

Frequently Asked Questions for Industry on Nutrition Facts Labeling Requirements

The following is one of the FAQs for industry the FDA has related to recent changes to the Nutrition Facts label.

For more FAQs, visit [Industry FAQs on the Changes to the Nutrition Facts Label](#).

Where can I find the new Reference Amounts Customarily Consumed (RACCs)?

A table with the new RACCs can be found starting on page 34041 of the final rule titled [Serving Sizes of Foods That Can Be Reasonably 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](#). The table is also available below.

Reference Amounts Customarily Consumed (RACCs)

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Table 1 – Reference Amounts Customarily Consumed Per Eating Occasion: Infant and Toddler Foods¹²³

Product category	Reference amount	Label statement ⁴
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, e.g., ready-to-eat cereals, cookies, teething biscuits, and toasts	7 g for infants and 20 g for toddlers for ready-to-eat cereals; 7 g for all others	_ cup(s) (_ g) for ready-to-eat cereals; _ piece(s) (_ g) for others
Dinners, desserts, 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 toddlers, ready-to-serve	170 g	_ cup(s) (_ g); _ cup(s) (_ mL)
Fruits for toddlers, ready-to-serve	125 g	_ cup(s) (_ g)
Vegetables for toddlers, 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)

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).

Table 2 – Reference Amounts Customarily Consumed Per Eating Occasion: General Food Supply ¹²³

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 (e.g., rolls); 2 oz (56 g/_ inch slice) for unsliced bread
Bread sticks--see crackers		
Toaster pastries--see coffee cakes		
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 combined) ⁵	125 g	_ piece(s) (_ g) for distinct pieces (e.g., sliced or individually packaged products); _ fractional slice (_ g) for large discrete units
Cakes, medium weight (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 combined; light weight cake with icing; Boston cream pie; cupcake; eclair; cream puff) ⁶	80 g	_ piece(s) (_ g) for distinct pieces (e.g., cupcake); _ fractional slice (_ g) for large discrete units

⁵ Includes cakes that weigh 10 g or more per cubic inch. The serving 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.

Product category	Reference amount	Label statement
Cakes, light weight (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
Coffee cakes, crumb cakes, doughnuts, Danish, sweet rolls, sweet quick type breads, muffins, toaster pastries	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)
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)
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, e.g., 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 (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).
Pizza crust	55 g	_ fractional slice (_ g)
Taco shells, hard	30 g	_ shell(s) (_ g)
Waffles	85 g	_ piece(s) (_ g)

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

⁸ Label serving size for ice cream cones and eggs 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.

Product category	Reference amount	Label statement
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)

Product category	Reference amount	Label statement
Cereal and Other Grain Products		
Breakfast cereals (hot cereal type), hominy grits	1 cup prepared; 40 g plain dry cereal; 55 g flavored, sweetened dry cereal	_ cup(s) (_ g)
Breakfast cereals, ready-to-eat, weighing less than 20 g per cup, e.g., plain puffed cereal grains	15 g	_ cup(s) (_ g)
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 (e.g., 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, e.g., 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 (e.g., large shells or lasagna noodles) or 2 oz (56 g/visual unit of measure) for dry bulk products (e.g., spaghetti)
Pastas, dry, ready-to-eat, e.g., fried canned chow mein noodles	25 g	_ cup(s) (_ g)
Starches, e.g., cornstarch, potato starch, tapioca, etc.	10 g	_ tbsp (_ g)
Stuffing	100 g	_ cup(s) (_ g)

Product category	Reference amount	Label statement
Dairy Products and Substitutes		
Cheese, cottage	110 g	_ cup (_ g)
Cheese used primarily as ingredients, e.g., dry cottage cheese, ricotta cheese	55 g	_ cup (_ g)
Cheese, grated hard, e.g., Parmesan, Romano	5 g	_ tbsp (_ g)
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-based drinks, e.g., instant breakfast, meal replacement, cocoa	240 mL	1 cup (240 mL); 8 fl oz (240 mL)
Shakes or shake substitutes, e.g., 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)

Product category	Reference amount	Label statement
Desserts		
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
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 (e.g., individually packaged products); 1/2 cup (_ g) for bulk

Product category	Reference amount	Label statement
Dessert Toppings and Fillings		
Cake frostings or icings	2 tbsp	_ tbsp(s) (_ g)
Other dessert toppings, e.g., fruits, syrups, spreads, marshmallow cream, nuts, dairy and nondairy whipped toppings	2 tbsp	2 tbsp (_ g); 2 tbsp (30 mL)
Pie fillings	85 g	_ cup(s) (_ g)

Product category	Reference amount	Label statement
Egg and Egg Substitutes		
Egg mixtures, e.g., 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)

Product category	Reference amount	Label statement
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)

Product category	Reference amount	Label statement
Fish, Shellfish, Game Meats Error! Bookmark not defined. , and Meat or Poultry Substitutes		
Bacon substitutes, canned anchovies ⁹ , anchovy pastes, caviar	15 g	_ piece(s) (_ g) for discrete pieces; _ tbsp(s) (_ g) for others
Dried, e.g., jerky	30 g	_ piece(s) (_ g)
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
Entrees without sauce, e.g., plain or fried fish and shellfish, fish and shellfish cake	85 g cooked; 110 g uncooked ¹⁰	_ piece(s) (_ g) for discrete pieces; _ cup(s) (_ g); _ oz (_ g/visual unit of measure) if not measurable by cup ¹¹
Fish, shellfish or game meat Error! Bookmark not defined. , canned ⁹	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)
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
Smoked or pickled ⁹ fish, shellfish, or game meat Error! Bookmark not defined. ; 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
Substitutes for bacon bits--see miscellaneous category		

⁹ 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).

¹⁰ 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).

¹¹ 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.

Product category	Reference amount	Label statement
Fruits and Fruit Juices		
Candied or pickled ⁹	30 g	_ piece(s) (_ g)
Dehydrated fruits--see snacks category		
Dried	40 g	_ piece(s) (_ g) for large pieces (e.g., dates, figs, prunes); _ cup(s) (_ g) for small pieces (e.g., raisins)
Fruits for garnish or flavor, e.g., maraschino cherries ⁹	4 g	1 cherry (_ g)
Fruit relishes, e.g., cranberry sauce, cranberry relish	70 g	_ cup(s) (_ g)
Fruits used primarily as ingredients, avocado	50 g	See footnote 11
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 ¹¹
Watermelon	280 g	See footnote 11
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.) ¹¹
Juices, nectars, fruit drinks	240 mL	8 fl oz (240 mL)
Juices used as ingredients, e.g., lemon juice, lime juice	5 mL	1 tsp (5 mL)

Product category	Reference amount	Label statement
Legumes		
Tofu ⁹ , 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)

Product category	Reference amount	Label statement
Miscellaneous Category		
Baking powder, baking soda, pectin	0.6 g	_ tsp (_ g)
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)
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)
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, teaspoonsful, etc.	_ tablet(s), _ capsule(s), _ packet(s), _ tsp(s) (_ g), etc.
Drink mixers (without alcohol)	Amount to make 240 mL drink (without ice)	_ fl oz (_ mL)
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)
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)
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)
Salad and potato toppers, e.g., salad crunchies, salad crispins, substitutes for bacon bits	7 g	_ tbsp(s) (_ g)
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)
Seasoning oils and seasoning sauces (e.g., coconut concentrate, sesame oil, almond oil, chili oil, coconut oil, walnut oil)	1 tbsp	1 tbsp (_ g)

Product category	Reference amount	Label statement
Seasoning pastes (e.g., 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 (e.g., bay leaf)

Product category	Reference amount	Label statement
Mixed Dishes		
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 35 g for products with gravy or sauce topping	_ piece(s) (_ g)
Measurable with cup, e.g., casseroles, hash, macaroni and cheese, pot pies, spaghetti with sauce, stews, etc.	1 cup	1 cup (_ g)
Not measurable with cup, e.g., burritos, egg rolls, enchiladas, pizza, pizza rolls, quiche, all types of sandwiches	140 g, add 55 g for products with gravy or sauce topping, e.g., enchilada with cheese sauce, crepe with white sauce ¹²	_ piece(s) (_ g) for discrete pieces; _ fractional slice (_ g) for large discrete units

Product category	Reference amount	Label statement
Nuts and Seeds		
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)
Nut and seed butters, pastes, or creams	2 tbsp	2 tbsp (_ g)
Coconut, nut and seed flours	15 g	_ tbsp(s) (_ g); _ cup (_ g)

¹² Pizza sauce is part of the pizza and is not considered to be sauce topping.

Product category	Reference amount	Label statement
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 (e.g., 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 (e.g., stuffed potato); _ cup(s) (_ g)
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

Product category	Reference amount	Label statement
Salads		
Gelatin salad	120 g	_ cup (_ g)
Pasta or potato salad	140 g	_ cup(s) (_ g)
All other salads, e.g., egg, fish, shellfish, bean, fruit, or vegetable salads	100 g	_ cup(s) (_ g)

Product category	Reference amount	Label statement
Sauces, Dips, Gravies, and Condiments		
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)
Major main entree sauces, e.g., spaghetti sauce	125 g	_ cup (_ g); _ cup (_ mL)

Product category	Reference amount	Label statement
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)
Major condiments, e.g., catsup, steak sauce, soy sauce, vinegar, teriyaki sauce, marinades	1 tbsp	1 tbsp (_ g); 1 tbsp (15 mL)
Minor condiments, e.g., horseradish, hot sauces, mustards, Worcestershire sauce	1 tsp	1 tsp (_ g); 1 tsp (5 mL)

Product category	Reference amount	Label statement
Snacks		
All varieties, chips, pretzels, popcorns, extruded snacks, fruit-based snacks (e.g., fruit chips,) grain-based snack mixes	30 g	_ cup(s) (_ g) for small pieces (e.g., popcorn) _ piece(s) (_ g) for large pieces (e.g., large pretzels; pressed dried fruit sheet); 1 oz (28 g/visual unit of measure) for bulk products (e.g., potato chips)

Product category	Reference amount	Label statement
Soups		
All varieties	245 g	_ cup (_ g); _ cup (_ mL)
Dry soup mixes, bouillon	Amount to make 245 g	_ cup (_ g); _ cup (_ mL)

Product category	Reference amount	Label statement
Sugars and Sweets		
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
After-dinner confectionaries	10 g	_ piece(s) (_ g)
Hard candies, breath mints	2 g	_ piece(s) (_ g)

Product category	Reference amount	Label statement
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; ½ oz (14 g/visual unit of measure) for bulk products
All other candies	30 g	_ piece(s) (_ g); 1 ½ oz (42 g/visual unit of measure) for bulk products
Confectioner's sugar	30 g	_ cup (_ g)
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	4 g	_ tsp (_ g) ; _ piece(s) (_ g) for discrete pieces (e.g., 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) (e.g., individually packaged products)
Syrups	30 mL for all syrups	2 tbsp (30 mL)

Product category	Reference amount	Label statement
Vegetables		
Dried vegetables, dried tomatoes, sun-dried tomatoes, dried mushrooms, dried seaweed	5 g, add 5 g for products packaged in oil	_ piece(s); ⅓ cup (_ g)
Dried seaweed sheets	3 g	_ piece(s) (_ g); _ cup(s) (_ g)
Vegetables primarily used for garnish or flavor, e.g., pimento ⁹ , parsley	4 g	_ piece(s) (_ g); _ tbsp(s) (_ g) for chopped products
Fresh or canned chili peppers, jalapeño peppers, other hot peppers, green onion	30 g	_ piece(s) (_ g) ¹¹ , _ 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 (e.g., brussel 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 ¹¹

Product category	Reference amount	Label statement
All other vegetables with sauce: fresh, canned, or frozen	110 g	_ piece(s) (_ g) for large pieces (e.g., brussel 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
Vegetable juice	240 mL	8 fl oz (240 mL)
Olives ⁹	15 g	_ piece(s) (_ g); _ tbsp(s) (_ g) for sliced products
Pickles and pickled vegetables, all types ⁹	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	¼ cup (_ g)
Vegetable pastes, e.g., tomato paste	30 g	_ tbsp (_ g)
Vegetable sauces or purees, e.g, tomato sauce, tomato puree	60 g	_ cup (_ g); _ cup (_ mL)