

Table 2—Reference Amounts Customarily Consumed Per Eating Occasion: General Food Supply<sup>1,2,3,4</sup>

Product category	Reference amount	Label statement <sup>5</sup>
Bakery products:		
Biscuits, croissants, bagels, tortillas, soft bread sticks, soft	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		
Toaster pastries—see		
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	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	80 g	_ piece(s) (_ g) for distinct pieces (e.g., cupcake); _ fractional slice (_ g) for large discrete units
Cakes, light weight (angel food, chiffon, or sponge cake without icing or filling) <sup>8</sup>	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	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,	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
French toast, pancakes, variety mixes	110 g prepared for french toast 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	40 g	_ piece(s) (_ g)

Ice cream cones—see		
Pies, cobblers, fruit crisps, turnovers, other	125 g	_ piece(s) (_ g) for distinct pieces; _ fractional slice (_ g) for large discrete units
Pie crust	1/6 of 8 inch crust; 1/8 of 9 inch crust	1/6 of 8 inch crust (_ g); 1/8 of 9 inch crust (_ g)
Pizza crust	55 g	_ fractional slice (_ g)
Taco shells, hard	30 g	_ shell(s) (_ g)
Waffles	85 g	_ piece(s) (_ g)
<b>Beverages:</b>		
Carbonated and noncarbonated	240 mL	8 fl oz (240 mL)
Coffee or tea, flavored	240 mL prepared	8 fl oz (240 mL)
<b>Cereal and Other Grain</b>		
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,	15 g	_ cup(s) (_ g)
Breakfast cereals, ready-to-eat weighing 20 g or more but less than 43 g per cup; high	30 g	_ cup(s) (_ g)
Breakfast cereals, ready-to-eat, weighing 43 g or more per cup;	55 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,	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	25 g	_ cup(s) (_ g)
Starches, e.g., cornstarch, potato	10 g	_ tbsp (_ g)
Stuffing	100 g	_ cup(s) (_ g)
<b>Dairy Products and</b>		
Cheese, cottage	110 g	_ cup (_ g)
Cheese used primarily as ingredients, e.g., dry	55 g	_ cup (_ g)
Cheese, grated hard, e.g., Parmesan,	5 g	_ tbsp (_ g)
Cheese, all others except those listed as separate categories—includes	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		
Cream or cream	15 mL	1 tbsp (15 mL)
Cream or cream	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,	30 mL	2 tbsp (30 mL)
Milk, evaporated,	30 mL	2 tbsp (30 mL)
Milk, milk-based drinks, e.g., instant breakfast,	240 mL	1 cup (240 mL); 8 fl oz (240 mL)
Shakes or shake substitutes, e.g., dairy	240 mL	1 cup (240 mL); 8 fl oz (240 mL)
Sour cream	30 g	_ tbsp ( _ g)
Yogurt	225 g	_ cup ( _ g)
<b>Desserts:</b>		
Ice cream, ice milk, frozen yogurt, sherbet: all types, bulk and	1/2 cup-includes the volume for coatings and wafers for the novelty type varieties	_ piece(s) ( _ g) for individually wrapped or packaged products; 1/2 cup ( _ g) for others
Frozen flavored and sweetened ice and pops, frozen fruit	85 g	_ piece(s) ( _ g) for individually wrapped or packaged products; _ cup(s) ( _ g) for others
Sundae	1 cup	1 cup ( _ g)
Custards, gelatin or pudding	1/2 cup	_ piece(s) ( _ g) for distinct unit (e.g., individually packaged products); 1/2 cup ( _ g) for bulk
<b>Dessert Toppings and Fillings:</b>		
Cake frostings or icings	35 g	_ tbsp(s) ( _ g)
Other dessert toppings, e.g., fruits, syrups, spreads, marshmallow cream, nuts, dairy and	2 tbsp	2 tbsp ( _ g); 2 tbsp (30 mL)
Pie fillings	85 g	_ cup(s) ( _ g)
<b>Egg and Egg Substitutes:</b>		
Egg mixtures, e.g., egg foo young, scrambled	110 g	_ piece(s) ( _ g) for discrete pieces; _ cup(s) ( _ g)
Eggs (all sizes) <sup>9</sup>	50 g	1 large, medium, etc. ( _ g)
Egg substitutes	An amount to make 1 large (50 g) egg	_ cup(s) ( _ g); _ cup(s) ( _ mL)
<b>Fats and Oils:</b>		
Butter, margarine, oil,	1 tbsp	1 tbsp ( _ g); 1 tbsp (15 mL)
Butter replacement,	2 g	_ tsp(s) ( _ g)
Dressings for salads	30 g	_ tbsp ( _ g); _ tbsp ( _ mL)
Mayonnaise, sandwich spreads, mayonnaise-	15 g	_ tbsp ( _ g)
Spray types	0.25 g	About _ seconds spray ( _ g)
<b>Fish, Shellfish, Game Meats<sup>10</sup>, and Meat or Poultry</b>		
Bacon substitutes, canned	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	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	85 g cooked; 110 g uncooked <sup>12</sup>	_ piece(s) ( _ g) for discrete pieces; _ cup(s) ( _ g); _ oz ( _ g/visual unit of measure) if not measurable by cup <sup>13</sup>

Fish, shellfish or game meat <sup>10</sup> , canned <sup>11</sup>	55 g	_ piece(s) (_ g) for discrete pieces; _ cup(s) (_ g); 2 oz (56 g/_ cup) for products that are difficult to measure the g weight of cup measure (e.g., tuna); 2 oz (56 g/_ pieces) for products that naturally vary in size (e.g., sardines)
Substitute for luncheon meat, meat spreads, Canadian bacon, sausages and	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 <sup>11</sup> fish, shellfish, or game meat <sup>10</sup> ; 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		
Fruits and Fruit Juices:		
Candied or pickled <sup>11</sup>	30 g	_ piece(s) (_ g)
Dehydrated fruits—see		
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	4 g	1 cherry (_ g)
Fruit relishes, e.g., cranberry sauce,	70 g	_ cup(s) (_ g)
Fruits used primarily as ingredients, avocado	30 g	See footnote 13
Fruits used primarily as ingredients, others	55 g	_ piece(s) (_ g) for large fruits; _ cup(s) (_ g) for small fruits measurable by cup <sup>13</sup>
Watermelon	280 g	See footnote 13
All other fruits (except those listed as separate categories), fresh, canned, or	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.) <sup>13</sup>
Juices, nectars, fruit	240 mL	8 fl oz (240 mL)
Juices used as ingredients, e.g., lemon	5 mL	1 tsp (5 mL)
Legumes:		
Bean cake (tofu) <sup>11</sup> , 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 Category:		
Baking powder, baking	0.6 g	tsp (_ g)
Baking decorations, e.g., colored sugars and sprinkles for	1 tsp or 4 g if not measurable by teaspoon	_ piece(s) (_ g) for discrete pieces; 1 tsp (_ g)

Batter mixes, bread	30 g	_ tbsp(s) ( _ g); _ cup(s) ( _ 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)
Chewing gum <sup>9</sup>	3 g	_ piece(s) ( _ g)
Meat, poultry and fish coating mixes, dry; seasoning mixes, dry, e.g., chili seasoning	Amount to make one reference amount of final dish	_ tsp(s) ( _ g); _ tbsp(s) ( _ g)
Salad and potato toppers, e.g., salad crunchies, salad	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)
Spices, herbs (other than dietary)	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)
<b>Mixed Dishes:</b>		
Measurable with cup, e.g., casseroles, hash, macaroni and cheese,	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 <sup>14</sup>	_ piece(s) ( _ g) for discrete pieces; _ fractional slice ( _ g) for large discrete units
<b>Nuts and Seeds:</b>		
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,	2 tbsp	2 tbsp ( _ g)
Coconut, nut and seed	15 g	_ tbsp(s) ( _ g); _ cup ( _ g)
<b>Potatoes and Sweet</b>		
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
<b>Salads:</b>		

Gelatin salad	120 g	_ cup ( _ g)
Pasta or potato salad	140 g	_ cup(s) ( _ g)
All other salads, e.g., egg, fish, shellfish,	100 g	_ cup(s) ( _ g)
Sauces, Dips, Gravies and		
Barbecue sauce, hollandaise sauce, tartar sauce, other sauces for dipping (e.g., mustard sauce,	2 tbsp	2 tbsp ( _ g); 2 tbsp (30 mL)
Major main entree sauces, e.g., spaghetti	125 g	_ cup ( _ g); _ cup ( _ mL)
Minor main entree sauces (e.g., pizza sauce, pesto sauce), other sauces used as	1/4 cup	1/4 cup ( _ g); 1/4 cup (60 mL)
Major condiments, e.g., catsup, steak sauce, soy sauce, vinegar,	1 tbsp	1 tbsp ( _ g); 1 tbsp (15 mL)
Minor condiments, e.g., horseradish, hot	1 tsp	1 tsp ( _ g); 1 tsp (5 mL)
Snacks:		
All varieties, chips, pretzels, popcorns, extruded snacks, fruit-based snacks (e.g., fruit chips,) grain-based	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)
Soups:		
All varieties	245 g	_ cup ( _ g); _ cup ( _ mL)
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
Hard candies, breath	2 g	_ piece(s) ( _ g)
Hard candies, roll-type, mini-size in dispenser	5 g	_ piece(s) ( _ g)
Hard candies, others	15 g	_ piece(s) ( _ g) for large pieces; _ tbsp(s) ( _ g) for "mini-size" candies measurable by tablespoon; 1/2 oz (14 g/visual unit of measure) for bulk products
All other candies	40 g	_ piece(s) ( _ g); 1 1/2 oz (42 g/visual unit of measure) for bulk products
Confectioner's sugar	30 g	_ cup ( _ g)
Honey, jams, jellies, fruit butter, molasses	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 syrups used primarily as an ingredient (e.g., light or dark corn syrup); 60 mL for all others	2 tbsp (30 mL) for syrups used primarily as an ingredient; 1/4 cup (60 mL) for all others
Vegetables:		
Vegetables primarily used for garnish or	4 g	_ piece(s) (_ g); _ tbsp(s) (_ g) for chopped products
Chili pepper, green onion	30 g	_ piece(s) (_ g) <sup>13</sup> ; _ 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 <sup>13</sup>
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 <sup>11</sup>	15 g	_ piece(s) (_ g); _ tbsp(s) (_ g) for sliced products
Pickles, all types <sup>11</sup>	30 g	1 oz (28 g/visual unit of measure)
Pickle relishes	15 g	_ tbsp (_ g)
Vegetable pastes, e.g.,	30 g	_ tbsp (_ g)
Vegetable sauces or purees, e.g., tomato	60 g	_ cup (_ g); _ cup (_ mL)

<sup>1</sup>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

<sup>2</sup>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 (i.e., heat and serve, brown and serve). If not listed separately,

<sup>3</sup>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).

<sup>4</sup>Copies of the list of products for each product category are available from the Office of Nutritional Products, Labeling and Dietary Supplements (HFS–800), Center for Food Safety and Applied Nutrition, Food and Drug

<sup>5</sup>The label statements are meant to provide guidance to manufacturers on the presentation of serving size information on the label, but they are not required. The term “piece” is used as a generic description of a

<sup>6</sup>Includes cakes that weigh 10 g or more per cubic inch.

<sup>7</sup>Includes cakes that weigh 4 g or more per cubic inch but less than 10 g per cubic inch.

<sup>8</sup>Includes cakes that weigh less than 4 g per cubic inch.

<sup>9</sup>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

<sup>10</sup>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.

<sup>11</sup>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).

<sup>12</sup>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(b)(i)(11).

<sup>13</sup>For raw fruit, vegetables, and fish, manufacturers should follow the label statement for the serving size specified in Appendices A and B to the regulation entitled "Food Labeling; Guidelines for Voluntary Nutrition

<sup>14</sup>Pizza sauce is part of the pizza and is not considered to be sauce topping.