

Reference Amounts Customarily Consumed Per Eating Occasion—General Food Supply^{1,2,3,4,5}

Product Category	Reference Amount READY-TO-SERVE	Reference Amount READY-TO-COOK
Egg mixtures, (western style omelet, souffle, egg foo young)	110 g	n/a.
Lard, margarine, shortening	1 tbsp	n/a.
Salad and potato toppers; e.g., bacon bits	7 g	n/a.
Bacon (bacon, beef breakfast strips, pork breakfast strips, pork rinds)	15 g	54 g=bacon. 30 g = breakfast strips.
Dried; e.g., jerky, dried beef, Parma ham sausage products with a moisture/protein ratio of less than 2:1; e.g., pepperoni	30 g	n/a.
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, 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	55 g	n/a. 75 g=uncooked 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; 5e.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 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	1 cup	n/a.
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.
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:		
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.

¹These values represent the amount of food customarily consumed per eating occasion and were primarily derived from the 1977–78 and the 1987–88 Nationwide Food Consumption Surveys conducted by the U.S. Department of Agriculture.

²Manufacturers are required to convert the Reference Amounts to the label serving size in a household measure most appropriate to their specific product using the procedures established by regulation.

³Examples listed under Product Category are not all inclusive or exclusive. Examples are provided to assist manufacturers in identifying appropriate product Reference Amount.

⁴If packed or canned in liquid, the Reference Amount is for the drained solids, except for products in which both the solids and liquids are customarily consumed.

⁵Pizza sauce is part of the pizza and is not considered to be sauce topping.