



# Determining Your Serving Size

a reference guide for the food manufacturer



## Nutrition Facts

Serving Size 1/2 cup (about 82g)  
Servings Per Container 8

Calories 200	Calories from Fat 130
<hr/>	
% Daily Value*	
Total Fat 14g	22%

How does the  
FDA define a  
serving size?

The FDA defines “serving size” as the “amount of food customarily consumed (i.e., typically eaten) in one sitting for that food.”

**\*\*What is RACC?\*\***  
**Reference Amounts**  
**Customarily**  
**Consumed**

Determine the  
serving size of your food  
product in 3 easy steps:

1. **Identify** the appropriate food category for your product using the FDA RACC\* tables
2. **Locate** the reference amount (this is your serving size) next to the product category (RACC\*)
3. **Convert** the reference amount to the appropriate label serving size

# How should a serving size be displayed on a label?

A serving size should be written in what the FDA refers to as a "common household measure" such as a cup, tablespoon, piece, slice, fraction (example: 1/3 pizza), ounce (oz), fluid or ounce (fl oz).

The common household measure should be accompanied by the product's weight in grams.

Serving size can also be displayed referring to common household equipment used for packaging food products such as a jar, can, or tray.

## Nutrition Facts

8 servings per container

**Serving Size** 2 Cookies (56g)

**Amount per serving**

**Calories** **150**

% Daily Value\*

**Total Fat** 9g **12%**

Saturated Fat 7g **35%**

Polyunsaturated Fat 0g

Monounsaturated Fat 1.5g

*Trans* Fat 0g

**Cholesterol** 0mg **0%**

**Sodium** 1950mg **85%**

**Total Carbohydrate** 14g **5%**

Dietary Fiber 2g **7%**

Total Sugars 12g

Includes 11g Added Sugars **22%**

**Protein** 4g

Vitamin D 0mcg **0%**

Calcium 15mg **2%**

Iron less than 1mg **2%**

Potassium 121mg **2%**

\* The % Daily Value (DV) 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.

## Displaying Product By Serving Size on a Label

If you simply want to define your food product **by serving size and servings per container**, weight in grams is required in parentheses next to serving size

**LABEL CALC**  
By FOODCALC

## Single Serving Sizes

A single-serving container is defined as a product that is packaged and sold individually.

According to the FDA, it must contain less than 200 percent of the applicable reference amount (RACC) for that product.

The entire content of a single-serving container must be labeled as one serving.

Ready to determine the serving size for your product?  
See chart below  
to locate your RACC to get started

# Complete FDA RACC/Serving Size List

## By Food Category

### Bakery Products

Product category	Reference amount	Label statement <sup>4</sup>
Bakery Products:		
Bagels, toaster pastries, muffins (excluding English muffins)	110 g	_ piece(s) (_ g)
Biscuits, croissants, tortillas, soft bread sticks, soft pretzels, corn bread, hush puppies, scones, crumpets, English muffins	55 g	_ piece(s) (_ g)
Breads (excluding sweet quick type), rolls	50 g	_ piece(s) (_ g) for sliced bread and distinct pieces (e.g., rolls); 2 oz (56 g/_ inch slice) for unsliced bread
Bread sticks—see crackers		
Toaster pastries—see bagels, toaster pastries, muffins (excluding English muffins)		
Brownies	40 g	_ piece(s) (_ g) for distinct pieces; fractional slice (_ g) for bulk
Cakes, heavyweight (cheese cake; pineapple upside-down cake; fruit, nut, and vegetable cakes with more than or equal to 35 percent of the finished weight as fruit, nuts, or vegetables or any of these combinations) <sup>5</sup>	125 g	_ piece(s) (_ g) for distinct pieces (e.g., sliced or individually packaged products); _ fractional slice (_ g) for large discrete units
Cakes, mediumweight (chemically leavened cake with or without icing or filling except those classified as light weight cake; fruit, nut, and vegetable cake with less than 35 percent of the finished weight as fruit, nuts, or vegetables or any of these combinations; light weight cake with icing; Boston cream pie; cupcake; éclair; cream puff) <sup>6</sup>	80 g	_ piece(s) (_ g) for distinct pieces (e.g., cupcake); _ fractional slice (_ g) for large discrete units

Cakes, lightweight (angel food, chiffon, or sponge cake without icing or filling) <sup>7</sup>	55 g	_ piece(s) (_ g) for distinct pieces (e.g., sliced or individually packaged products); _ fractional slice (_ g) for large discrete units
Coffee cakes, crumb cakes, doughnuts, Danish, sweet rolls, sweet quick type breads	55 g	_ piece(s) (_ g) for sliced bread and distinct pieces (e.g., doughnut); 2 oz (56 g/visual unit of measure) for bulk products (e.g., unsliced bread)
Cookies	30 g	_ piece(s) (_ g)
Crackers that are usually not used as snack, melba toast, hard bread sticks, ice cream cones <sup>8</sup>	15 g	_ piece(s) (_ g)
Crackers that are usually used as snacks	30 g	_ piece(s) (_ g)
Croutons	7 g	_ tbsp(s) (_ g); _ cup(s) (_ g); _ piece(s) (_ g) for large pieces
Eggroll, dumpling, wonton, or potsticker wrappers	20 g	_ sheet (_ g); wrapper (_ g)
French toast, crepes, pancakes, variety mixes	110 g prepaed for French toast, crepes, and pancakes; 40 g dry mix for variety mixes	_ piece(s) (_ g); _ cup(s) (_ g) for dry mix
Grain-based bars with or without filling or coating, e.g., breakfast bars, granola bars, rice cereal bars	40 g	_ piece(s) (_ g)
Ice cream cones—see crackers		
Pies, cobblers, fruit crisps, turnovers, other pastries	125 g	_ piece(s) (_ g) for distinct pieces; _ fractional slice (_ g) for large discrete units
Pie crust, pie shells, pastry sheets, (e.g., phyllo, puff pastry sheets)	the allowable declaration closest to an 8 square inch surface area	_ fractional slice(s) (_ g) for large discrete units; _ shells (_ g); _ fractional _ sheet(s) (_ g) for distinct pieces (e.g., Pastry sheet).
Pizza crust	55 g	_ fractional slice (_ g)
Taco shells, hard	30 g	_ shell(s) (_ g)

# Bakery Cont & Beverages

Waffles	85 g	_ piece(s) (_ g)
Beverages:		
Carbonated and noncarbonated beverages, wine coolers, water	360 mL	12 fl oz (360 mL)
Coffee or tea, flavored and sweetened	360 mL prepared	12 fl oz (360 mL)
Cereals and Other Grain Products:		
Breakfast cereals (hot cereal type), hominy grits	1 cup prepared; 40 g plain dry cereal; 55 g flavored, sweetened cereal	_ cup(s) (_ g)
Breakfast cereals, ready-to-eat, weighing less than 20 g per cup, e.g., plain puffed cereal grains	15 g	_ cup(s) (_ g)
Breakfast cereals, ready-to-eat, weighing 20 g or more but less than 43 g per cup; high fiber cereals containing 28 g or more of fiber per 100 g	40 g	_ cup(s) (_ g)
Breakfast cereals, ready-to-eat, weighing 43 g or more per cup; biscuit types	60 g	_ piece(s) (_ g) for large distinct pieces (e.g., biscuit type); _ cup(s) (_ g) for all others
Bran or wheat germ	15 g	_ tbsp(s) (_ g); _ cup(s) (_ g)
Flours or cornmeal	30 g	_ tbsp(s) (_ g); _ cup(s) (_ g)
Grains, e.g., rice, barley, plain	140 g prepared; 45 g dry	_ cup(s) (_ g)
Pastas, plain	140 g prepared; 55 g dry	_ cup(s) (_ g); _ piece(s) (_ g) for large pieces (e.g., large shells or lasagna noodles) or 2 oz (56 g/visual unit of measure) for dry bulk products (e.g., spaghetti)
Pastas, dry, ready-to-eat, e.g., fried canned chow mein noodles	25 g	_ cup(s) (_ g)
Starches, e.g., cornstarch, potato starch, tapioca, etc	10 g	_ tbsp (_ g)
Stuffing	100 g	_ cup(s) (_ g)

# Dairy Products & Substitutes

Dairy Products and Substitutes:		
Cheese, cottage	110 g	_ cup (_ g)
Cheese used primarily as ingredients, e.g., dry cottage cheese, ricotta cheese	55 g	_ cup (_ g)
Cheese, grated hard, e.g., Parmesan, Romano	5 g	_ tbsp (_ g)
Cheese, all others except those listed as separate categories—includes cream cheese and cheese spread	30 g	_ piece(s) (_ g) for distinct pieces; _ tbsp(s) (_ g) for cream cheese and cheese spread; 1 oz (28 g/visual unit of measure) for bulk
Cheese sauce—see sauce category		
Cream or cream substitutes, fluid	15 mL	1 tbsp (15 mL)
Cream or cream substitutes, powder	2 g	_ tsp (_ g)
Cream, half & half	30 mL	2 tbsp (30 mL)
Eggnog	120 mL	1/2 cup (120 mL); 4 fl oz (120 mL)
Milk, condensed, undiluted	30 mL	2 tbsp (30 mL)
Milk, evaporated, undiluted	30 mL	2 tbsp (30 mL)
Milk, milk-substitute beverages, milk-based drinks, e.g., instant breakfast, meal replacement, cocoa, soy beverage	240 mL	1 cup (240 mL); 8 fl oz (240 mL)
Shakes or shake substitutes, e.g., dairy shake mixes, fruit frost mixes	240 mL	1 cup (240 mL); 8 fl oz (240 mL)
Sour cream	30 g	_ tbsp (_ g)
Yogurt	170 g	_ cup (_ g)
Desserts:		
Ice cream, frozen yogurt, sherbet, frozen flavored and sweetened ice and pops, frozen fruit juices: all types bulk and novelties (e.g., bars, sandwiches, cones, cups)	2/3 cup—includes the volume for coatings and wafers	2/3 cup (_ g), _ piece(s) (_ g) for individually wrapped or packaged products



# Dessert Toppings/Fillings & Fish, Shellfish, Game Meats

Sundae	1 cup	1 cup ( _ g)
Custards, gelatin, or pudding	1/2 cup prepared; amount to make 1/2 cup prepared when dry	_ piece(s) ( _ g) for distinct unit (e.g., individually packaged products); 1/2 cup ( _ g) for bulk
Dessert Toppings and Fillings:		
Cake frostings or icings	2 tbsp	_ tbsp(s) ( _ g)
Other dessert toppings, e.g., fruits, syrups, spreads, marshmallow cream, nuts, dairy and non-dairy whipped toppings	2 tbsp	2 tbsp ( _ g); 2 tbsp (30 mL)
Pie fillings	85 g	_ cup(s) ( _ g)
Egg and Egg Substitutes:		
Egg mixtures, e.g., egg foo young, scrambled eggs, omelets	110 g	_ piece(s) ( _ g) for discrete pieces; _ cup(s) ( _ g)
Eggs (all sizes) <sup>8</sup>	50 g	1 large, medium, etc. ( _ g)
Egg whites, sugared eggs, sugared egg yolks, and egg substitutes (fresh, frozen, dried)	An amount to make 1 large (50 g) egg	_ cup(s) ( _ g); _ cup(s) ( _ mL)
Fats and Oils:		
Butter, margarine, oil, shortening	1 tbsp	1 tbsp ( _ g); 1 tbsp (15 mL)
Butter replacement, powder	2 g	_ tsp(s) ( _ g)
Dressings for salads	30 g	_ tbsp ( _ g); _ tbsp ( _ mL)
Mayonnaise, sandwich spreads, mayonnaise-type dressings	15 g	_ tbsp ( _ g)
Spray types	0.25 g	About _ seconds spray ( _ g)
Fish, Shellfish, Game Meats, <sup>9</sup> and Meat or Poultry Substitutes:		
Bacon substitutes, canned anchovies, <sup>10</sup> anchovy pastes, caviar	15 g	_ piece(s) ( _ g) for discrete pieces; _ tbsp(s) ( _ g) for others

## Meats Cont. & Fruit/Fruit Juices

Dried, e.g., jerky	30 g	_ piece(s) ( _ g)
Entrees with sauce, e.g., fish with cream sauce, shrimp with lobster sauce	140 g cooked	_ cup(s) ( _ g); 5 oz (140 g/visual unit of measure) if not measurable by cup
Entrees without sauce, e.g., plain or fried fish and shellfish, fish and shellfish cake	85 g cooked; 110 g uncooked <sup>11</sup>	_ piece(s) ( _ g) for discrete pieces; _ cup(s) ( _ g); _ oz ( _ g/visual unit of measure) if not measurable by cup <sup>12</sup>
Fish, shellfish, or game meat <sup>9</sup> , canned <sup>10</sup>	85 g	_ piece(s) ( _ g) for discrete pieces; _ cup(s) ( _ g); 3 oz (85 g/_ cup) for products that are difficult to measure the g weight of cup measure (e.g., tuna); 3 oz (85 g/_ pieces) for products that naturally vary in size (e.g., sardines)
Substitute for luncheon meat, meat spreads, Canadian bacon, sausages, frankfurters, and seafood	55 g	_ piece(s) ( _ g) for distinct pieces (e.g., slices, links); _ cup(s) ( _ g); 2 oz (56 g/visual unit of measure) for nondiscrete bulk product
Smoked or pickled fish, <sup>10</sup> shellfish, or game meat <sup>9</sup> ; fish or shellfish spread	55 g	_ piece(s) ( _ g) for distinct pieces (e.g., slices, links) or _ cup(s) ( _ g); 2 oz (56 g/visual unit of measure) for nondiscrete bulk product
Substitutes for bacon bits—see Miscellaneous		
Fruits and Fruit Juices:		
Candied or pickled <sup>10</sup>	30 g	_ piece(s) ( _ g)
Dehydrated fruits—see snack category		
Dried	40 g	_ piece(s) ( _ g) for large pieces (e.g., dates, figs, prunes); _ cup(s) ( _ g) for small pieces (e.g., raisins)

# Fruit/Juices Cont, Legumes, Misc & Spices

Fruit relishes, e.g., cranberry sauce, cranberry relish	70 g	_ cup(s) (_ g)
Fruits used primarily as ingredients, avocado	50 g	See footnote <sup>12</sup>
Fruits used primarily as ingredients, others (cranberries, lemon, lime)	50 g	_ piece(s) (_ g) for large fruits; _ cup(s) (_ g) for small fruits measurable by cup <sup>12</sup>
Watermelon	280 g	See footnote <sup>12</sup>
All other fruits (except those listed as separate categories), fresh, canned or frozen	140 g	_ piece(s) (_ g) for large pieces (e.g., strawberries, prunes, apricots, etc.); _ cup(s) (_ g) for small pieces (e.g., blueberries, raspberries, etc.) <sup>12</sup>
Juices, nectars, fruit drinks	240 mL	8 fl oz (240 mL)
Juices used as ingredients, e.g., lemon juice, lime juice	5 mL	1 tsp (5 mL)
Legumes:		
Tofu, <sup>10</sup> tempeh	85 g	_ piece(s) (_ g) for discrete pieces; 3 oz (84 g/visual unit of measure) for bulk products
Beans, plain or in sauce	130 g for beans in sauce or canned in liquid and refried beans prepared; 90 g for others prepared; 35 g dry	_ cup (_ g)
Miscellaneous:		
Baking powder, baking soda, pectin	0.6 g	_ tsp (_ g)
Baking decorations, e.g., colored sugars and sprinkles for cookies, cake decorations	1 tsp or 4 g if not measurable by teaspoon	_ piece(s) (_ g) for discrete pieces; 1 tsp (_ g)
Batter mixes, bread crumbs	30 g	_ tbsp(s) (_ g); _ cup(s) (_ g)
Chewing gum <sup>8</sup>	3 g	_ piece(s) (_ g)
Cocoa powder, carob powder, unsweetened	1 tbsp	1 tbsp (_ g)

Cooking wine	30 mL	2 tbsp (30 mL)
Dietary supplements	The maximum amount recommended, as appropriate, on the label for consumption per eating occasion or, in the absence of recommendations, 1 unit, e.g., tablet, capsule, packet, teaspoonful, etc	_ tablet(s), _ capsules(s), _ packet(s), _ tsp(s) (_ g), etc.
Meat, poultry, and fish coating mixes, dry; seasoning mixes, dry, e.g., chili seasoning mixes, pasta salad seasoning mixes	Amount to make one reference amount of final dish	_ tsp(s) (_ g); _ tbsp(s) (_ g)
Milk, milk substitute, and fruit juice concentrates (without alcohol) (e.g., drink mixers, frozen fruit juice concentrate, sweetened cocoa powder)	Amount to make 240 mL drink (without ice)	_ fl oz (_ mL); _ tsp (_ g); tbsp (_ g)
Drink mixes (without alcohol): All other types (e.g., flavored syrups and powdered drink mixes)	Amount to make 360 mL drink (without ice)	_ fl oz (_ mL); _ tsp (_ g); _ tbsp (_ g)
Salad and potato toppers, e.g., salad crunchies, salad crispins, substitutes for bacon bits	7 g	_ tbsp(s) (_ g)
Salt, salt substitutes, seasoning salts (e.g., garlic salt)	1/4 tsp	1/4 tsp (_ g); _ piece(s) (_ g) for discrete pieces (e.g., individually packaged products)
Seasoning oils and seasoning sauces (e.g., coconut concentrate, sesame oil, almond oil, chili oil, coconut oil, walnut oil)	1 tbsp	1 tbsp (_ g)
Seasoning pastes (e.g., garlic paste, ginger paste, curry paste, chili paste, miso paste), fresh or frozen	1 tsp	1 tsp (_ g)
Spices, herbs (other than dietary supplements)	1/4 tsp or 0.5 g if not measurable by teaspoon	1/4 tsp (_ g); _ piece(s) (_ g) if not measurable by teaspoons (e.g., bay leaf)

# Mixed Dishes & Nuts/Seeds

Mixed Dishes:		
Appetizers, hors d'oeuvres, mini mixed dishes, e.g., mini bagel pizzas, breaded mozzarella sticks, egg rolls, dumplings, potstickers, wontons, mini quesadillas, mini quiches, mini sandwiches, mini pizza rolls, potato skins	85 g, add 35 g for products with gravy or sauce topping	_ piece(s) (_ g)
Measurable with cup, e.g., casseroles, hash, macaroni and cheese, pot pies, spaghetti with sauce, stews, etc	1 cup	1 cup (_ g)
Not measurable with cup, e.g., burritos, enchiladas, pizza, pizza rolls, quiche, all types of sandwiches	140 g, add 55 g for products with gravy or sauce topping, e.g., enchilada with cheese sauce, crepe with white sauce <sup>13</sup>	_ piece(s) (_ g) for discrete pieces; _ fractional slice (_ g) for large discrete units
Nuts and Seeds:		
Nuts, seeds and mixtures, all types: Sliced, chopped, slivered, and whole	30 g	_ piece(s) (_ g) for large pieces (e.g., unshelled nuts); _ tbsp(s) (_ g); _ cup(s) (_ g) for small pieces (e.g., peanuts, sunflower seeds)
Nut and seed butters, pastes, or creams	2 tbsp	2 tbsp (_ g)
Coconut, nut and seed flours	15 g	_ tbsp(s) (_ g); _ cup (_ g)
Potatoes and Sweet Potatoes/Yams:		
French fries, hash browns, skins, or pancakes	70 g prepared; 85 g for frozen unprepared French fries	_ piece(s) (_ g) for large distinct pieces (e.g., patties, skins); 2.5 oz (70 g/_ pieces) for prepared fries; 3 oz (84 g/_ pieces) for unprepared fries
Mashed, candied, stuffed or with sauce	140 g	_ piece(s) (_ g) for discrete pieces (e.g., stuffed potato); _ cup(s) (_ g)
Plain, fresh, canned, or frozen	110 g for fresh or frozen; 125 g for vacuum packed; 160 g for canned in liquid	_ piece(s) (_ g) for discrete pieces; _ cup(s) (_ g) for sliced or chopped products

# Salad & Soups

Salads:		
Gelatin salad	120 g	_ cup (_ g)
Pasta or potato salad	140 g	_ cup(s) (_ g)
All other salads, e.g., egg, fish, shellfish, bean, fruit, or vegetable salads	100 g	_ cup(s) (_ g)
Sauces, Dips, Gravies, and Condiments:		
Barbecue sauce, hollandaise sauce, tartar sauce, tomato chili sauce, other sauces for dipping (e.g., mustard sauce, sweet and sour sauce), all dips (e.g., bean dips, dairy-based dips, salsa)	2 tbsp	2 tbsp (_ g); 2 tbsp (30 mL)
Major main entree sauces, e.g., spaghetti sauce	125 g	_ cup (_ g); _ cup (_ mL)
Minor main entree sauces (e.g., pizza sauce, pesto sauce, Alfredo sauce), other sauces used as toppings (e.g., gravy, white sauce, cheese sauce), cocktail sauce	1/4 cup	1/4 cup (_ g); 1/4 cup (60 mL)
Major condiments, e.g., catsup, steak sauce, soy sauce, vinegar, teriyaki sauce, marinades	1 tbsp	1 tbsp (_ g); 1 tbsp (15 mL)
Minor condiments, e.g., horseradish, hot sauces, mustards, Worcestershire sauce	1 tsp	1 tsp (_ g); 1 tsp (5 mL)
Snacks:		
All varieties, chips, pretzels, popcorn, extruded snacks, fruit and vegetable-based snacks (e.g., fruit chips), grain-based snack mixes	30 g	_ cup (_ g) for small pieces (e.g., popcorn); _ piece(s) (_ g) for large pieces (e.g., large pretzels; pressed dried fruit sheet); 1 oz (28g/visual unit of measure) for bulk products (e.g., potato chips)
Soups:		
All varieties	245 g	_ cup (_ g); _ cup (_ mL)
Dry soup mixes, bouillon	Amount to make 245 g	_ cup (_ g); _ cup (_ mL)

# Sugars & Sweets

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
After-dinner confectioneries	10 g	_ piece(s) (_ g)
Hard candies, breath mints <sup>8</sup>	2 g	_ piece(s) (_ g)
Hard candies, roll-type, mini-size in dispenser packages	5 g	_ piece(s) (_ g)
Hard candies, others; powdered candies, liquid candies	15 mL for liquid candies; 15 g for all others	_ piece(s) (_ g) for large pieces; _ tbsp(s) (_ g) for "mini-size" candies measurable by tablespoon; _ straw(s) (_ g) for powdered candies; _ wax bottle(s) (_ mL) for liquid candies; 1/2 oz (14 g/visual unit of measure) for bulk products
All other candies	30 g	_ piece(s) (_ g); 1 oz (30 g/visual unit of measure) for bulk products
Confectioner's sugar	30 g	_ cup (_ g)
Honey, jams, jellies, fruit butter, molasses, fruit pastes, fruit chutneys	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	8 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 all syrups	2 tbsp (30 mL)

# Vegetables

Vegetables:		
Dried vegetables, dried tomatoes, sun-dried tomatoes, dried mushrooms, dried seaweed	5 g, add 5 g for products packaged in oil	_ piece(s); 1/3 cup (_ g)
Dried seaweed sheets	3 g	_ piece(s) (_ g); _ cup(s) (_ g)
Vegetables primarily used for garnish or flavor (e.g., pimento, <sup>10</sup> parsley, fresh or dried)	4 g	_ piece(s) (_ g); _ tbsp(s) (_ g) for chopped products
Fresh or canned chili peppers, jalapeno peppers, other hot peppers, green onion	30 g	_ piece(s) (_ g) <sup>12</sup> ; _ 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., Brussels 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
All other vegetables with sauce: Fresh, canned, or frozen	110 g	_ piece(s) (_ g) for large pieces (e.g., Brussels 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 <sup>10</sup>	15 g	_ piece(s) (_ g); _ tbsp(s) (_ g) for sliced products
Pickles and pickled vegetables, all types <sup>10</sup>	30 g	1 oz (28 g/visual unit of measure)
Pickle relishes	15 g	_ tbsp (_ g)
Sprouts, all types: Fresh or canned	1/4 cup	1/4 cup (_ 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)