

# Get the Facts on Serving Size

## Start With Serving Information

First, look at the serving size and the number of servings per container, which are at the top of the label. The serving size is shown as a common household measure that is appropriate to the food (such as cup, tablespoon, piece, slice, or jar), followed by the metric amount in grams (g).

The nutrition information listed on the Nutrition Facts label is usually based on one serving of the food; however, some containers may also have information displayed per package.

## Understand Serving Sizes

Some serving sizes have changed on the new Nutrition Facts label. By law, serving sizes must be based on the amount of food people typically consume, rather than how much they *should* consume. Serving sizes have been updated to reflect the amount people typically eat and drink today. For example, based on the review of relevant information such as nationwide surveys of the amounts of foods Americans eat, the serving size for soda has changed from 8 ounces to 12 ounces.

Here are a few other things about serving sizes to keep in mind:

- The serving size is not a recommendation of how much to eat or drink.
- One package of food may contain more than one serving.
- Some containers may also have a label with two columns—one column listing the amount of calories and nutrients in one serving and the other column listing this information for the entire package. Packages with “dual-column” labels let you know how many calories and nutrients you are getting if you eat or drink the entire package at one time.

## Sample Label for Frozen Lasagna

<b>Nutrition Facts</b>	
4 servings per container	
<b>Serving size 1 cup (227g)</b>	
<b>Amount per serving</b>	
<b>Calories</b>	<b>280</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 9g	<b>12%</b>
Saturated Fat 4.5g	<b>23%</b>
Trans Fat 0g	
<b>Cholesterol</b> 35mg	<b>12%</b>
<b>Sodium</b> 850mg	<b>37%</b>
<b>Total Carbohydrate</b> 34g	<b>12%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 6g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 15g	
Vitamin D 0mcg	0%
Calcium 320mg	25%
Iron 1.6mg	8%
Potassium 510mg	10%
<small>* 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.</small>	



## Putting Serving Sizes Into Action

In the example below, one serving of lasagna is one cup. If you ate two cups, you would be consuming two servings and two times the calories and nutrients shown on the Nutrition Facts label. Pay attention to the serving size, especially how many servings there are in the food package. Then you might ask yourself, “How many servings am I eating or drinking?”

	One Serving of Lasagna	%DV	Two Servings of Lasagna	%DV
<b>Serving Size</b>	<b>1 cup (227g)</b>	—	<b>2 cups (454g)</b>	—
<b>Calories</b>	<b>280</b>	—	<b>560</b>	—
Total Fat	9g	12%	18g	24%
Saturated Fat	4.5g	23%	9g	46%
<i>Trans</i> Fat	0g	—	0g	—
Cholesterol	35mg	12%	70mg	24%
Sodium	850mg	37%	1700mg	74%
Total Carbohydrate	34g	12%	68g	24%
Dietary Fiber	4g	14%	8g	29%
Total Sugars	6g	—	12g	—
Added Sugars	0g	0%	0g	0%
Protein	15g	—	30g	—
Vitamin D	0mcg	0%	0mcg	0%
Calcium	320mg	25%	640mg	50%
Iron	1.6mg	8%	3.2mg	20%
Potassium	510mg	10%	1020mg	20%

Learn more about the new Nutrition Facts label at: [www.FDA.gov/NewNutritionFactsLabel](http://www.FDA.gov/NewNutritionFactsLabel)