

# Serving Sizes Get A Reality Check

## Serving Size Changes

What's considered to be a "serving" has changed for some foods in the decades since the original Nutrition Facts label was created. So, some serving sizes were updated to more realistically reflect how much people typically eat at one time.

### ORIGINAL SERVING SIZE FOR ICE CREAM: 1/2 CUP



### NEW SERVING SIZE FOR ICE CREAM: 2/3 CUP



## Packaging Affects Servings

Package size often affects how much people eat and drink at one time. For soft drinks, both 12-ounce and 20-ounce bottles will be labeled as one serving, since people are likely to drink the entire amount in either size container in one sitting.

### 1 SERVING PER BOTTLE FOR EITHER BOTTLE SIZE

