

Table 1—Reference Amounts Customarily Consumed Per Eating Occasion: Infant and Toddler Foods ^{1,2,3,4}

Product category	Reference amount	Label statement⁵
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	60 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)

¹These 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.

²Unless 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, the reference amount for the unprepared form (e.g., dry cereal) is the amount required to make the reference amount of the prepared form. Prepared means prepared for consumption (e.g., cooked).

³Manufacturers 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).

⁴Copies 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 Administration, 5100 Paint Branch Pkwy., College Park, MD 20740.

⁵The 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 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).

Source:ecfr.gpoaccess.gov