Serving Size Changes

What’s considered a single serving has changed in the decades since the original nutrition label was created. So now serving sizes will be more realistic to reflect how much people typically eat at one time.

**CURRENT SERVING SIZE**  
4 SERVINGS  
1 PINT  
200 CALORIES

**NEW SERVING SIZE**  
3 SERVINGS  
1 PINT  
270 CALORIES

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Packaging Affects Servings

Package size affects how much people eat and drink. So now, for example, both 12 and 20 ounce bottles will equal 1 serving, since people typically drink both sizes in one sitting.

**1 SERVING PER BOTTLE FOR EITHER BOTTLE SIZE**

- 12 OUNCES  
  120 CALORIES

- 20 OUNCES  
  200 CALORIES