

9 CFR 381.412

TABLE 2—REFERENCE AMOUNTS CUSTOMARILY CONSUMED PER EATING OCCASION—GENERAL FOOD SUPPLY 1,2,3,4,5

Product category	Reference Amount	Reference Amount
	Ready-to-serve	Ready-to-cook
Egg mixtures, (western style omelet, souffle, egg foo young with poultry).	110 g	n/a
Salad and potato toppers; e.g., poultry bacon bits	7 g	n/a
Bacon; e.g., poultry breakfast strips.	15 g	26 g = bacon. 18 g = breakfast strips
Dried; e.g., poultry jerky, dried poultry, poultry sausage products with a moisture/protein ratio of less than 2:1.	30 g	n/a
Snacks; e.g., poultry snack food sticks	30 g	n/a
Luncheon products, poultry bologna, poultry Canadian style bacon, poultry crumbles, poultry luncheon loaf, potted poultry products, poultry taco fillings.	55 g	n/a
Linked poultry sausage products, poultry franks, poultry Polish sausage, smoked or pickled poultry meat, poultry smoked sausage.	55 g	n/a 69 g = uncooked sausage.
Entrees without sauce, poultry cuts, ready to cook poultry cuts, including marinated, tenderized, injected cuts of poultry, poultry corn dogs, poultry croquettes, poultry fritters, cured poultry ham products, adult pureed poultry.	85 g	114g
Canned poultry, canned chicken, canned ⁴ turkey	55 g	n/a
Entrees with sauce, turkey and gravy	140 g	n/a
Mixed dishes NOT measurable with a cup; ⁵ e.g., poultry burrito, poultry enchiladas, poultry pizza, poultry quiche, all types of poultry sandwiches, cracker and poultry lunch-type packages, poultry gyro, poultry stromboli, poultry frank on a bun, poultry burger on a bun, poultry taco, chicken oordon bleu, poultry calzone, stuffed vegetables with poultry, poultry kabobs.	140 g (plus 55 g for products toppings)	n/a
Mixed dishes, measurables with a cup; e.g., poultry casserole, macaroni and cheese with poultry, poultry pot pie, poultry spaghetti with sauce, poultry chili, poultry chili with beans, poultry hash, creamed dried poultry, poultry ravioli in sauce, poultry a la king, poultry stew, poultry goulash, poultry lasagna, poultry-filled pasta.	1 cup	n/a
Salads—pasta or potato, potato salad with poultry, macaroni and poultry salad.	140 g	n/a
Salads—all other, poultry salads, chicken salad, turkey salad	100 g	n/a
Soups—all varieties	245 g	n/a
Major main entree type sauce; e.g., spaghetti sauce with poultry	125 g	n/a
Minor main entree sauce; e.g., pizza sauce with poultry, gravy	¼ cup	n/a
Seasoning mixes dry, freeze dry, dehydrated, concentrated soup mixes, bases, extracts, dried broths and stock/juice, freeze dry trail mix products with poultry.		
As reconstituted: Amount to make one Reference Amount of the final dish; e.g.—		
Gravy	¼ 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 a sauce topping.