	_ piece(s) (_ g); _ cup(s) (_ g)
Vegetables primarily used for garnish or flavor (<i>e.g.</i> , pimento, ¹⁰ parsley, fresh or dried)	4 g	_ piece(s) (_ g); _ tbsp(s) (_ g) for chopped products
Fresh or canned chili peppers, jalapeno peppers, other hot peppers, green onion	30 g	_ piece(s) (_ g) ¹² ; _ tbsp(s) (_ g); _ cup(s) (_ g) for sliced or chopped products
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 (<i>e.g.</i> , Brussels sprouts); _ cup(s) (_ g) for small pieces (<i>e.g.</i> , cut corn, green peas); 3 oz (84 g/visual unit of measure) if not measurable by cup

Contains Nonbinding Recommendations

Product category	Reference amount	Label statement⁴
All other vegetables with sauce: Fresh, canned, or frozen	110 g	_ piece(s) (_ g) for large pieces (<i>e.g.</i> , Brussels sprouts); _ cup(s) (_ g) for small pieces (<i>e.g.</i> , cut corn, green peas); 4 oz (112 g/visual unit of measure) if not measurable by cup
Vegetable juice	240 mL	8 fl oz (240 mL)
Olives ¹⁰	15 g	_ piece(s) (_ g); _ tbsp(s) (_ g) for sliced products
Pickles and pickled vegetables, all types ¹⁰	30 g	1 oz (28 g/visual unit of measure)
Pickle relishes	15 g	_ tbsp (_ g)
Sprouts, all types: Fresh or canned	1/4 cup	1/4 cup (_ g)
Vegetable pastes, <i>e.g.</i> , tomato paste	30 g	_ tbsp (_ g)
Vegetable sauces or purees, <i>e.g.</i> , tomato sauce, tomato puree	60 g	_ cup (_ g); __ cup (_ mL)

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.

Contains Nonbinding Recommendations

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 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 101) Code of Federal Regulations.

¹³ Pizza sauce is part of the pizza and is not considered to be sauce topping.