

# Nutrition Analysis

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## **STEP 5:**

### **Set the Serving Size**

To determine the Serving Size for the finished Nutrition Facts Panel you need knowledge about how the product will be packaged and consumed. In addition, you will need to understand the regulations related to Serving Size and Reference Amounts Customarily Consumed. Some of the broad food categories and guidelines for Serving Size are:

- Products with multiple servings that are measured by volume (tsp, Tbsp, cup) for the serving are labeled by the appropriate volume. Examples include soups, sauces, condiments, spices, cereals, and most prepared salads and desserts.
- Single-serve items are labeled as one package, such as an energy bar, a small bag of potato chips, or a can of soda.
- Products with multiple pieces in a package are divided into servings based on the number of pieces in a serving. Examples include a bag of cookies, a loaf of sliced bread, a box of mini-tacos, and a bag of candy pieces.
- Products sold as a whole but divided into fractional pieces are labeled as the fractional piece, such as a frozen pizza, a cake, or a pie.

Consult the U.S. Code of Federal Regulations at 21 CFR 101.9 and 101.12 for detailed information about Serving Size and Reference Amounts Customarily Consumed for FDA-regulated foods.