

Product category	amount

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Infant & Toddler Foods:	
Dinner Dry Mix.....	15
g	
Dinner, ready-to-serve, strained type.....	60
g	
Dinner, soups, ready-to-serve junior type.....	110
g	
Dinner, stew or soup ready-to-serve toddlers.....	170
g	
Plain meats and meat sticks, ready-to-serve.....	55
g	

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\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.

\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 (i.e., heat and serve). If not listed separately, the Reference Amount for the unprepared form (e.g., dehydrated cereal) is the amount required to make one Reference Amount of the prepared form.

\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 established by regulation.

Table 2--Reference Amounts Customarily Consumed Per Eating Occasion--
General Food Supply \1,2,3,4,5\

Product category	Reference amount	
	Ready-to-serve	Ready-to-cook

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Egg mixtures, (western style omelet, souffle, egg foo young	110 g	n/a.
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Lard, margarine, shortening....	1 tbsp	n/a.
Salad and potato toppers; e.g., bacon bits.	7 g	n/a.
Bacon (bacon, beef breakfast	15 g	54 g=bacon. 30 g
=		
strips, pork breakfast strips, strips.		breakfast
pork rinds).		
Dried; e.g., jerky, dried beef, Parma ham sausage products with a moisture/protein ratio of less than 2:1; e.g.,	30 g	n/a.

pepperoni.		
Snacks; e.g., meat snack food sticks.	30 g	n/a.
Luncheon meat, bologna, Canadian style bacon, pork pattie crumbles, beef pattie crumbles, blood pudding, luncheon loaf, old fashioned loaf, berlinger, bangers, minced luncheon roll, thuringer, liver sausage, mortadella, uncured sausage (franks), ham and cheese loaf, P&P loaf, scrapple souse, head cheese, pizza loaf, olive loaf, pate, deviled ham, sandwich spread, teawurst, cervelat, Lebanon bologna, potted meat food product, taco fillings, meat pie fillings.	55 g	n/a.
Linked meat sausage products, g=uncooked	55 g	n/a. 75
Vienna sausage, frankfurters, pork sausage, imitation frankfurters, bratwurst, kielbasa, Polish sausage, summer sausage, mettwurst, smoked country sausage, smoked sausage, smoked or pickled meat, pickled pigs feet.		sausage.
Entrees without sauce, cuts of meat including marinated, tenderized, injected cuts of meat, beef patty, corn dog, croquettes, fritters, cured ham, dry cured ham, dry cured cappicola, corned beef, pastrami, country ham, pork shoulder picnic, meatballs, pureed adult foods.	85 g	114 g.
Canned meats, canned beef, canned pork. \4\.	55 g	n/a.
Entrees with sauce, barbecued meats in sauce.	140 g	n/a.
Mixed dishes NOT measurable with a cup; \5\ e.g., burrito, egg roll, enchilada, pizza, pizza roll, quiche, all types of sandwiches, cracker and meat lunch type packages, gyro, stromboli, burger on a bun, frank on a bun, calzone, taco, pockets stuffed with meat, foldovers, stuffed vegetables with meat, shish kabobs, empanada.	140 g (plus 55 g for products with sauce toppings)	n/a.
Mixed dishes measurable with a	1 cup	n/a.

cup; e.g., meat casserole, macaroni and cheese with meat, pot pie, spaghetti with sauce, meat chili, chili with beans, meat hash, creamed chipped beef, beef ravioli in sauce, beef stroganoff, Brunswick stew, goulash, meat stew, ragout, meat lasagna, meat filled pasta.

Salads--pasta or potato, potato salad with bacon, macaroni and meat salad.	140 g	n/a.
Salads--all other meat, salads, ham salad.	100 g	n/a.

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Soups--all varieties.....	245 g	n/a.
Major main entree type sauce; e.g., spaghetti sauce with meat, spaghetti sauce with meatballs.	125 g	n/a.
Minor main entree sauce; e.g., pizza sauce with meat, gravy.	\1/4\ cup	n/a.
Seasoning mixes dry, bases,	
..... extracts, dried broths and stock/juice, freeze dry trail mix products with meat..		
As reconstituted:		
Amount to make one Reference Amount of the final dish;		
e.g.,		
Gravy.....	\1/4\ cup	n/a.
Major main entree type sauce.	125 g	n/a.
Soup.....	245 g	n/a.
Entree measurable with a cup.	1 cup	n/a.

TABLE 2—REFERENCE AMOUNTS CUSTOMARILY CONSUMED PER EATING OCCASION: GENERAL FOOD SUPPLY^{1,2,3,4}—Continued

Product category	Reference amount	Label statement ⁵
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 mints	2 g	__ piece(s) (__ g)
Hard candies, roll-type, mini-size in dispenser packages ..	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 flavor, e.g., pimento, parsley.	4 g	__ piece(s) (__ g); __ tbsp(s) (__ g) for chopped products
Chili pepper, green onion	30 g	__ piece(s) (__ g) ¹³ ; __ 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 ¹³
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 ¹¹	15 g	__ piece(s) (__ g); __ tbsp(s) (__ g) for sliced products
Pickles, all types ¹¹	30 g	1 oz (28 g/visual unit of measure)
Pickle relishes	15 g	__ tbsp (__ 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)

¹ These values represent the amount (edible portion) of food customarily consumed per eating occasion and were primarily derived from the 1977–1978 and the 1967–1968 Nationwide Food Consumption Surveys conducted by the U.S. Department of Agriculture.

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 (i.e., 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 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 Administration, 5100 Paint Branch Pkwy., College Park, MD 20740.