

DETERMINING SERVING SIZE

noun | de·ter·min·ing ser·ving size | \ di-'tər-mən-iŋ 'sər-viŋ 'sīz \

: finding out by investigation, reasoning, or calculation the appropriate household measure

DEFINITION

The FDA requires that the serving size on your Nutrition Facts label be shown as a common household measure suitable for the food (such as cup, piece, jar, etc.) and based on the amount of that food typically consumed. The FDA has defined and cataloged these amounts as RACCs (Reference Amounts Customarily Consumed), and they can be found in this chart: <https://tinyurl.com/ycgcauxg>. Use the RACCs to help you determine the serving size and servings per container appropriate to your product.

discrete units

For discrete units, compare actual product weight (or mL) to the RACC weight to determine if a unit is one or more servings. For small units, like mini muffins, determine if more than one unit equals a serving. Use this formula for both:

$$(\text{scale gram weight/RACC}) \times 100 = \text{determining \%}$$

If the determining % is 67-199, your discrete unit is one serving. If the determining % is 200-300, you will need a dual column label and the serving size will be that which is closest to the RACC.

EXAMPLE: ONE PACKAGED MUFFIN WEIGHING 97g

$(97\text{g}/110\text{g}) \times 100 = 88\%$. Therefore, the serving size is 1 muffin (97g).

EXAMPLE: ONE PACKAGED MUFFIN WEIGHING 228g

$(228\text{g}/110\text{g}) \times 100 = 207\%$. You need a dual column label with the 1st column for a serving size closest to the RACC and second column for the whole package. In this case 1/2 muffin is 114g, which is close to the RACC of 110g. So, the serving size is 1/2 muffin and servings per container is 2.

bulk items

For bulk items, refer to the RACC chart and use a common household amount (1/3 cup, tablespoon, piece, etc.) closest to the RACC.

EXAMPLE: 1 LB. (453G) BULK MACARONI SALAD WITH 1 CUP WEIGHING 220g

In this case, the RACC for pasta salads is 140g. Divide that by the known cup weight of 220g and you get 2/3 cup for your serving size. Divide the container amount by the RACC (453g/140g) and you get about 3 for servings per container.

divided products

For products that are divided up for consumption (e.g., cake, pie, pizza, melon), use this formula to determine the fractional portion, which would be your household serving size.

$$1/(\text{total weight} \div \text{RACC}) = \text{fractional slice}$$

EXAMPLE: CHERRY PIE WEIGHING 967g

The RACC household measure for a serving of pie is 125g. $1/(967 \div 125) = 1/7.736$. That rounds to 1/8, and 1/8 of this pie (121g) is the serving size.

ON THE LABEL

Nutrition Facts	
1 serving per container	
Serving size	1 muffin (97g)

Nutrition Facts	
2 servings per container	
Serving size	1/2 muffin (114g)
Per Serving	Per Package

ON THE LABEL

Nutrition Facts	
About 3 servings per container	
Serving size	2/3 cup (140g)

ON THE LABEL

Nutrition Facts	
Serving size	1/8 pie (125g)
Amount per serving	

