

cheat sheet

RACC

noun | racc | \ˈrɑk\

: reference amounts customarily consumed

DEFINITION

Serving sizes of foods that can be reasonably consumed at one eating occasion. These have recently been updated to reflect real-world consumption. A RACC table can be found in the Code of Federal Regulations, 21CFR101.12.

Nutrition Facts

2 Servings Per Container

Serving size

12 fl oz (360 mL)

	per serving	per container
Calories	150	300
	% Daily Value*	% Daily Value*
Total Fat	1g 1%	2g 3%
Saturated Fat	0g 0%	0g 0%
Trans Fat	0g	0g
Cholesterol	0mg 0%	0mg 0%
Sodium	10mg 0%	20mg 1%
Total Carbohydrate	38g 14%	76g 28%
Dietary Fiber	0g 0%	0g 0%
Total Sugars	37g	73g
Includes Added Sugars	35g 70%	70g 140%
Protein	0g	0g
Vitamin D	0mcg 0%	0mcg 0%
Calcium	4mg 0%	7mg 0%
Iron	0mg 0%	0mg 0%
Potassium	18mg 0%	37mg 0%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.




formula

Recipe weight / RACC = XX

XX multiplied by 100 = XX%

updated in 2016

<p>40g</p>  <p>MOST BREAKFAST CEREALS</p>	<p>8 sq inch*</p>  <p>PIE CRUST, PASTRY SHEETS</p>	<p>50g</p>  <p>FRUITS USED AS INGREDIENTS</p>
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<p>360 mL</p>  <p>CARBONATED, NON CARBONATED BEVERAGES</p>	<p>15g/15 mL</p>  <p>HARD CANDIES/LIQUID CANDIES</p>	<p>360 mL</p>  <p>COFFEE OR TEA</p>
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<p>8g</p>  <p>SUGAR</p>	<p>170g</p>  <p>YOGURT</p>	<p>240 mL</p>  <p>MILK BEVERAGES, FRUIT JUICES</p>
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<p>2 TBSP</p>  <p>CAKE FROSTINGS, ICINGS</p>	<p>85g</p>  <p>CANNED FISH, SHELLFISH, GAME MEAT</p>	<p>2/3 c</p>  <p>ICE CREAM, FROZEN YOGURT</p>
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USING RACC TO DETERMINE DUAL COLUMN USAGE

With the new rules, containers that hold between 2 and 3 servings of a food may now need to show a Dual Column label to show nutrition information for a single serving and per the whole container. To determine this, check the determined serving size for your product. If your package weighs at least 200 percent and up to and including 300 percent of the applicable reference amount, you need to use the Dual Column label.