



Health
Canada

Santé
Canada

Nutrition Labelling – Table of Reference Amounts for Food

Draft for Canada Gazette Part I Consultation

Contents

DEFINITIONS:	4
A. BAKERY PRODUCTS	4
B. BEVERAGES	25
C. CEREALS AND OTHER GRAIN PRODUCTS	27
D. DAIRY PRODUCTS AND SUBSTITUTES	30
E. DESSERTS	34
F. DESSERT TOPPINGS AND FILLINGS	38
G. EGGS AND EGG SUBSTITUTES	39
H. FATS AND OILS	40
I. MARINE AND FRESH WATER ANIMALS	41
J. FRUIT AND FRUIT JUICES	43
K. LEGUMES	47
L. MEAT, POULTRY, THEIR PRODUCTS AND SUBSTITUTES³	48
M. MISCELLANEOUS CATEGORY	53
N. COMBINATION DISHES	55
O. NUTS AND SEEDS	56
P. POTATOES, SWEET POTATOES AND YAMS	57
Q. SALADS	59
R. SAUCES, DIPS, GRAVIES AND CONDIMENTS	59
S. SNACKS	60
T. SOUPS	62

U. SUGARS AND SWEETS	63
V. VEGETABLES	68
W. FOODS INTENDED SOLELY FOR CHILDREN UNDER FOUR YEARS OF AGE	71
X. MEAL REPLACEMENTS AND NUTRITIONAL SUPPLEMENTS	73
NOTES:.....	73

Nutrition Labelling – Table of Reference Amounts for Food

Definitions:

MM: Metric Measure

HM: Household Measure⁸

RA: Reference Amount

A. BAKERY PRODUCTS

Item	Column 1	Column 2	Column 3 ^{7,8}	
	Product Category	Reference Amount (RA) ¹	A. Criteria to Determine the Serving of Stated Size for Multiple-Serving Prepackaged Foods	B. Units for Expressing the Serving of Stated Size for Multiple-Serving Prepackaged Foods ⁷ <i>HM (MM)</i>
A.1	Bread, excluding sweet quick-type	75 g	<i>Sliced bread:</i> <ul style="list-style-type: none"> • HM: 2 slices • MM: the weight of the HM in grams⁶ 	2 slices (# g)
			<i>Un sliced bread:</i> <ul style="list-style-type: none"> • MM: RA • HM: The number and dimension of slice(s) or fraction of the loaf that is closest in grams to the RA⁴ 	number of # cm slice(s) (75 g) <u>fraction</u> loaf (75 g)
A.2	Tea biscuits, scones, rolls, buns, English muffins, croissants, tortillas, soft bread sticks, soft pretzels and corn bread	55 g	<i>Package of multiple units:</i> <ul style="list-style-type: none"> • HM: number of whole pieces or units closest in grams to the RA • MM: the weight of the HM in grams^{5A} 	# piece(s) or unit(s) (# g)

Item	Column 1	Column 2	Column 3 ^{7,8}	
	Product Category	Reference Amount (RA) ¹	A. Criteria to Determine the Serving of Stated Size for Multiple-Serving Prepackaged Foods	B. Units for Expressing the Serving of Stated Size for Multiple-Serving Prepackaged Foods ⁷ <i>HM (MM)</i>
			<i>Package of multiple, individually prepackaged units, where one piece or unit weighs either 50% to 200% of the RA, or more than 200% of the RA but can reasonably be consumed by one person at a single eating occasion:</i> <ul style="list-style-type: none"> • HM: one prepackaged piece or unit • MM: the weight of the HM in grams^{5E} 	1 package (# g)
			<i>Un sliced corn bread:</i> <ul style="list-style-type: none"> • MM: RA • HM: the number and dimensions of the piece(s) or fraction of the whole product closest in grams to the RA⁴ 	number of # cm slice(s) (55 g) <u>fraction</u> loaf (55 g)
A.3	Bagels, pita, naan, flat bread	85 g	<i>Package of multiple units:</i> <ul style="list-style-type: none"> • HM: number of whole pieces or units closest in grams to the RA • MM: the weight of the HM in grams^{5A} 	# piece(s) or unit(s) (# g)
			<i>Package of multiple, individually prepackaged</i>	1 package (# g)

Item	Column 1	Column 2	Column 3 ^{7,8}	
	Product Category	Reference Amount (RA) ¹	A. Criteria to Determine the Serving of Stated Size for Multiple-Serving Prepackaged Foods	B. Units for Expressing the Serving of Stated Size for Multiple-Serving Prepackaged Foods ⁷ <i>HM (MM)</i>
			<p><i>units, where one piece or unit weighs either 50% to 200% of the RA, or more than 200% of the RA but can reasonably be consumed by one person at a single eating occasion:</i></p> <ul style="list-style-type: none"> • HM: one prepackaged piece or unit • MM: the weight of the HM in grams^{5E} 	
A.4	Brownies, dessert squares and bars	40 g	<p><i>Bite-sized or pre-sliced:</i></p> <ul style="list-style-type: none"> • HM: number of whole pieces or units closest in grams to the RA • MM: the weight of the HM in grams^{5A,B} 	# piece(s) or unit(s) (# g)
			<p><i>Tray of brownies, squares, bars, with cut marks:</i></p> <ul style="list-style-type: none"> • HM: number of whole pre-marked pieces or units closest in grams to the RA • MM: the weight of the HM in grams^{5B} 	# piece(s) or unit(s) (# g)
			<p><i>Tray of brownies, squares, bars, uncut or unmarked:</i></p> <ul style="list-style-type: none"> • HM: dimensions of the 	# x # cm piece (# g) fraction pan (# g)

Item	Column 1	Column 2	Column 3 ^{7,8}	
	Product Category	Reference Amount (RA) ¹	A. Criteria to Determine the Serving of Stated Size for Multiple-Serving Prepackaged Foods	B. Units for Expressing the Serving of Stated Size for Multiple-Serving Prepackaged Foods ⁷ <i>HM (MM)</i>
			piece or fraction of the whole product closest in grams to the RA <ul style="list-style-type: none"> MM: the weight of the HM in grams^{5C} 	
			<i>Package of multiple, individually prepackaged units, where one piece or unit weighs either 50% to 200% of the RA, or more than 200% of the RA but can reasonably be consumed by one person at a single eating occasion:</i> <ul style="list-style-type: none"> HM: one prepackaged piece or unit MM: the weight of the HM in grams^{5E} 	1 piece or unit (# g)
A.5	Heavy weight cake: 10 g or more per 2.5 cm cube, such as cheese cake, pineapple upside-down, cake with at least 35% of the finished weight as fruit, nuts, or vegetables, or any of these combined, pound cake	125 g	<i>Uniform loaf-type products, uncut or unmarked (e.g. fruit cake, pound cake):</i> <ul style="list-style-type: none"> HM: the number and dimensions of the piece(s) or fraction of the whole product closest in grams to the RA MM: the weight of the HM in grams^{5C} 	number of # cm slice(s) (# g) <u>fraction</u> loaf (# g)

Item	Column 1	Column 2	Column 3 ^{7,8}	
	Product Category	Reference Amount (RA) ¹	A. Criteria to Determine the Serving of Stated Size for Multiple-Serving Prepackaged Foods	B. Units for Expressing the Serving of Stated Size for Multiple-Serving Prepackaged Foods ⁷ <i>HM (MM)</i>
			<i>Round cake (uncut or unmarked):</i> <ul style="list-style-type: none"> • HM: fraction of the whole product closest in grams to the RA • MM: the weight of the HM in grams^{5C} 	<u>fraction</u> cake (# g)
			<i>Square or rectangular cake (uncut or unmarked):</i> <ul style="list-style-type: none"> • HM: dimensions of the piece or fraction of the whole product closest in grams to the RA • MM: the weight of the HM in grams^{5C} 	# x # cm piece (# g) <u>fraction</u> cake (# g)
			<i>Round, square or rectangular cake, with cut marks:</i> <ul style="list-style-type: none"> • HM: number of whole pre-marked pieces or units closest in grams to the RA • MM: the weight of the HM in grams^{5B} 	# piece(s) or unit(s) (# g)
			<i>Bite-sized or pre-sliced loaf, round, square or rectangular cake:</i> <ul style="list-style-type: none"> • HM: number of whole pieces or units closest in 	# piece(s) or unit(s) (# g)

Item	Column 1	Column 2	Column 3 ^{7,8}	
	Product Category	Reference Amount (RA) ¹	A. Criteria to Determine the Serving of Stated Size for Multiple-Serving Prepackaged Foods	B. Units for Expressing the Serving of Stated Size for Multiple-Serving Prepackaged Foods ⁷ <i>HM (MM)</i>
			grams to the RA <ul style="list-style-type: none"> MM: the weight of the HM in grams^{5A,B} 	
			<i>Package of multiple, individually prepackaged units, where one piece or unit weighs either 50% to 200% of the RA, or more than 200% of the RA but can reasonably be consumed by one person at a single eating occasion:</i> <ul style="list-style-type: none"> HM: one prepackaged piece or unit MM: the weight of the HM in grams^{5E} 	1 piece or unit (# g)
A.6	Medium weight cake: 4 g or more per 2.5 cm cube but less than 10 g per 2.5 cm cube, such as cake with or without icing or filling, cake with less than 35% of the finished weight as fruit, nuts or vegetables or any of these combined; light weight cake with icing; Boston cream pie, cupcakes, eclairs, or cream puffs, individually wrapped snack cakes such as Swiss rolls.	80 g	<i>Uniform loaf-type products, uncut or unmarked:</i> <ul style="list-style-type: none"> HM: the number and dimensions of the piece(s) or fraction of the whole product closest in grams to the RA MM: the weight of the HM in grams^{5C} 	number of # cm slice(s) (# g) fraction loaf (# g)

Item	Column 1	Column 2	Column 3 ^{7,8}	
	Product Category	Reference Amount (RA) ¹	A. Criteria to Determine the Serving of Stated Size for Multiple-Serving Prepackaged Foods	B. Units for Expressing the Serving of Stated Size for Multiple-Serving Prepackaged Foods ⁷ HM (MM)
			<p><i>Round cake (uncut or unmarked):</i></p> <ul style="list-style-type: none"> • HM: fraction of the whole product closest in grams to the RA • MM: the weight of the HM in grams^{5C} 	fraction cake (# g)
			<p><i>Square or rectangular cake (uncut or unmarked):</i></p> <ul style="list-style-type: none"> • HM: dimensions of the piece or fraction of the whole product closest in grams to the RA • MM: the weight of the HM in grams^{5C} 	# x # cm piece (# g) fraction cake (# g)
			<p><i>Round, square or rectangular cake, with cut marks:</i></p> <ul style="list-style-type: none"> • HM: number of whole pre-marked pieces or units closest in grams to the RA • MM: the weight of the HM in grams^{5B} 	# piece(s) or unit(s) (# g)
			<p><i>Bite-sized or pre-sliced loaf, round, square or rectangular cake:</i></p> <ul style="list-style-type: none"> • HM: number of whole pieces or units closest in 	# piece(s) or unit(s) (# g)

Item	Column 1	Column 2	Column 3 ^{7,8}	
	Product Category	Reference Amount (RA) ¹	A. Criteria to Determine the Serving of Stated Size for Multiple-Serving Prepackaged Foods	B. Units for Expressing the Serving of Stated Size for Multiple-Serving Prepackaged Foods ⁷ <i>HM (MM)</i>
			grams to the RA <ul style="list-style-type: none"> MM: the weight of the HM in grams^{5A,B} 	
			<i>Package of multiple, individually prepackaged units, where one piece or unit weighs either 50% to 200% of the RA, or more than 200% of the RA but can reasonably be consumed by one person at a single eating occasion:</i> <ul style="list-style-type: none"> HM: one prepackaged piece or unit MM: the weight of the HM in grams^{5E} 	1 piece or unit (# g)
			<i>Non-uniform specialty cake:</i> <ul style="list-style-type: none"> MM: RA HM: fraction of the product closest in grams to the RA⁴ 	<u>fraction</u> cake (80 g)
A.7	Light weight cake: less than 4 g per 2.5 cm cube, such as angel food, chiffon, or sponge cake without icing or filling	55 g	<i>Round cake (uncut or unmarked):</i> <ul style="list-style-type: none"> HM: fraction of the whole product closest in grams to the RA 	<u>fraction</u> cake (# g)

Item	Column 1	Column 2	Column 3 ^{7,8}	
	Product Category	Reference Amount (RA) ¹	A. Criteria to Determine the Serving of Stated Size for Multiple-Serving Prepackaged Foods	B. Units for Expressing the Serving of Stated Size for Multiple-Serving Prepackaged Foods ⁷ <i>HM (MM)</i>
			<ul style="list-style-type: none"> MM: the weight of the HM in grams^{5C} 	
			<p><i>Square or rectangular cake (uncut or unmarked):</i></p> <ul style="list-style-type: none"> HM: dimensions of the piece or fraction of the whole product closest in grams to the RA MM: the weight of the HM in grams^{5C} 	<p># x # cm piece (# g) fraction cake (# g)</p>
			<p><i>Uniform loaf-type cake, uncut or unmarked:</i></p> <ul style="list-style-type: none"> HM: the number and dimensions of the piece(s) or fraction of the whole product closest in grams to the RA MM: the weight of the HM in grams^{5C} 	<p>number of # cm slice(s) (# g) fraction loaf (# g)</p>
			<p><i>Round, square or rectangular cake, with cut marks:</i></p> <ul style="list-style-type: none"> HM: number of whole pre-marked pieces or units closest in grams to the RA MM: the weight of the HM in grams^{5B} 	<p># piece(s) or unit(s) (# g)</p>

Item	Column 1 Product Category	Column 2 Reference Amount (RA) ¹	Column 3 ^{7,8}	
			A. Criteria to Determine the Serving of Stated Size for Multiple-Serving Prepackaged Foods	B. Units for Expressing the Serving of Stated Size for Multiple-Serving Prepackaged Foods ⁷ HM (MM)
			<p><i>Bite-sized or pre-sliced, round, square or rectangular cake:</i></p> <ul style="list-style-type: none"> • HM: number of whole pieces or units closest in grams to the RA • MM: the weight of the HM in grams^{5A,B} 	# piece(s) or unit(s) (# g)
			<p><i>Package of multiple, individually prepackaged units, where one piece or unit weighs either 50% to 200% of the RA, or more than 200% of the RA but can reasonably be consumed by one person at a single eating occasion:</i></p> <ul style="list-style-type: none"> • HM: one prepackaged piece or unit • MM: the weight of the HM in grams^{5E} 	1 piece or unit (# g)
A.8	Coffee cakes, doughnuts, danishes, sweet rolls, sweet quick-type breads and flaky type pastries, with or without filling or icing	55 g	<p><i>Package of multiple units:</i></p> <ul style="list-style-type: none"> • HM: number of whole pieces or units closest in grams to the RA • MM: the weight of the HM in grams^{5A} 	# piece(s) or unit(s) (# g)

Item	Column 1	Column 2	Column 3 ^{7,8}	
	Product Category	Reference Amount (RA) ¹	A. Criteria to Determine the Serving of Stated Size for Multiple-Serving Prepackaged Foods	B. Units for Expressing the Serving of Stated Size for Multiple-Serving Prepackaged Foods ⁷ <i>HM (MM)</i>
			<p><i>Package of multiple, individually prepackaged units, where one piece or unit weighs either 50% to 200% of the RA, or more than 200% of the RA but can reasonably be consumed by one person at a single eating occasion:</i></p> <ul style="list-style-type: none"> • HM: one prepackaged piece or unit • MM: the weight of the HM in grams^{5E} 	1 piece or unit (# g)
			<p><i>Uniform loaf-type coffee cake, uncut or unmarked:</i></p> <ul style="list-style-type: none"> • HM: the number and dimensions of the piece(s) or fraction of the whole product closest in grams to the RA • MM: the weight of the HM in grams^{5C} 	number of # cm slice(s) (# g) fraction loaf (# g)
			<p><i>Bite-sized pastries or pre-cut loaf or round cake:</i></p> <ul style="list-style-type: none"> • HM: number of whole pieces or units closest in 	# piece(s) or unit(s) (# g)

Item	Column 1	Column 2	Column 3 ^{7,8}	
	Product Category	Reference Amount (RA) ¹	A. Criteria to Determine the Serving of Stated Size for Multiple-Serving Prepackaged Foods	B. Units for Expressing the Serving of Stated Size for Multiple-Serving Prepackaged Foods ⁷ <i>HM (MM)</i>
			grams to the RA • MM: the weight of the HM in grams ^{5A,B}	
			<i>Round coffee cake (uncut or unmarked):</i> • HM: fraction of the whole product closest in grams to the RA • MM: the weight of the HM in grams ^{5C}	<u>fraction</u> cake (# g)
			<i>Round coffee cake, with cut marks:</i> • HM: number of whole pre-marked pieces or units closest in grams to the RA • MM: the weight of the HM in grams ^{5B}	<u>#</u> piece(s) or unit(s) (# g)
A.9	Muffins	115 g	<i>Package of multiple units:</i> • HM: number of whole pieces or units closest in grams to the RA • MM: the weight of the HM in grams ^{5A}	<u>#</u> muffin(s) (# g)

Item	Column 1	Column 2	Column 3 ^{7,8}	
	Product Category	Reference Amount (RA) ¹	A. Criteria to Determine the Serving of Stated Size for Multiple-Serving Prepackaged Foods	B. Units for Expressing the Serving of Stated Size for Multiple-Serving Prepackaged Foods ⁷ <i>HM (MM)</i>
			<i>Package of multiple, individually prepackaged units, where one piece or unit weighs either 50% to 200% of the RA, or more than 200% of the RA but can reasonably be consumed by one person at a single eating occasion:</i> <ul style="list-style-type: none"> • HM: one prepackaged piece or unit • MM: the weight of the HM in grams^{5E} 	1 muffin (# g)
A.10	Cookies, with or without coating or filling; graham wafers	30 g	<i>Bite-sized cookies, measureable with cup (where 15 or more pieces make up the RA):</i> <ul style="list-style-type: none"> • MM: RA • HM: fraction of the cup that is closest in grams to the RA⁴ 	fraction cup (30 g)
			<i>Package of multiple units (where less than 14 pieces make up the RA):</i> <ul style="list-style-type: none"> • HM: number of whole pieces or units closest in grams to the RA 	# cookie(s) (# g)

Item	Column 1	Column 2	Column 3 ^{7,8}	
	Product Category	Reference Amount (RA) ¹	A. Criteria to Determine the Serving of Stated Size for Multiple-Serving Prepackaged Foods	B. Units for Expressing the Serving of Stated Size for Multiple-Serving Prepackaged Foods ⁷ <i>HM (MM)</i>
			<ul style="list-style-type: none"> MM: the weight of the HM in grams^{5A} 	
A.11	Crackers, hard bread sticks and melba toast	20 g	<p><i>Package of multiple, individually prepackaged units, where one piece or unit weighs either 50% to 200% of the RA, or more than 200% of the RA but can reasonably be consumed by one person at a single eating occasion:</i></p> <ul style="list-style-type: none"> HM: one prepackaged piece or unit MM: the weight of the HM in grams^{5E} 	1 packet (# g)
			<p><i>Bite-sized crackers, measureable with cup (where 15 or more pieces make up the RA):</i></p> <ul style="list-style-type: none"> MM: RA HM: fraction of the cup that is closest in grams to the RA⁴ 	fraction cup (20 g)
			<p><i>Package of multiple units (where less than 14 pieces make up the RA):</i></p> <ul style="list-style-type: none"> HM: number of whole 	# cracker(s) (# g)

Item	Column 1 Product Category	Column 2 Reference Amount (RA) ¹	Column 3 ^{7,8}	
			A. Criteria to Determine the Serving of Stated Size for Multiple-Serving Prepackaged Foods	B. Units for Expressing the Serving of Stated Size for Multiple-Serving Prepackaged Foods ⁷ <i>HM (MM)</i>
			<p>pieces or units closest in grams to the RA</p> <ul style="list-style-type: none"> MM: the weight of the HM in grams^{5A} 	
			<p><i>Package of multiple, individually prepackaged units, where one piece or unit weighs either 50% to 200% of the RA, or more than 200% of the RA but can reasonably be consumed by one person at a single eating occasion:</i></p> <ul style="list-style-type: none"> HM: one prepackaged piece or unit MM: the weight of the HM in grams^{5E} 	1 packet (# g)
A.12	Cracker chips, crackers and cheese dip pack	30 g	<p><i>Package of multiple units:</i></p> <ul style="list-style-type: none"> HM: number of whole pieces or units closest in grams to the RA MM: the weight of the HM in grams^{5A} 	# cracker chips (# g)
			<p><i>Package of multiple, individually prepackaged units, where one piece or unit</i></p>	1 packet (# g)

Item	Column 1 Product Category	Column 2 Reference Amount (RA) ¹	Column 3 ^{7,8}	
			A. Criteria to Determine the Serving of Stated Size for Multiple-Serving Prepackaged Foods	B. Units for Expressing the Serving of Stated Size for Multiple-Serving Prepackaged Foods ⁷ <i>HM (MM)</i>
			<i>weighs either 50% to 200% of the RA, or more than 200% of the RA but can reasonably be consumed by one person at a single eating occasion:</i> <ul style="list-style-type: none"> • HM: one prepackaged piece or unit • MM: the weight of the HM in grams^{5E} 	
A.13	Dry breads, matzo, and rusks	30 g	<i>Package of multiple units:</i> <ul style="list-style-type: none"> • HM: number of whole pieces or units closest in grams to the RA • MM: the weight of the HM in grams^{5A} 	# piece(s) or unit(s) (# g)
A.14	Toaster pastries	55 g	<i>Package of multiple units:</i> <ul style="list-style-type: none"> • HM: number of whole pieces or units closest in grams to the RA • MM: the weight of the HM in grams^{5A} 	# piece(s) or unit(s) (# g)
			<i>Package of multiple, individually prepackaged units, where one piece or unit weighs either 50% to 200%</i>	1 packet (# g)

Item	Column 1 Product Category	Column 2 Reference Amount (RA) ¹	Column 3 ^{7,8}	
			A. Criteria to Determine the Serving of Stated Size for Multiple-Serving Prepackaged Foods	B. Units for Expressing the Serving of Stated Size for Multiple-Serving Prepackaged Foods ⁷ <i>HM (MM)</i>
			<p><i>of the RA, or more than 200% of the RA but can reasonably be consumed by one person at a single eating occasion:</i></p> <ul style="list-style-type: none"> • HM: one prepackaged piece or unit • MM: the weight of the HM in grams^{5E} 	
A.15	Ice cream cones	5 g	<p><i>Package of multiple units:</i></p> <ul style="list-style-type: none"> • HM: number of whole pieces or units closest in grams to the RA • MM: the weight of the HM in grams^{5A} 	# piece(s) or unit(s) (# g)
A.16	Croutons	7 g	<p><i>Package of multiple units:</i></p> <ul style="list-style-type: none"> • HM: fraction of the cup or number of whole pieces or units closest in grams to the RA • MM: the weight of the HM in grams^{4,5A} 	<p><u>fraction</u> cup (7 g) # piece(s) or unit(s) (# g)</p>
A.17	French toast, pancakes, and waffles	75 g	<p><i>Package of multiple units:</i></p> <ul style="list-style-type: none"> • HM: number of whole pieces or units closest in grams to the RA • MM: the weight of the HM in grams^{5A} 	# piece(s) or unit(s) (# g)

Item	Column 1 Product Category	Column 2 Reference Amount (RA) ¹	Column 3 ^{7,8}	
			A. Criteria to Determine the Serving of Stated Size for Multiple-Serving Prepackaged Foods	B. Units for Expressing the Serving of Stated Size for Multiple-Serving Prepackaged Foods ⁷ HM (MM)
A.18	Grain-based bars with filling or partial or full coating	40 g	<i>Package of multiple, individually prepackaged units, where one piece or unit weighs either 50% to 200% of the RA, or more than 200% of the RA but can reasonably be consumed by one person at a single eating occasion:</i> <ul style="list-style-type: none"> • HM: one prepackaged piece or unit • MM: the weight of the HM in grams^{5E} 	1 package (# g)
A.19	Grain-based bars, without filling or coating	30 g	<i>Package of multiple, individually prepackaged units, where one piece or unit weighs either 50% to 200% of the RA, or more than 200% of the RA but can reasonably be consumed by one person at a single eating occasion:</i> <ul style="list-style-type: none"> • HM: one prepackaged piece or unit • MM: the weight of the HM in grams^{5E} 	1 package (# g)
A.20	Energy and protein bars	45 g	<i>Package of multiple, individually prepackaged</i>	1 package (# g)

Item	Column 1 Product Category	Column 2 Reference Amount (RA) ¹	Column 3 ^{7,8}	
			A. Criteria to Determine the Serving of Stated Size for Multiple-Serving Prepackaged Foods	B. Units for Expressing the Serving of Stated Size for Multiple-Serving Prepackaged Foods ⁷ HM (MM)
			<p>units, where one piece or unit weighs either 50% to 200% of the RA, or more than 200% of the RA but can reasonably be consumed by one person at a single eating occasion:</p> <ul style="list-style-type: none"> • HM: one prepackaged piece or unit • MM: the weight of the HM in grams^{5E} 	
A.21	Rice cakes and corn cakes	15 g	<p>Package of multiple units:</p> <ul style="list-style-type: none"> • HM: number of whole pieces or units closest in grams to the RA • MM: the weight of the HM in grams^{5A} 	# piece(s) or unit(s) (# g)
A.22	Pies, tarts, cobblers, turnovers, other pastries	110 g	<p>Round pies and tarts ,uncut or unmarked:</p> <ul style="list-style-type: none"> • HM: fraction of the whole product closest in grams to the RA • MM: the weight of the HM in grams^{5C} 	fraction pie (# g)
			<p>Round pies and tarts, cobbler, with cut marks:</p> <ul style="list-style-type: none"> • HM: number of whole pre-marked pieces or 	# piece(s) or unit(s) (# g)

Item	Column 1	Column 2	Column 3 ^{7,8}	
	Product Category	Reference Amount (RA) ¹	A. Criteria to Determine the Serving of Stated Size for Multiple-Serving Prepackaged Foods	B. Units for Expressing the Serving of Stated Size for Multiple-Serving Prepackaged Foods ⁷ <i>HM (MM)</i>
			units closest in grams to the RA <ul style="list-style-type: none"> MM: the weight of the HM in grams^{5B} 	
			<i>Bite-sized or pre-cut round pies, tarts, cobbler:</i> <ul style="list-style-type: none"> HM: number of whole pre-marked pieces or units closest in grams to the RA MM: the weight of the HM in grams^{5A,B} 	# piece(s) or unit(s) (# g)
			<i>Cobbler, uncut or unmarked:</i> <ul style="list-style-type: none"> HM: dimensions of the piece or fraction of the whole product closest in grams to the RA MM: the weight of the HM in grams^{5C} 	# x # cm piece (# g) fraction cobbler (# g)
			<i>Package of multiple turnovers or other pastries:</i> <ul style="list-style-type: none"> HM: number of whole pieces or units closest in grams to the RA MM: the weight of the HM in grams^{5A} 	# piece(s) or unit(s) (# g)
			<i>Package of multiple, individually prepackaged</i>	1 piece or unit (# g)

Item	Column 1	Column 2	Column 3 ^{7,8}	
	Product Category	Reference Amount (RA) ¹	A. Criteria to Determine the Serving of Stated Size for Multiple-Serving Prepackaged Foods	B. Units for Expressing the Serving of Stated Size for Multiple-Serving Prepackaged Foods ⁷ <i>HM (MM)</i>
			<p><i>units, where one piece or unit weighs either 50% to 200% of the RA, or more than 200% of the RA but can reasonably be consumed by one person at a single eating occasion:</i></p> <ul style="list-style-type: none"> • HM: one prepackaged piece or unit • MM: the weight of the HM in grams^{5E} 	
A.23	Pie crust	1/6 of 20 cm crust or 1/8 of 23 cm crust	<p><i>Pie crust, uncut or unmarked:</i></p> <ul style="list-style-type: none"> • HM: fraction of the whole product closest in grams to the RA • MM: the weight of the HM in grams^{5C} 	<u>fraction</u> crust (# g)
A.24	Pizza crust	55 g	<p><i>Round pizza crust, uncut or unmarked:</i></p> <ul style="list-style-type: none"> • HM: fraction of the whole product closest in grams to the RA • MM: the weight of the HM in grams^{5C} 	<u>fraction</u> crust (# g)
			<p><i>Square or rectangular pizza crust, uncut or unmarked:</i></p> <ul style="list-style-type: none"> • HM: dimensions of the piece or fraction of the 	# x # cm piece (# g) <u>fraction</u> crust (# g)

Item	Column 1 Product Category	Column 2 Reference Amount (RA) ¹	Column 3 ^{7,8}	
			A. Criteria to Determine the Serving of Stated Size for Multiple-Serving Prepackaged Foods	B. Units for Expressing the Serving of Stated Size for Multiple-Serving Prepackaged Foods ⁷ <i>HM (MM)</i>
			whole product closest in grams to the RA <ul style="list-style-type: none"> MM: the weight of the HM in grams^{5C} 	
A.25	Taco shell, hard	30 g	<i>Package of multiple units:</i> <ul style="list-style-type: none"> HM: number of whole pieces or units closest in grams to the RA MM: the weight of the HM in grams^{5A} 	# piece(s) or unit(s) (# g)

B. BEVERAGES

Item	Column 1 Product Category	Column 2 Reference Amount (RA) ¹	Column 3 ^{7,8}	
			A. Criteria to Determine the Serving of Stated Size for Multiple-Serving Prepackaged Foods	B. Units for Expressing the Serving of Stated Size for Multiple-Serving Prepackaged Foods ⁷ <i>HM (MM)</i>
B.1	Carbonated and non-carbonated beverages, <ul style="list-style-type: none"> Iced tea, including flavoured and sweetened Iced coffee and iced specialty coffee, including flavoured and sweetened 	375 mL	<ul style="list-style-type: none"> MM: RA HM: 1 1/2 cup⁴ 	1 1/2 cup (375 mL)
B.2	Alcoholic beverages: a. wine b. beer	188 mL 333 mL	<i>wine</i> <ul style="list-style-type: none"> MM: RA 	<i>wine</i> 3/4 cup (188 mL)

Item	Column 1 Product Category	Column 2 Reference Amount (RA) ¹	Column 3 ^{7,8}	
			A. Criteria to Determine the Serving of Stated Size for Multiple-Serving Prepackaged Foods	B. Units for Expressing the Serving of Stated Size for Multiple-Serving Prepackaged Foods ⁷ <i>HM (MM)</i>
	c. coolers	333 mL	<ul style="list-style-type: none"> HM: 3/4 cup⁴ <i>beer and coolers</i> MM: RA HM: 333 mL⁴ 	<i>beer and coolers</i> 1 1/3 cup (333 mL)
B.3	Sports drinks, energy drinks and water	500 mL	<ul style="list-style-type: none"> MM: RA HM: 2 cups⁴ 	2 cups (500 mL)
B.4	Coffee: a. regular, instant and specialty, including café au lait, flavoured and sweetened b. espresso	250 mL 30 mL for espresso	<i>coffee</i> <ul style="list-style-type: none"> MM: RA HM: 1 cup⁴ <i>espresso</i> <ul style="list-style-type: none"> MM: RA HM: 2 tablespoons⁴ 	<i>coffee</i> 1 cup (250 mL) <i>espresso</i> 2 tbsp (30 mL)
B.5	Tea and herbal tea, including regular and instant (hot), and flavoured and sweetened, prepared from mixes	250 mL	<ul style="list-style-type: none"> MM: RA HM: 1 cup⁴ 	1 cup (250 mL)
B.6	Cocoa and chocolate beverages (hot)	Amount to prepare 250 mL	<i>Container:</i> <ul style="list-style-type: none"> MM: amount in grams required to prepare RA HM: the number of tablespoons or scoops to prepare the RA (according to directions)⁴ 	# tbsp or scoop(s) (<u>RA</u> g)
			<i>Package of multiple, individually prepackaged units, where one piece or unit weighs either 50% to 200% of the RA, or more than 200% of the RA but can</i>	1 pouch (# g)

Item	Column 1	Column 2	Column 3 ^{7,8}	
	Product Category	Reference Amount (RA) ¹	A. Criteria to Determine the Serving of Stated Size for Multiple-Serving Prepackaged Foods	B. Units for Expressing the Serving of Stated Size for Multiple-Serving Prepackaged Foods ⁷ <i>HM (MM)</i>
			<i>reasonably be consumed by one person at a single eating occasion:</i> <ul style="list-style-type: none"> HM: one prepackaged piece or unit MM: the weight of the HM in grams^{5E} 	

C. CEREALS AND OTHER GRAIN PRODUCTS

Item	Column 1	Column 2	Column 3 ^{7,8}	
	Product Category	Reference Amount (RA) ¹	A. Criteria to Determine the Serving of Stated Size for Multiple-Serving Prepackaged Foods	B. Units for Expressing the Serving of Stated Size for Multiple-Serving Prepackaged Foods ⁷ <i>HM (MM)</i>
C.1	Hot breakfast cereals, such as oatmeal, or cream of wheat	40 g dry, 250 mL prepared	<i>dry:</i> <ul style="list-style-type: none"> MM: RA HM: the number of tablespoons or a fraction of a cup, that is closest in grams to the RA⁴ 	<i>dry:</i> # tbsp (40 g) <u>fraction</u> cup (40 g)
			<i>prepared:</i> <ul style="list-style-type: none"> MM: RA HM: 1 cup⁴ 	<i>prepared:</i> 1 cup (250 mL)
			<i>Package of multiple, individually prepackaged</i>	1 piece or unit (# g)

Item	Column 1 Product Category	Column 2 Reference Amount (RA) ¹	Column 3 ^{7,8}	
			A. Criteria to Determine the Serving of Stated Size for Multiple-Serving Prepackaged Foods	B. Units for Expressing the Serving of Stated Size for Multiple-Serving Prepackaged Foods ⁷ HM (MM)
			<p>units, where one piece or unit weighs either 50% to 200% of the RA, or more than 200% of the RA but can reasonably be consumed by one person at a single eating occasion:</p> <ul style="list-style-type: none"> • HM: one prepackaged piece or unit • MM: the weight of the HM in grams^{5E} 	
C.2	Ready-to-eat breakfast cereals, puffed and uncoated (less than 20 g per 250 mL)	15 g	<ul style="list-style-type: none"> • HM: 1 cup • MM: the weight of the HM in grams⁶ 	1 cup (# g)
C.3	Ready-to-eat breakfast cereals, puffed and coated, flaked, extruded, without fruit or nuts (20 g to 42 g per 250 mL), very high fibre cereals (with 28 g or more fibre per 100 g)	30 g	<ul style="list-style-type: none"> • HM: 1 cup • MM: the weight of the HM in grams⁶ 	1 cup (# g)
C.4	Ready-to-eat breakfast cereals, fruit and nut type, granola (weighing 43 g or more per 250 mL) and biscuit type cereals	55 g	<ul style="list-style-type: none"> • HM: 1 cup • MM: the weight of the HM in grams⁶ 	1 cup (# g)
C.5	Bran and wheat germ, milled flax, hemp and chia seeds	15 g	<ul style="list-style-type: none"> • MM: RA • HM: the number of tablespoons or fraction of a cup that is closest in grams to the RA⁴ 	# tbsp (15 g) fraction cup (15 g)
C.6	Flours and cornmeal, not including nut flours	30 g	<ul style="list-style-type: none"> • MM: RA 	# tbsp (30 g)

Item	Column 1 Product Category	Column 2 Reference Amount (RA) ¹	Column 3 ^{7,8}	
			A. Criteria to Determine the Serving of Stated Size for Multiple-Serving Prepackaged Foods	B. Units for Expressing the Serving of Stated Size for Multiple-Serving Prepackaged Foods ⁷ <i>HM (MM)</i>
	(see item 113), including rye, potato, corn, barley, sorghum, buckwheat flours, including gluten-free blends		<ul style="list-style-type: none"> HM: the number of tablespoons or fraction of a cup that is closest in grams to the RA⁴ 	<u>fraction</u> cup (30 g)
C.7	Grains, such as rice or barley, including flavoured rice and grains	45 g dry 140 g cooked	<p><i>dry grains:</i></p> <ul style="list-style-type: none"> MM: RA HM: the number of tablespoons or fraction of a cup that is closest in grams to the RA⁴ <p><i>cooked grains:</i></p> <ul style="list-style-type: none"> MM: RA HM: fraction of a cup or of the package that is closest in grams to the RA⁴ 	<p><i>dry:</i></p> <p># tbsp (45 g)</p> <p><u>fraction</u> cup (45 g)</p> <p><i>cooked:</i></p> <p><u>fraction</u> cup (140 g)</p> <p><u>fraction</u> package (140 g)</p>
C.8	Pastas, gnocchi without sauce	85 g dry 215 g cooked	<ul style="list-style-type: none"> MM: RA HM: fraction of a cup or of the package that is closest in grams to the RA⁴ 	<p><i>dry:</i></p> <p><u>fraction</u> cup (85 g)</p> <p><u>fraction</u> package (85 g)</p> <p><i>cooked:</i></p> <p><u>fraction</u> cup (215 g)</p> <p><u>fraction</u> package (215 g)</p>
C.9	Pastas, dry and ready-to-eat, such as fried chow mein noodles	25 g	<ul style="list-style-type: none"> MM: RA HM: fraction of a cup that is closest in grams to the RA⁴ 	<u>fraction</u> cup (25 g)
C.10	Starch, such as cornstarch, potato starch, tapioca starch or wheat starch	10 g	<ul style="list-style-type: none"> MM: RA HM: number of 	# tsp (10 g)

Item	Column 1 Product Category	Column 2 Reference Amount (RA) ¹	Column 3 ^{7,8}	
			A. Criteria to Determine the Serving of Stated Size for Multiple-Serving Prepackaged Foods	B. Units for Expressing the Serving of Stated Size for Multiple-Serving Prepackaged Foods ⁷ <i>HM (MM)</i>
			teaspoons that is closest in grams to the RA ⁴	
C.11	Stuffing	100 g	<ul style="list-style-type: none"> MM: RA HM: fraction of a cup that is closest in grams to the RA⁴ 	<u>fraction</u> cup (100 g)

D. DAIRY PRODUCTS AND SUBSTITUTES

Item	Column 1 Product Category	Column 2 Reference Amount (RA) ¹	Column 3 ^{7,8}	
			A. Criteria to Determine the Serving of Stated Size for Multiple-Serving Prepackaged Foods	B. Units for Expressing the Serving of Stated Size for Multiple-Serving Prepackaged Foods ⁷ <i>HM (MM)</i>
D.1	Cheese, including cream cheese and cheese spread, except those listed as a separate item	30 g	<p><i>Cream cheese, cheese spread, grated cheese and wedge or piece of cheese :</i></p> <ul style="list-style-type: none"> MM: RA HM: number of tablespoons, fraction of a cup, or dimensions of the piece that is closest in grams to the RA⁴ 	<p><i>Cream cheese and cheese spread:</i> # tbsp (30 g) <i>grated:</i> <u>fraction</u> cup (30 g) <i>wedge or piece:</i> # cm cube (30 g)</p>
			<p><i>Wheel of cheese:</i></p> <ul style="list-style-type: none"> HM: fraction of the whole product closest in 	<u>fraction</u> wheel (# g)

Item	Column 1	Column 2	Column 3 ^{7,8}	
	Product Category	Reference Amount (RA) ¹	A. Criteria to Determine the Serving of Stated Size for Multiple-Serving Prepackaged Foods	B. Units for Expressing the Serving of Stated Size for Multiple-Serving Prepackaged Foods ⁷ <i>HM (MM)</i>
			grams to the RA <ul style="list-style-type: none"> MM: the weight of the HM in grams^{5C} 	
			<i>Package of multiple, individually prepackaged units, where one piece or unit weighs either 50% to 200% of the RA, or more than 200% of the RA but can reasonably be consumed by one person at a single eating occasion:</i> <ul style="list-style-type: none"> HM: one prepackaged piece or unit MM: the weight of the HM in grams^{5E} 	1 piece or unit (# g) (cheese string, packet, small round encased in wax, cheese triangle, container)
			<i>In all other cases of package of multiple units:</i> <ul style="list-style-type: none"> HM: number of whole pieces or units closest in grams to the RA MM: the weight of the HM in grams^{5A} 	# piece(s) or unit(s) (# g) (mini party cubes of cheese)
D.2	Cottage cheese	125 g	<ul style="list-style-type: none"> MM: RA HM: fraction of a cup that is closest in grams to RA⁴ 	<u>fraction</u> cup (125 g)
D.3	Cheese used as an ingredient, such as dry	55 g	<ul style="list-style-type: none"> MM: RA 	<u>fraction</u> cup (125 g)

Item	Column 1 Product Category	Column 2 Reference Amount (RA) ¹	Column 3 ^{7,8}	
			A. Criteria to Determine the Serving of Stated Size for Multiple-Serving Prepackaged Foods	B. Units for Expressing the Serving of Stated Size for Multiple-Serving Prepackaged Foods ⁷ <i>HM (MM)</i>
	cottage cheese or ricotta cheese		<ul style="list-style-type: none"> HM: fraction of a cup that is closest in grams to RA⁴ 	
D.4	Hard cheese, grated, such as parmesan or romano	15 g	<ul style="list-style-type: none"> MM: RA HM: number of tablespoons that is closest in grams to RA⁴ 	# tbsp (15 g)
D.5	Quark, fresh cheese and fresh dairy desserts	100 g	<ul style="list-style-type: none"> MM: RA HM: fraction of a cup that is closest in grams to RA⁴ 	<u>fraction</u> cup (100 g)
D.6	Cream and cream substitute, except those listed as separate item	15 mL	<ul style="list-style-type: none"> MM: RA HM: 1 tablespoon⁴ 	1 tbsp (15 mL)
D.7	Cream and cream substitute, powder	2 g	<ul style="list-style-type: none"> MM: RA HM: number of teaspoons that is closest in grams to RA⁴ 	# tsp (2 g)
D.8	Cream and cream substitute, aerosol or whipped	15 g	<ul style="list-style-type: none"> MM: RA HM: number of tablespoons that is closest in grams to RA⁴ 	# tbsp (15 g)
D.9	Eggnog	125 mL	<ul style="list-style-type: none"> MM: RA HM: 1/2 cup⁴ 	1/2 cup (125 mL)
D.10	Milk, evaporated or condensed	15 mL	<ul style="list-style-type: none"> MM: RA HM: 1 tablespoon⁴ 	1 tbsp (15 mL)
D.11	Milk, buttermilk and milk-based drinks, such as chocolate milk, plant-based beverages	250 mL	<ul style="list-style-type: none"> MM: RA HM: 1 cup⁴ 	1 cup (250 mL)

Item	Column 1 Product Category	Column 2 Reference Amount (RA) ¹	Column 3 ^{7,8}	
			A. Criteria to Determine the Serving of Stated Size for Multiple-Serving Prepackaged Foods	B. Units for Expressing the Serving of Stated Size for Multiple-Serving Prepackaged Foods ⁷ <i>HM (MM)</i>
D.12	Fermented dairy drinks including drinkable yogurts, kefir	188 mL	<ul style="list-style-type: none"> MM: RA HM: 3/4 cup⁴ 	3/4 cup (188 mL)
D.13	Shakes, including protein shakes and dairy substitute shakes, smoothies (if whey/dairy or plant-based beverage is a main ingredient), including those with coffee or juice	250 mL	<ul style="list-style-type: none"> MM: RA HM: 1 cup⁴ 	1 cup (250 mL)
D.14	Sour cream	30 mL	<ul style="list-style-type: none"> MM: RA HM: 2 tablespoons⁴ 	2 tbsp (30 mL)
D.15	Yogurt	175 g	<i>Container:</i> <ul style="list-style-type: none"> MM: RA HM: fraction of a cup that is closest in grams to RA⁴ 	<u>fraction</u> cup (175 g)
			<i>Package of multiple, individually prepackaged units, where one piece or unit weighs either 50% to 200% of the RA, or more than 200% of the RA but can reasonably be consumed by one person at a single eating occasion:</i> <ul style="list-style-type: none"> HM: one prepackaged piece or unit MM: the weight of the HM in grams^{5E} 	1 piece or unit (# g)
			<i>In all other cases of package</i>	# piece(s) or unit(s) (# g)

Item	Column 1 Product Category	Column 2 Reference Amount (RA) ¹	Column 3 ^{7,8}	
			A. Criteria to Determine the Serving of Stated Size for Multiple-Serving Prepackaged Foods	B. Units for Expressing the Serving of Stated Size for Multiple-Serving Prepackaged Foods ⁷ <i>HM (MM)</i>
			<i>of multiple units:</i> <ul style="list-style-type: none"> • HM: number of whole pieces or units closest in grams to the RA • MM: the weight of the HM in grams^{5A} 	

E. DESSERTS

Item	Column 1 Product Category	Column 2 Reference Amount (RA) ¹	Column 3 ^{7,8}	
			A. Criteria to Determine the Serving of Stated Size for Multiple-Serving Prepackaged Foods	B. Units for Expressing the Serving of Stated Size for Multiple-Serving Prepackaged Foods ⁷ <i>HM (MM)</i>
E.1	Ice cream, ice milk, frozen yogurt, sherbet, frozen dairy and non-dairy desserts sold in tubs, including sorbet and gelato	188 mL	<ul style="list-style-type: none"> • MM: RA • HM: 3/4 cup⁴ 	3/4 cup (188 mL)
E.2	Dairy desserts, frozen, such as cakes, bars, sandwiches or cones	125 mL	<i>Package of multiple, individually prepackaged units, where one piece or unit weighs either 50% to 200% of the RA, or more than 200% of the RA but can reasonably be consumed by one person at a single eating occasion:</i>	1 piece or unit (# g)

Item	Column 1	Column 2	Column 3 ^{7,8}	
	Product Category	Reference Amount (RA) ¹	A. Criteria to Determine the Serving of Stated Size for Multiple-Serving Prepackaged Foods	B. Units for Expressing the Serving of Stated Size for Multiple-Serving Prepackaged Foods ⁷ <i>HM (MM)</i>
			<ul style="list-style-type: none"> HM: one prepackaged piece or unit MM: the weight of the HM in grams^{5E} 	
			<i>Package of multiple units:</i> <ul style="list-style-type: none"> HM: number of whole pieces or units closest in grams to the RA MM: the weight of the HM in grams^{5A} 	# piece(s) or unit(s) (# g)
			<i>Uniform loaf-type products, uncut or unmarked:</i> <ul style="list-style-type: none"> HM: the number and dimensions of the piece(s) or fraction of the whole product closest in grams to the RA MM: the weight of the HM in grams^{5C} 	number of # cm slice(s) (# g) fraction loaf (# g)
			<i>Round cake (uncut or unmarked):</i> <ul style="list-style-type: none"> HM: fraction of the whole product closest in grams to the RA MM: the weight of the HM in grams^{5C} 	fraction cake (# g)
			<i>Square or rectangular cake (uncut or unmarked):</i>	# x # cm piece (# g) fraction cake (# g)

Item	Column 1 Product Category	Column 2 Reference Amount (RA) ¹	Column 3 ^{7,8}	
			A. Criteria to Determine the Serving of Stated Size for Multiple-Serving Prepackaged Foods	B. Units for Expressing the Serving of Stated Size for Multiple-Serving Prepackaged Foods ⁷ <i>HM (MM)</i>
			<ul style="list-style-type: none"> HM: dimensions of the piece or fraction of the whole product closest in grams to the RA MM: the weight of the HM in grams^{5C} 	
E.3	Non-dairy desserts, frozen, such as flavoured and sweetened ice or pops, frozen fruit juices in bars or cups	75 mL	<i>Package of multiple units:</i> <ul style="list-style-type: none"> HM: number of whole pieces or units closest in grams to the RA MM: the weight of the HM in grams^{5A,D} 	# piece(s) or unit(s) (# g)
			<i>Package of multiple, individually prepackaged units, where one piece or unit weighs either 50% to 200% of the RA, or more than 200% of the RA but can reasonably be consumed by one person at a single eating occasion:</i> <ul style="list-style-type: none"> HM: one prepackaged piece or unit MM: the weight of the HM in grams^{5E} 	1 piece or unit (# g)
E.4	Sundaes	250 mL	<i>Package of multiple units:</i> <ul style="list-style-type: none"> HM: number of whole pieces or units closest in 	# piece(s) or unit(s) (# g)

Item	Column 1	Column 2	Column 3 ^{7,8}	
	Product Category	Reference Amount (RA) ¹	A. Criteria to Determine the Serving of Stated Size for Multiple-Serving Prepackaged Foods	B. Units for Expressing the Serving of Stated Size for Multiple-Serving Prepackaged Foods ⁷ <i>HM (MM)</i>
			grams to the RA <ul style="list-style-type: none"> MM: the weight of the HM in grams^{5A} 	
			<i>Package of multiple, individually prepackaged units, where one piece or unit weighs either 50% to 200% of the RA, or more than 200% of the RA but can reasonably be consumed by one person at a single eating occasion:</i> <ul style="list-style-type: none"> HM: one prepackaged piece or unit MM: the weight of the HM in grams^{5E} 	1 piece or unit (# g)
E.5	Custard, gelatin and pudding	125 mL	<i>Container:</i> <ul style="list-style-type: none"> MM: RA HM: 1/2 cup⁴ 	1/2 cup (125 mL)
			<i>Package of multiple units:</i> <ul style="list-style-type: none"> HM: number of whole pieces or units closest in grams to the RA MM: the weight of the HM in grams^{5A} 	# piece(s) or unit(s) (# mL)
			<i>Package of multiple, individually prepackaged units, where one piece or unit</i>	1 piece or unit (# mL)

Item	Column 1	Column 2	Column 3 ^{7,8}	
	Product Category	Reference Amount (RA) ¹	A. Criteria to Determine the Serving of Stated Size for Multiple-Serving Prepackaged Foods	B. Units for Expressing the Serving of Stated Size for Multiple-Serving Prepackaged Foods ⁷ <i>HM (MM)</i>
			<p><i>weighs either 50% to 200% of the RA, or more than 200% of the RA but can reasonably be consumed by one person at a single eating occasion:</i></p> <ul style="list-style-type: none"> • HM: one prepackaged piece or unit • MM: the weight of the HM in grams^{5E} 	

F. DESSERT TOPPINGS AND FILLINGS

Item	Column 1	Column 2	Column 3 ^{7,8}	
	Product Category	Reference Amount (RA) ¹	A. Criteria to Determine the Serving of Stated Size for Multiple-Serving Prepackaged Foods	B. Units for Expressing the Serving of Stated Size for Multiple-Serving Prepackaged Foods ⁷ <i>HM (MM)</i>
F.1	Dessert toppings, such as maple butter and marshmallow cream	30 g	<ul style="list-style-type: none"> • MM: RA • HM: number of tablespoons that is closest in grams to RA⁴ 	# tbsp (30 g)
F.2	Cake frostings, icings and streusel topping	35 g	<ul style="list-style-type: none"> • MM: RA • HM: number of tablespoons that is closest in grams to RA⁴ 	# tbsp (35 g)

Item	Column 1 Product Category	Column 2 Reference Amount (RA) ¹	Column 3 ^{7,8}	
			A. Criteria to Determine the Serving of Stated Size for Multiple-Serving Prepackaged Foods	B. Units for Expressing the Serving of Stated Size for Multiple-Serving Prepackaged Foods ⁷ <i>HM (MM)</i>
F.3	Pie fillings	83 mL	<ul style="list-style-type: none"> MM: RA HM: 1/3 cup⁴ 	1/3 cup (83 mL)

G. EGGS AND EGG SUBSTITUTES

Item	Column 1 Product Category	Column 2 Reference Amount (RA) ¹	Column 3 ^{7,8}	
			A. Criteria to Determine the Serving of Stated Size for Multiple-Serving Prepackaged Foods	B. Units for Expressing the Serving of Stated Size for Multiple-Serving Prepackaged Foods ⁷ <i>HM (MM)</i>
G.1	Egg mixtures, such as egg foo young, scrambled eggs, omelets	110 g	<ul style="list-style-type: none"> MM: RA HM: fraction of the cup that is closest in grams to the RA⁴ 	<u>fraction</u> cup (110 g)
G.2	Eggs, including eggs in the shell, liquid eggs and liquid egg whites	100 g	<i>Shell eggs:</i> <ul style="list-style-type: none"> HM: 2 eggs MM: the weight of the HM in grams⁵ 	2 eggs (# g)
			<i>Liquid eggs:</i> <ul style="list-style-type: none"> MM: RA HM: fraction of a cup closest in grams to the RA⁴ 	<u>fraction</u> cup (100 g)
G.3	Egg substitutes	100 g	<ul style="list-style-type: none"> MM: RA HM: fraction of a cup closest in grams to the 	<u>fraction</u> cup (100 g)

Item	Column 1 Product Category	Column 2 Reference Amount (RA) ¹	Column 3 ^{7,8}	
			A. Criteria to Determine the Serving of Stated Size for Multiple-Serving Prepackaged Foods	B. Units for Expressing the Serving of Stated Size for Multiple-Serving Prepackaged Foods ⁷ <i>HM (MM)</i>
			RA ⁴	

H. FATS AND OILS

Item	Column 1 Product Category	Column 2 Reference Amount (RA) ¹	Column 3 ^{7,8}	
			A. Criteria to Determine the Serving of Stated Size for Multiple-Serving Prepackaged Foods	B. Units for Expressing the Serving of Stated Size for Multiple-Serving Prepackaged Foods ⁷ <i>HM (MM)</i>
H.1	Butter, margarine, shortening, lard, butter-flavoured spread	10 g	<ul style="list-style-type: none"> MM: RA HM: number of teaspoons closest in grams to the RA⁴ 	# tsp (10 g)
H.2	Vegetable oil	10 mL	<ul style="list-style-type: none"> MM: RA HM: number of teaspoons closest in grams to the RA⁴ 	2 tsp (10 mL)
H.3	Butter replacement, powder	2 g	<ul style="list-style-type: none"> MM: RA HM: fraction of a teaspoons closest in grams to the RA⁴ 	<u>fraction</u> tsp (2 g)
H.4	Dressings for salad	30 mL	<ul style="list-style-type: none"> MM: RA HM: 2 tablespoons⁴ 	2 tbsp (30 mL)
H.5	Mayonnaise, sandwich spread and mayonnaise-type dressing	15 mL	<ul style="list-style-type: none"> MM: RA HM: 1 tablespoon⁴ 	1 tbsp (15 mL)

Item	Column 1 Product Category	Column 2 Reference Amount (RA) ¹	Column 3 ^{7,8}	
			A. Criteria to Determine the Serving of Stated Size for Multiple-Serving Prepackaged Foods	B. Units for Expressing the Serving of Stated Size for Multiple-Serving Prepackaged Foods ⁷ <i>HM (MM)</i>
H.6	Oil, spray type	0.5 g	<ul style="list-style-type: none"> MM: RA HM: number of seconds of spray, closest in grams to the RA⁴ 	# second(s) spray (0.5 g)

I. MARINE AND FRESH WATER ANIMALS

Item	Column 1 Product Category	Column 2 Reference Amount (RA) ¹	Column 3 ^{7,8}	
			A. Criteria to Determine the Serving of Stated Size for Multiple-Serving Prepackaged Foods	B. Units for Expressing the Serving of Stated Size for Multiple-Serving Prepackaged Foods ⁷ <i>HM (MM)</i>
I.1	Canned anchovies, anchovy paste and caviar	15 g ²	<i>Paste and caviar:</i> <ul style="list-style-type: none"> MM: RA HM: number of tablespoons closest in grams to the RA⁴ 	# tbsp (15 g)
			<i>Anchovy filets:</i> <ul style="list-style-type: none"> HM: number of whole pieces or units closest in grams to the RA MM: the weight of the HM in grams^{5A} 	# piece(s) or unit(s) (# g)
I.2	Marine and fresh water animals with sauce, such as fish with cream sauce or shrimp with lobster sauce	140 g cooked	<ul style="list-style-type: none"> MM: RA HM: fraction of the package, fraction of the 	fraction package (140 g) fraction cup (140 g) # piece(s) or unit(s) (140 g)

Item	Column 1 Product Category	Column 2 Reference Amount (RA) ¹	Column 3 ^{7,8}	
			A. Criteria to Determine the Serving of Stated Size for Multiple-Serving Prepackaged Foods	B. Units for Expressing the Serving of Stated Size for Multiple-Serving Prepackaged Foods ⁷ <i>HM (MM)</i>
			cup, or number of pieces or units closest in grams to the RA ⁴	
I.3	Marine and fresh water animals without sauce, such as plain or fried fish or shellfish, or fish or shellfish cakes, with or without breading or batter	125 g raw 100 g cooked	<i>Non-uniform pieces:</i> <ul style="list-style-type: none"> MM: RA HM: number of whole pieces or units that is closest in grams to the RA⁴ 	<i>raw:</i> # piece(s) or unit(s) (125 g) <i>cooked:</i> # piece(s) or unit(s) (100 g)
			<i>Uniform pieces:</i> <ul style="list-style-type: none"> HM: number of whole pieces or units closest in grams to the RA MM: the weight of the HM in grams^{5A} 	# piece(s) or unit(s) (# g)
			<i>Whole fish:</i> <ul style="list-style-type: none"> MM: 100g HM: none required⁶ 	100 g
I.4	Marine and fresh water animals, canned	85 g ²	<ul style="list-style-type: none"> MM: RA HM: fraction of the can or of the cup that is closest in grams to the RA⁴ 	<u>fraction</u> can (85 g) <u>fraction</u> cup (85 g)
I.5	Marine and fresh water animals, smoked or pickled, or spreads	55 g ²	<i>spread:</i> <ul style="list-style-type: none"> MM: RA HM: number of tablespoons, fraction of the cup that is closest in 	# tbsp (55 g) <u>fraction</u> cup (55 g)

Item	Column 1	Column 2	Column 3 ^{7,8}	
	Product Category	Reference Amount (RA) ¹	A. Criteria to Determine the Serving of Stated Size for Multiple-Serving Prepackaged Foods	B. Units for Expressing the Serving of Stated Size for Multiple-Serving Prepackaged Foods ⁷ <i>HM (MM)</i>
			grams to the RA ⁴	
			<i>Package of multiple units:</i> <ul style="list-style-type: none"> HM: number of whole pieces or units closest in grams to the RA MM: the weight of the HM in grams^{5A} 	# piece(s) or unit(s) (# g)

J. FRUIT AND FRUIT JUICES

Item	Column 1	Column 2	Column 3 ^{7,8}	
	Product Category	Reference Amount (RA) ¹	A. Criteria to Determine the Serving of Stated Size for Multiple-Serving Prepackaged Foods	B. Units for Expressing the Serving of Stated Size for Multiple-Serving Prepackaged Foods ⁷ <i>HM (MM)</i>
J.1	Fruit, including fruit salad or mixed fruit, fresh, canned or frozen, coated or uncoated, except those listed as a separate item	140 g 150 mL canned ²	<i>Whole fruit:</i> <ul style="list-style-type: none"> MM: RA HM: # of whole pieces or units or fractions of the fruit closest in grams to the RA⁴ 	# piece(s) or unit(s) (140 g) <u>fraction</u> fruit (140 g)
			<i>Package of multiple, individually prepackaged units, where one piece or unit weighs either 50% to 200% of the RA, or more than</i>	1 piece or unit (# g)

Item	Column 1 Product Category	Column 2 Reference Amount (RA) ¹	Column 3 ^{7,8}	
			A. Criteria to Determine the Serving of Stated Size for Multiple-Serving Prepackaged Foods	B. Units for Expressing the Serving of Stated Size for Multiple-Serving Prepackaged Foods ⁷ HM (MM)
			<p>200% of the RA but can reasonably be consumed by one person at a single eating occasion:</p> <ul style="list-style-type: none"> • HM: one prepackaged piece or unit • MM: the weight of the HM in grams^{5E} 	
			<p><i>Cut up:</i></p> <ul style="list-style-type: none"> • MM: RA • HM: fraction of the cup, or number of pieces or units, that is closest in grams to the RA⁴ 	<p><u>fraction cup</u> (140 g) <u># piece(s) or unit(s)</u> (140 g)</p>
J.2	Blueberries, raspberries, blackberries or a mixture of these	80 g	<ul style="list-style-type: none"> • MM: RA • HM: MM: fraction of the cup that is closest in grams to the RA⁴ 	<u>fraction cup</u> (80 g)
J.3	Watermelon, cantaloupe, honeydew and other melons or a mixture of these	150 g	<p><i>Cut up:</i></p> <ul style="list-style-type: none"> • MM: RA • HM: the number or fraction of the cup that is closest in grams to the RA⁴ <p><i>Whole:</i></p> <ul style="list-style-type: none"> • HM: fraction of the fruit closest in grams to the RA 	<p><u># or fraction cup</u> (150 g)</p> <p><u>fraction fruit (# g)</u></p>

Item	Column 1 Product Category	Column 2 Reference Amount (RA) ¹	Column 3 ^{7,8}	
			A. Criteria to Determine the Serving of Stated Size for Multiple-Serving Prepackaged Foods	B. Units for Expressing the Serving of Stated Size for Multiple-Serving Prepackaged Foods ⁷ <i>HM (MM)</i>
			<ul style="list-style-type: none"> MM: the weight of the HM in grams^{5A} 	
J.4	Avocado, used as an ingredient	30 g	<ul style="list-style-type: none"> MM: RA HM: fraction of the fruit, closest in grams to the RA⁴ 	<u>fraction</u> avocado (30 g)
J.5	Cranberries, lemons and limes, used as ingredients	55 g	<i>Cranberries:</i> <ul style="list-style-type: none"> MM: RA HM: fraction of the cup closest in grams to the RA⁴ 	<u>fraction</u> cup (55 g)
			<i>Lemons and limes:</i> <ul style="list-style-type: none"> HM: fraction of the fruit closest in grams to the RA MM: the weight of the HM in grams^{5A} 	<u>fraction</u> fruit (# g)
J.6	Apple sauces, including those that contain other fruit and vegetables	110 g 125 mL	<i>Package of multiple, individually prepackaged units, where one piece or unit weighs either 50% to 200% of the RA, or more than 200% of the RA but can reasonably be consumed by one person at a single eating occasion:</i> <ul style="list-style-type: none"> HM: one prepackaged piece or unit 	1 piece or unit (# g) 1 piece or unit (# mL)

Item	Column 1 Product Category	Column 2 Reference Amount (RA) ¹	Column 3 ^{7,8}	
			A. Criteria to Determine the Serving of Stated Size for Multiple-Serving Prepackaged Foods	B. Units for Expressing the Serving of Stated Size for Multiple-Serving Prepackaged Foods ⁷ <i>HM (MM)</i>
			<ul style="list-style-type: none"> MM: the amount of the HM in grams or millilitres^{5E} 	
			<i>Jar:</i> <ul style="list-style-type: none"> MM: RA in mL HM: 1/2 cup⁴ 	1/2 cup (125 mL)
J.7	Dried fruit, including raisins, cranberries, apricots, prunes, dates, figs	40 g	<i>Container:</i> <ul style="list-style-type: none"> HM: number of whole pieces or units closest in grams to the RA MM: the weight of the HM in grams^{5A} 	# piece(s) or unit(s) (# g)
			<ul style="list-style-type: none"> MM: RA HM: number of tablespoons, fraction of the cup that is closest in grams to the RA⁴ 	# tbsp (40 g) fraction cup (40 g)
			<i>Package of multiple, individually prepackaged units, where one piece or unit weighs either 50% to 200% of the RA, or more than 200% of the RA but can reasonably be consumed by one person at a single eating occasion:</i> <ul style="list-style-type: none"> HM: one prepackaged piece or unit 	1 piece or unit (# g)

Item	Column 1 Product Category	Column 2 Reference Amount (RA) ¹	Column 3 ^{7,8}	
			A. Criteria to Determine the Serving of Stated Size for Multiple-Serving Prepackaged Foods	B. Units for Expressing the Serving of Stated Size for Multiple-Serving Prepackaged Foods ⁷ <i>HM (MM)</i>
			<ul style="list-style-type: none"> MM: the amount of the HM in grams^{5E} 	
J.8	Candied or pickled fruit	30 g ²	<ul style="list-style-type: none"> MM: RA HM: number of tablespoons, fraction of the cup or number of whole pieces or units that is closest in grams to the RA⁴ 	# tbsp (30 g) fraction cup (30 g) # piece(s) or unit(s) (30 g)
J.9	Fruit for garnish or flavour, such as maraschino cherries	4 g ²	<ul style="list-style-type: none"> HM: number of whole pieces or units closest in grams to the RA MM: the weight of the HM in grams^{5A} 	# piece(s) or unit(s) (# g)
J.10	Fruit relishes	60 mL	<ul style="list-style-type: none"> MM: RA HM: number of tablespoons, fraction of the cup that is closest in grams to the RA⁴ 	# tbsp (30 g) fraction cup (30 g)
J.11	Juices, nectars and fruit drinks represented for use as substitutes for fruit juices, juice-based smoothies	250 mL	<ul style="list-style-type: none"> MM: RA HM: 1 cup⁴ 	1 cup (250 mL)
J.12	Juices, used as ingredients, such as lemon juice or lime juice	5 mL	<ul style="list-style-type: none"> MM: RA HM: 1 teaspoon⁴ 	1 tsp (5 mL)

K. LEGUMES

Item	Column 1 Product Category	Column 2 Reference Amount (RA) ¹	Column 3 ^{7,8}	
			A. Criteria to Determine the Serving of Stated Size for Multiple-Serving Prepackaged Foods	B. Units for Expressing the Serving of Stated Size for Multiple-Serving Prepackaged Foods ⁷ HM (MM)
K.1	Bean curd (tofu) or tempeh	85 g ²	<i>Regular tofu and tempeh:</i> <ul style="list-style-type: none"> MM: RA HM: dimensions of the piece or fraction of the whole product closest in grams to the RA⁴ 	# x # cm piece (85 g) fraction package (85 g)
			<i>Soft tofu:</i> <ul style="list-style-type: none"> MM: RA HM: the number or fraction of the cup that is closest in grams to the RA⁴ 	# or fraction cup (85 g)
K.2	Beans, peas and lentils, such as white beans, kidney beans, romano beans, soybeans or chick peas	35 g dry, 125 mL cooked or canned ²	<i>Dry:</i> <ul style="list-style-type: none"> MM: RA HM: fraction of a cup closest in grams to the RA⁴ 	fraction cup (35 g)
			<i>Canned:</i> <ul style="list-style-type: none"> MM: RA HM: 1/2 cup⁴ 	1/2 cup (125 mL)

L. MEAT, POULTRY, THEIR PRODUCTS AND SUBSTITUTES³

Item	Column 1	Column 2	Column 3 ^{7,8}
------	----------	----------	-------------------------

	Product Category	Reference Amount (RA)¹	A. Criteria to Determine the Serving of Stated Size for Multiple-Serving Prepackaged Foods	B. Units for Expressing the Serving of Stated Size for Multiple-Serving Prepackaged Foods⁷ <i>HM (MM)</i>
L.1	Pork rinds and bacon	54 g uncooked 15 g cooked	<i>Sliced:</i>	# piece(s) (# g)
			<ul style="list-style-type: none"> HM: number of whole pieces closest in grams to the RA MM: the weight of the HM in grams^{5A} 	
			<i>Un sliced :</i>	100 g
			<ul style="list-style-type: none"> MM: 100 g HM: not required⁶ 	
L.2	Beef, pork and poultry breakfast strips	30 g uncooked 15 g cooked	<ul style="list-style-type: none"> HM: number of whole pieces closest in grams to the RA MM: the weight of the HM in grams^{5A} 	# piece(s) (# g)
L.3	Dried meat and poultry, such as jerky, dried beef or parma ham, as well as sausage products with a water activity of 0.90 or less, such as salami, dried thuringer or cervelat	30 g	<i>Un sliced:</i>	100 g
			<ul style="list-style-type: none"> MM: 100 g HM: not required⁶ 	
			<i>Non-uniform, pre-sliced:</i>	# piece(s) or unit(s) (30 g)
			<ul style="list-style-type: none"> MM: RA HM: number of whole pieces or units that is closest in grams to the RA⁴ 	
			<i>Jerky:</i>	# piece(s) or unit(s) (# g)
			<ul style="list-style-type: none"> HM: number of whole pieces or units closest in grams to the RA MM: the weight of the HM in grams^{5A} 	

Item	Column 1 Product Category	Column 2 Reference Amount (RA) ¹	Column 3 ^{7,8}	
			A. Criteria to Determine the Serving of Stated Size for Multiple-Serving Prepackaged Foods	B. Units for Expressing the Serving of Stated Size for Multiple-Serving Prepackaged Foods ⁷ <i>HM (MM)</i>
L.4	Luncheon meats such as bologna, blood pudding, minced luncheon roll, liver sausage, mortadella, ham and cheese loaf or headcheese; pâté, sandwich spread, potted meat food product; taco fillings; meat pie fillings and cretons	75 g uncooked, 55 g cooked	<i>Unsliced:</i>	100 g
			<ul style="list-style-type: none"> MM: 100 g HM: not required⁶ 	
			<i>Non-uniform, pre-sliced:</i>	# piece(s) or unit(s) (30 g)
			<ul style="list-style-type: none"> MM: RA HM: number of whole pieces or units that is closest in grams to the RA⁴ 	
			<i>fillings, cretons, spreads:</i>	# tbsp (55 g) fraction cup (55 g)
			<ul style="list-style-type: none"> MM: RA HM: number of tablespoons, fraction of the cup that is closest in grams to the RA⁴ 	
L.5	Sausage products, such as linked sausage, Vienna sausage, wieners, breakfast sausage, frankfurters, pork sausage, bratwurst, kielbasa, Polish sausage, summer sausage, smoked sausage, smoked country sausage, pepperoni, knackwurst, thuringer and cervelat, sausage made with combination of seafood and pork	75 g uncooked 55 g cooked	<i>slices or units:</i>	# piece(s) or unit(s) (# g)
			<ul style="list-style-type: none"> HM: number of whole pieces or units closest in grams to the RA MM: the weight of the HM in grams^{5A} 	
			<i>Unsliced:</i>	# x # cm piece (# g) fraction package (# g) number of # cm slice(s) (# g)
			<ul style="list-style-type: none"> HM: dimensions of the piece or fraction of the whole product closest in grams to the RA MM: the weight of the HM in grams^{5B} 	

Item	Column 1 Product Category	Column 2 Reference Amount (RA) ¹	Column 3 ^{7,8}	
			A. Criteria to Determine the Serving of Stated Size for Multiple-Serving Prepackaged Foods	B. Units for Expressing the Serving of Stated Size for Multiple-Serving Prepackaged Foods ⁷ HM (MM)
L.6	Cuts of meat and poultry without sauce, and ready-to-cook cuts, with or without breading or batter, including marinated, tenderized and injected cuts, skewered meat and poultry, including kebabs and souvlaki, whole poultry (no stuffing) Refer to CFIA's Meat Cuts Manual for specific cuts of meat	125 g raw 100 g cooked	<i>Whole poultry, roasts, unsliced:</i>	100 g
			<i>meat or poultry cuts, raw:</i>	# piece(s) or unit(s)(125 g) fraction piece or unit (125 g)
			<i>meat or poultry cuts, cooked:</i>	# piece(s) or unit(s) (100 g) fraction piece or unit (100 g)
			<i>Skewers:</i>	# piece(s) (# g)
L.7	Patties, including burger patties, cutlettes, chopettes, steakettes, meatballs, sausage meat and ground meat, with or without breading or batter, corn dog on a stick (breaded), falafels, including simulated meat	100 g raw 60 g cooked	<ul style="list-style-type: none"> HM: number of whole pieces closest in grams to the RA MM: the weight of the HM in grams^{5A} 	# piece(s) (# g)

Item	Column 1 Product Category	Column 2 Reference Amount (RA) ¹	Column 3 ^{7,8}	
			A. Criteria to Determine the Serving of Stated Size for Multiple-Serving Prepackaged Foods	B. Units for Expressing the Serving of Stated Size for Multiple-Serving Prepackaged Foods ⁷ HM (MM)
	and poultry products		<i>Ground meat and poultry and simulated ground products:</i> <ul style="list-style-type: none"> • MM: 100g • HM: not required⁶ 	100 g
L.8	Cured meat and poultry products such as cured ham, dry cured ham, back bacon, cured pork back, dry cured cappiccolo, corned beef, pastrami, country ham, cured pork shoulder picnic, cured poultry ham products, smoked meat or pickled meat	85 g raw 55 g cooked	<i>Whole, unsliced:</i> <ul style="list-style-type: none"> • MM: 100 g • HM: not required⁶ 	100 g
			<i>Slices:</i> <ul style="list-style-type: none"> • HM: number of whole slices closest in grams to the RA • MM: the weight of the HM in grams^{5A} 	# piece(s) or unit(s) (# g)
			<i>Package of multiple, individually prepackaged units, where one piece or unit weighs either 50% to 200% of the RA, or more than 200% of the RA but can reasonably be consumed by one person at a single eating occasion:</i> <ul style="list-style-type: none"> • HM: one prepackaged piece or unit • MM: the amount of the HM in grams^{5E} 	1 piece or unit (# g)
L.9	Canned meat and poultry	55 g ²	<ul style="list-style-type: none"> • MM: RA 	<u>fraction</u> can (55 g)

Item	Column 1 Product Category	Column 2 Reference Amount (RA) ¹	Column 3 ^{7,8}	
			A. Criteria to Determine the Serving of Stated Size for Multiple-Serving Prepackaged Foods	B. Units for Expressing the Serving of Stated Size for Multiple-Serving Prepackaged Foods ⁷ <i>HM (MM)</i>
			<ul style="list-style-type: none"> HM: fraction of the can or of the cup that is closest in grams to the RA⁴ 	<u>fraction</u> cup (55 g)
L.10	Meat and poultry with sauce, such as meat in barbecue sauce or turkey with gravy, but excluding combination dishes	140 g	<i>Sliced or pieces:</i> <ul style="list-style-type: none"> HM: number of whole pieces closest in grams to the RA MM: the weight of the HM in grams^{5A} 	<u>#</u> piece(s) (<u>#</u> g)

M. MISCELLANEOUS CATEGORY

Item	Column 1 Product Category	Column 2 Reference Amount (RA) ¹	Column 3 ^{7,8}	
			A. Criteria to Determine the Serving of Stated Size for Multiple-Serving Prepackaged Foods	B. Units for Expressing the Serving of Stated Size for Multiple-Serving Prepackaged Foods ⁷ <i>HM (MM)</i>
M.1	Baking powder, baking soda, pectin, yeast	0.6 g	<ul style="list-style-type: none"> MM: RA HM: fraction of the teaspoon closest in grams to the RA⁴ 	<u>fraction</u> tsp (0.6 g)
M.2	Baking decorations, such as coloured sugars or sprinkles for cookies	4 g	<ul style="list-style-type: none"> MM: RA HM: number of or fraction of the teaspoon closest in grams to the 	<u>#</u> or <u>fraction</u> tsp (4 g)

Item	Column 1 Product Category	Column 2 Reference Amount (RA) ¹	Column 3 ^{7,8}	
			A. Criteria to Determine the Serving of Stated Size for Multiple-Serving Prepackaged Foods	B. Units for Expressing the Serving of Stated Size for Multiple-Serving Prepackaged Foods ⁷ <i>HM (MM)</i>
			RA ⁴	
M.3	Bread crumbs and batter mixes	30 g	<ul style="list-style-type: none"> MM: RA HM: fraction of the cup closest in grams to the RA⁴ 	<u>fraction</u> cup (30 g)
M.4	Cooking wine	30 mL	<ul style="list-style-type: none"> MM: RA HM: 2 tablespoons⁴ 	2 tbsp (20 mL)
M.5	Cocoa powder	5 g	<ul style="list-style-type: none"> MM: RA HM: number of tablespoons closest in grams to the RA⁴ 	# tbsp (5 g)
M.6	Non-alcoholic drink mixers, such as pina colada or daiquiri	Amount to make 250 mL of drink	<ul style="list-style-type: none"> MM: RA HM: fraction of a cup, number of tablespoons closest in mL or grams to the RA⁴ 	<u>fraction</u> cup (RA mL) # tbsp (RA mL) # tbsp (RA g)
M.7	Chewing gum	3 g	<ul style="list-style-type: none"> HM: number of whole pieces closest in grams to the RA MM: the weight of the HM in grams^{5A} 	# piece(s) (# g)
M.8	Salad and potato toppers, such as salad crunchies, salad crispins or substitutes for bacon bits	7 g	<ul style="list-style-type: none"> MM: RA HM: number of teaspoons or tablespoons closest in grams to the RA⁴ 	# tsp or tbsp (7 g)
M.9	Salt and salt substitutes; seasoned salts such	1 g	<ul style="list-style-type: none"> MM: RA 	<u>fraction</u> tsp (1 g)

Item	Column 1 Product Category	Column 2 Reference Amount (RA) ¹	Column 3 ^{7,8}	
			A. Criteria to Determine the Serving of Stated Size for Multiple-Serving Prepackaged Foods	B. Units for Expressing the Serving of Stated Size for Multiple-Serving Prepackaged Foods ⁷ <i>HM (MM)</i>
	as garlic salt and salt-based seasonings (which may contain herbs, spices, dehydrated vegetables, etc.), flavour enhancers, such as steak spice.		<ul style="list-style-type: none"> HM: fraction of the teaspoon closest in grams to the RA⁴ 	
M.10	Spices and herbs, without salt	0.5 g	<ul style="list-style-type: none"> MM: RA HM: fraction of the teaspoon closest in grams to the RA⁴ 	<u>fraction</u> tsp (0.5 g)

N. COMBINATION DISHES

Item	Column 1 Product Category	Column 2 Reference Amount (RA) ¹	Column 3 ^{7,8}	
			A. Criteria to Determine the Serving of Stated Size for Multiple-Serving Prepackaged Foods	B. Units for Expressing the Serving of Stated Size for Multiple-Serving Prepackaged Foods ⁷ <i>HM (MM)</i>
N.1	Combination dishes, such as casserole, hash, macaroni and cheese with or without meat, spaghetti with sauce, stir fry, meat or poultry casserole, baked or refried beans, wieners and beans, meat chili, chili with beans, creamed chipped beef, beef or poultry ravioli, beef stroganoff, poultry à la king, Brunswick stew, goulash, stew, ragout or poutine, butter chicken with rice, shepherd's pie, stuffed cannelloni, stuffed poultry	300 g	<ul style="list-style-type: none"> MM: RA HM: number of cups or fraction of a cup closest in mL to RA⁴ 	# cup(s) (300 g) <u>fraction</u> cup (300 g)

Item	Column 1 Product Category	Column 2 Reference Amount (RA) ¹	Column 3 ^{7,8}	
			A. Criteria to Determine the Serving of Stated Size for Multiple-Serving Prepackaged Foods	B. Units for Expressing the Serving of Stated Size for Multiple-Serving Prepackaged Foods ⁷ <i>HM (MM)</i>
N.2	burritos, egg rolls, enchiladas, pizza, pizza rolls, sausage rolls, pastry rolls, cabbage rolls, quiche, sandwiches, crackers and meat or poultry lunch-type packages, gyros, burger on a bun, frank on a bun, calzones, tacos, pockets stuffed with meat, lasagna, chicken cordon bleu, stuffed vegetables with meat or poultry, kabobs and souvlaki (meat and vegetables), empanadas, fajitas, souvlaki, pot pie, meat pie or tourtière	200 g	<ul style="list-style-type: none"> HM: number of whole pieces or units closest in grams to the RA MM: the weight of the HM in grams^{5A} 	# piece(s) or unit(s) (# g)
N.3	Hors d'oeuvres, such as sushi, onion rings and breaded zucchini sticks	85 g 120 g with sauce	<ul style="list-style-type: none"> HM: number of whole pieces closest in grams to the RA MM: the weight of the HM in grams^{5A,D} 	# piece(s) (# g)

O. NUTS AND SEEDS

Item	Column 1 Product Category	Column 2 Reference Amount (RA) ¹	Column 3 ^{7,8}	
			A. Criteria to Determine the Serving of Stated Size for Multiple-Serving Prepackaged Foods	B. Units for Expressing the Serving of Stated Size for Multiple-Serving Prepackaged Foods ⁷ <i>HM (MM)</i>
O.1	Nuts and seeds, not for use as snacks: whole, chopped, sliced, slivered or ground	30 g shelled	<ul style="list-style-type: none"> MM: RA HM: fraction of the cup or number of 	fraction cup (30 g) # tbsp (30 g)

Item	Column 1 Product Category	Column 2 Reference Amount (RA) ¹	Column 3 ^{7,8}	
			A. Criteria to Determine the Serving of Stated Size for Multiple-Serving Prepackaged Foods	B. Units for Expressing the Serving of Stated Size for Multiple-Serving Prepackaged Foods ⁷ <i>HM (MM)</i>
			tablespoons closest in grams to the RA ⁴	
O.2	Pastes and creams, including marzipan	30 g	<ul style="list-style-type: none"> MM: RA HM: number of tablespoons closest in grams to the RA⁴ 	# tbsp (30 g)
O.3	Peanut butter, nut butters and substitutes	15 g	<ul style="list-style-type: none"> MM: RA HM: number of tablespoons closest in grams to the RA⁴ 	# tbsp (15 g)
O.4	Flours, such as coconut flour, peanut and soya flours	15 g	<ul style="list-style-type: none"> MM: RA HM: number of tablespoons closest in grams to the RA⁴ 	# tbsp (15 g)

P. POTATOES, SWEET POTATOES AND YAMS

Item	Column 1 Product Category	Column 2 Reference Amount (RA) ¹	Column 3 ^{7,8}	
			A. Criteria to Determine the Serving of Stated Size for Multiple-Serving Prepackaged Foods	B. Units for Expressing the Serving of Stated Size for Multiple-Serving Prepackaged Foods ⁷ <i>HM (MM)</i>
P.1	French fries, fried potatoes, hash browns, skins and pancakes	85 g frozen 70 g prepared	<i>French fries:</i> <ul style="list-style-type: none"> MM: RA HM: number of pieces closest in grams to the 	<i>frozen</i> # piece(s) (85 g) <i>prepared</i> # piece(s) (70 g)

Item	Column 1 Product Category	Column 2 Reference Amount (RA) ¹	Column 3 ^{7,8}	
			A. Criteria to Determine the Serving of Stated Size for Multiple-Serving Prepackaged Foods	B. Units for Expressing the Serving of Stated Size for Multiple-Serving Prepackaged Foods ⁷ <i>HM (MM)</i>
			RA ⁴	
			<i>Skins, pancakes and hash brown patties:</i> <ul style="list-style-type: none"> HM: number of whole pieces closest in grams to the RA MM: the weight of the HM in grams^{5A} 	# piece(s) (# g)
			<i>Hashbrowns:</i> <ul style="list-style-type: none"> MM: RA HM: fraction of the cup closest in grams to the RA⁴ 	<i>frozen</i> <u>fraction</u> cup (85 g) <i>prepared</i> <u>fraction</u> cup (70 g)
P.2	Mashed, candied, stuffed, instant, or with sauce	140 g	<i>Mashed or candied:</i> <ul style="list-style-type: none"> MM: RA HM: fraction of the cup closest in grams to the RA⁴ 	<u>fraction</u> cup (140 g)
			<i>Stuffed:</i> <ul style="list-style-type: none"> HM: number of whole pieces closest in grams to the RA MM: the weight of the HM in grams^{5A} 	# piece(s) (# g)
P.3	Plain, fresh, canned or frozen	110 g fresh or frozen, 125 g vacuum-	<ul style="list-style-type: none"> HM: number of whole pieces closest in grams to the RA 	# piece(s) (# g)

Item	Column 1	Column 2	Column 3 ^{7,8}	
	Product Category	Reference Amount (RA) ¹	A. Criteria to Determine the Serving of Stated Size for Multiple-Serving Prepackaged Foods	B. Units for Expressing the Serving of Stated Size for Multiple-Serving Prepackaged Foods ⁷ <i>HM (MM)</i>
		packed, 150 mL canned ²	<ul style="list-style-type: none"> MM: the weight of the HM in grams^{5A} 	

Q. SALADS

Item	Column 1	Column 2	Column 3 ^{7,8}	
	Product Category	Reference Amount (RA) ¹	A. Criteria to Determine the Serving of Stated Size for Multiple-Serving Prepackaged Foods	B. Units for Expressing the Serving of Stated Size for Multiple-Serving Prepackaged Foods ⁷ <i>HM (MM)</i>
Q.1	Salads, such as egg, fish, shellfish, bean, vegetable, meat, ham or poultry salad, except those listed as a separate item	100 g	<ul style="list-style-type: none"> MM: RA HM: fraction of the cup closest in grams to the RA⁴ 	<u>fraction</u> cup (100 g)
Q.2	Gelatin salad	120 g	<ul style="list-style-type: none"> MM: RA HM: fraction of the cup closest in grams to the RA⁴ 	<u>fraction</u> cup (120 g)
Q.3	Pasta or potato salad	140 g	<ul style="list-style-type: none"> MM: RA HM: fraction of the cup closest in grams to the RA⁴ 	<u>fraction</u> cup (140 g)

R. SAUCES, DIPS, GRAVIES AND CONDIMENTS

Item	Column 1 Product Category	Column 2 Reference Amount (RA) ¹	Column 3 ^{7,8}	
			A. Criteria to Determine the Serving of Stated Size for Multiple-Serving Prepackaged Foods	B. Units for Expressing the Serving of Stated Size for Multiple-Serving Prepackaged Foods ⁷ <i>HM (MM)</i>
R.1	Sauces for dipping, such as barbecue, hollandaise, tartar, mustard or sweet and sour sauce	30 mL	<ul style="list-style-type: none"> MM: RA HM: 2 tablespoons⁴ 	2 tbsp (30 mL)
R.2	Dips, such as legume or dairy-based	30 g	<ul style="list-style-type: none"> MM: RA HM: number of tablespoons closest in grams to the RA⁴ 	# tbsp (30 g)
R.3	Major main entrée sauce, such as spaghetti sauce	125 mL	<ul style="list-style-type: none"> MM: RA HM: 1/2 cup⁴ 	1/2 cup (125 mL)
R.4	Minor main entrée sauce such as pizza sauce, pesto sauce, or other sauces used as toppings such as white sauce, cheese sauce, salsa, cocktail sauce or gravy	60 mL	<ul style="list-style-type: none"> MM: RA HM: 1/4 cup⁴ 	1/4 cup (60 mL)
R.5	Major condiments, such as ketchup, steak sauce, soy sauce, vinegar, teriyaki sauce or marinades	15 mL	<ul style="list-style-type: none"> MM: RA HM: 1 tablespoon⁴ 	1 tbsp (15 mL)
R.6	Minor condiments, such as horseradish, hot sauce, mustard, or Worcestershire sauce Liquid smoke	5 mL	<ul style="list-style-type: none"> MM: RA HM: 1 teaspoon⁴ 	1 tsp (5 mL)

S. SNACKS

Item	Column 1	Column 2	Column 3 ^{7,8}
------	----------	----------	-------------------------

	Product Category	Reference Amount (RA)¹	A. Criteria to Determine the Serving of Stated Size for Multiple-Serving Prepackaged Foods	B. Units for Expressing the Serving of Stated Size for Multiple-Serving Prepackaged Foods⁷ <i>HM (MM)</i>
S.1	Chips, pretzels, popcorn, extruded snacks, grain-based snack mixes, pita chips and fruit-based, snacks, such as fruit chips	50 g	<i>Chip, pita chips:</i>	# chips (50 g)
			<ul style="list-style-type: none"> MM: RA HM: number of chips closest in grams to the RA⁴ 	
			<i>Bite-sized:</i>	<u>fraction</u> cup (50 g)
			<ul style="list-style-type: none"> MM: RA HM: fraction of the cup closest in grams to the RA⁴ 	
			<i>Larger pretzels (where less than 14 pieces make up the RA):</i>	# piece(s) (# g)
			<ul style="list-style-type: none"> HM: number of pieces closest in grams to the RA MM: the weight of the HM in grams^{5A} 	
S.2	Nuts or seeds for use as snacks	50 g shelled	<ul style="list-style-type: none"> MM: RA HM: number of tablespoons or fraction of the cup closest in grams to the RA⁴ 	# tbsp (50 g) <u>fraction</u> cup (50 g)
S.3	Meat or poultry snack food sticks	20 g	<ul style="list-style-type: none"> HM: number of whole pieces closest in grams to the RA MM: the weight of the HM in grams^{5A} 	# piece(s) (# g)
			<i>Package of multiple,</i>	1 piece or unit (# g)

Item	Column 1 Product Category	Column 2 Reference Amount (RA) ¹	Column 3 ^{7,8}	
			A. Criteria to Determine the Serving of Stated Size for Multiple-Serving Prepackaged Foods	B. Units for Expressing the Serving of Stated Size for Multiple-Serving Prepackaged Foods ⁷ <i>HM (MM)</i>
			<i>individually prepackaged units (e.g. chocolate bars, confectionaries, etc.), where one piece or unit weighs either 50% to 200% of the RA, or more than 200% of the RA but can reasonably be consumed by one person at a single eating occasion:</i> <ul style="list-style-type: none"> • HM: one prepackaged piece or unit • MM: the weight of the HM in grams^{5E} 	

T. SOUPS

Item	Column 1 Product Category	Column 2 Reference Amount (RA) ¹	Column 3 ^{7,8}	
			A. Criteria to Determine the Serving of Stated Size for Multiple-Serving Prepackaged Foods	B. Units for Expressing the Serving of Stated Size for Multiple-Serving Prepackaged Foods ⁷ <i>HM (MM)</i>
T.1	All varieties	250 mL Amount to prepare 250 mL of soup	<i>Ready to serve:</i> <ul style="list-style-type: none"> • MM: RA • HM: 1 cup⁴ 	1 cup (250 mL)
			<i>Condensed:</i>	<u>fraction</u> cup (RA mL)

Item	Column 1	Column 2	Column 3 ^{7,8}	
	Product Category	Reference Amount (RA) ¹	A. Criteria to Determine the Serving of Stated Size for Multiple-Serving Prepackaged Foods	B. Units for Expressing the Serving of Stated Size for Multiple-Serving Prepackaged Foods ⁷ <i>HM (MM)</i>
			<ul style="list-style-type: none"> MM: amount required to prepare 250 mL of soup HM: fraction of a cup, closest in mL to the RA⁴ 	
			<p><i>Dehydrated or powdered:</i></p> <ul style="list-style-type: none"> MM: amount required to prepare 250 mL of soup HM: fraction of the package or fraction of a cup, number of tablespoons closest in mL or grams to the RA⁴ 	<p><u>fraction package (RA g)</u> <u>fraction cup (RA g)</u> <u># tbsp (RA g)</u></p>

U. SUGARS AND SWEETS

Item	Column 1	Column 2	Column 3 ^{7,8}	
	Product Category	Reference Amount (RA) ¹	A. Criteria to Determine the Serving of Stated Size for Multiple-Serving Prepackaged Foods	B. Units for Expressing the Serving of Stated Size for Multiple-Serving Prepackaged Foods ⁷ <i>HM (MM)</i>
U.1	Candies, including chocolate bars and other chocolate products, except those listed as a separate item	40 g	<i>Packaged as an assortment or as pre-portioned units, e.g. Halloween candy or box of assorted chocolates (whether packaged individually or not) and a</i>	

Item	Column 1	Column 2	Column 3 ^{7,8}	
	Product Category	Reference Amount (RA) ¹	A. Criteria to Determine the Serving of Stated Size for Multiple-Serving Prepackaged Foods	B. Units for Expressing the Serving of Stated Size for Multiple-Serving Prepackaged Foods ⁷ <i>HM (MM)</i>
			<p><i>Package of multiple, individually prepackaged units (e.g. chocolate bars, confectionaries, etc.), where one piece or unit weighs either 50% to 200% of the RA, or more than 200% of the RA but can reasonably be consumed by one person at a single eating occasion:</i></p> <ul style="list-style-type: none"> • HM: one prepackaged piece or unit • MM: the weight of the HM in grams^{5E} 	1 piece or unit (# g)
			<p><i>Tablet chocolate bars, with cut marks:</i></p> <ul style="list-style-type: none"> • HM: number of whole pre-marked pieces or units closest in grams to the RA • MM: the weight of the HM in grams^{5B} 	# piece(s) or unit(s) (# g)
			<p><i>Non-uniform chocolate shape, e.g. chocolate Easter bunny:</i></p> <ul style="list-style-type: none"> • MM: RA • HM: fraction of the 	<u>fraction</u> package (40g)

Item	Column 1 Product Category	Column 2 Reference Amount (RA) ¹	Column 3 ^{7,8}	
			A. Criteria to Determine the Serving of Stated Size for Multiple-Serving Prepackaged Foods	B. Units for Expressing the Serving of Stated Size for Multiple-Serving Prepackaged Foods ⁷ <i>HM (MM)</i>
			package closest in grams to the RA ⁴	
U.2	After-dinner confections	10 g	<ul style="list-style-type: none"> HM: number of pieces or units closest in grams to the RA MM: the weight of the HM in grams^{5A} 	# piece(s) or unit(s) (# g)
U.3	Hard candies, powdered or liquid candies, except those listed as a separate item	15 g 15 mL	<ul style="list-style-type: none"> HM: number of pieces or unit(s) closest in grams or mL, as appropriate, to the RA MM: the quantity of the HM in grams or mL as appropriate^{5A} 	# piece(s) or unit(s) (# g) # piece(s) or unit(s) (# mL)
U.4	Baking candies, such as chocolate chips	15 g	<ul style="list-style-type: none"> MM: RA HM: fraction of the cup closest in grams to the RA⁴ 	<u>fraction</u> cup (15 g)
U.5	Breath mints	2 g	<ul style="list-style-type: none"> HM: number of pieces or units closest in grams to the RA MM: the weight of the HM in grams^{5A} 	# piece(s) or unit(s) (# g)
U.6	Roll-type hard candies and mini size hard candies in dispenser packages	5 g	<ul style="list-style-type: none"> HM: number of pieces or units closest in grams to the RA MM: the weight of the HM in grams^{5A} 	# piece(s) or unit(s) (# g)

Item	Column 1 Product Category	Column 2 Reference Amount (RA) ¹	Column 3 ^{7,8}	
			A. Criteria to Determine the Serving of Stated Size for Multiple-Serving Prepackaged Foods	B. Units for Expressing the Serving of Stated Size for Multiple-Serving Prepackaged Foods ⁷ <i>HM (MM)</i>
U.7	Confectioner's or icing sugar	30 g	<ul style="list-style-type: none"> MM: RA HM: fraction of the cup closest in grams to the RA⁴ 	<u>fraction</u> cup (30 g)
U.8	Honey, molasses and bread spreads	20 g	<ul style="list-style-type: none"> MM: RA HM: number of tablespoons closest in grams to the RA⁴ 	# tbsp (20 g)
U.9	Jams, jellies, marmalades, fruit butters and spreads	15 mL	<ul style="list-style-type: none"> MM: RA HM: 1 tablespoon⁴ 	1 tbsp (15 mL)
U.10	Fruit leather, bar or mini pieces, that may or may not contain vegetable ingredients	20 g	<ul style="list-style-type: none"> HM: number of pieces or units closest in grams to the RA MM: the weight of the HM in grams^{5A} 	# piece(s) or unit(s) (# g)
U.11	Marshmallows	30 g	<i>Mini:</i> <ul style="list-style-type: none"> MM: RA HM: fraction of the cup closest in grams to the RA⁴ 	<u>fraction</u> cup (30 g)
			<i>Regular:</i> <ul style="list-style-type: none"> HM: number of pieces or units closest in grams to the RA MM: the weight of the HM in grams^{5A} 	# piece(s) or unit(s) (# g)
U.12	Sugars, except those listed as a separate	4 g	<ul style="list-style-type: none"> MM: RA 	# tsp (4 g)

Item	Column 1 Product Category	Column 2 Reference Amount (RA) ¹	Column 3 ^{7,8}	
			A. Criteria to Determine the Serving of Stated Size for Multiple-Serving Prepackaged Foods	B. Units for Expressing the Serving of Stated Size for Multiple-Serving Prepackaged Foods ⁷ <i>HM (MM)</i>
	item		<ul style="list-style-type: none"> HM: number of teaspoons closest in grams to the RA⁴ 	
U.13	Sugar substitute	amount equivalent in sweetness to 4 g sugar	<ul style="list-style-type: none"> MM: amount equivalent in sweetness to 4 g sugar HM: number of or fraction of a teaspoon closest in grams to the RA⁴ 	<u># tsp (amount equivalent in sweetness to 4 g sugar g)</u> <u>fraction tsp (amount equivalent in sweetness to 4 g sugar g)</u>
U.14	Syrups used as toppings, such as pancake syrups, maple syrup, fruit syrups and ice cream sundae syrups	60 mL	<ul style="list-style-type: none"> MM: RA HM: 4 tablespoons or 1/4 cup⁴ 	4 tbsp (60 mL) 1/4 cup (60 mL)
U.15	Syrups used as ingredients, such as corn syrup and flavoured syrups for milk	30 mL	<ul style="list-style-type: none"> MM: RA HM: 2 tablespoons⁴ 	2 tbsp (30 mL)

V. VEGETABLES

Item	Column 1 Product Category	Column 2 Reference Amount (RA) ¹	Column 3 ^{7,8}	
			A. Criteria to Determine the Serving of Stated Size for Multiple-Serving Prepackaged Foods	B. Units for Expressing the Serving of Stated Size for Multiple-Serving Prepackaged Foods ⁷ <i>HM (MM)</i>
V.1	Vegetables without sauce, including cream style corn and stewed tomatoes, artichoke hearts and hearts of palm, packed in water, lettuce, all varieties, but not including	85 g fresh or frozen 125 mL canned ²	<ul style="list-style-type: none"> HM: number of pieces or units or fraction of a cup or the vegetable closest in grams to the RA 	<u># piece(s) or unit(s) (# g)</u> <u>fraction cup (# g)</u> <u>fraction vegetable (# g)</u>

Item	Column 1 Product Category	Column 2 Reference Amount (RA) ¹	Column 3 ^{7,8}	
			A. Criteria to Determine the Serving of Stated Size for Multiple-Serving Prepackaged Foods	B. Units for Expressing the Serving of Stated Size for Multiple-Serving Prepackaged Foods ⁷ <i>HM (MM)</i>
	vegetables without sauce listed as a separate item		<ul style="list-style-type: none"> MM: the weight of the HM in grams^{5A} 	
			<i>Cream style corn and stewed tomatoes or chopped/cubed vegetables:</i> <ul style="list-style-type: none"> MM: RA HM: 1/2 cup⁴ 	1/2 cup (125 mL)
V.2	Vegetables with sauce	110 g fresh or frozen 125 mL canned	<ul style="list-style-type: none"> MM: RA HM: ½ cup⁴ 	1/2 cup (125 mL)
V.3	Vegetables primarily used for garnish or flavouring, fresh, canned or frozen, but not dried, such as parsley or garlic	4 g fresh or frozen 5 mL canned ²	<i>Fresh:</i> <ul style="list-style-type: none"> MM: RA HM: number of teaspoons closest in grams to the RA⁴ 	# tsp (4 g)
			<i>Frozen:</i> <ul style="list-style-type: none"> HM: number of pieces or units closest in grams to the RA MM: the weight of the HM in grams^{5A} 	# cubes (# g)
			<i>Canned:</i> <ul style="list-style-type: none"> MM: RA HM: 1 teaspoon⁴ 	1 tsp (5 mL)
V.4	Chili pepper and green onion	30 g	<ul style="list-style-type: none"> HM: number of pieces or units, fraction of the cup or number of tablespoons closest in 	# piece(s) or unit(s) (30 g) fraction cup (30 g) # tbsp (30 g)

Item	Column 1 Product Category	Column 2 Reference Amount (RA) ¹	Column 3 ^{7,8}	
			A. Criteria to Determine the Serving of Stated Size for Multiple-Serving Prepackaged Foods	B. Units for Expressing the Serving of Stated Size for Multiple-Serving Prepackaged Foods ⁷ <i>HM (MM)</i>
			grams to the RA <ul style="list-style-type: none"> MM: the weight of the HM in grams⁴ 	
V.5	Seaweed Proposing to add: Dehydrated mushrooms	15 g	<ul style="list-style-type: none"> HM: number of pieces or units closest in grams to the RA MM: the weight of the HM in grams^{5A} 	# piece(s) or unit(s) (# g)
V.6	Sprouts	65 g	<ul style="list-style-type: none"> MM: RA HM: fraction of the cup⁴ 	<u>fraction</u> cup (65 g)
V.7	Vegetable juice and vegetable drink	250 mL	<ul style="list-style-type: none"> MM: RA HM: 1 cup⁴ 	1 cup (250 mL)
V.8	Olives	15 g ²	<i>Whole:</i> <ul style="list-style-type: none"> HM: number of pieces or units closest in grams to the RA MM: the weight of the HM in grams^{5A} 	# piece(s) or unit(s) (# g)
			<i>Sliced:</i> <ul style="list-style-type: none"> MM: RA HM: number of tablespoons closest in grams to the RA⁴ 	# tbsp (15 g)
V.9	Pickles, sun-dried tomatoes and artichoke hearts packed in oil, giardiniera and other pickled vegetables	30 g ²	<i>Uniform pieces or units:</i> <ul style="list-style-type: none"> HM: number of whole pieces or units closest in grams to the RA 	# piece(s) or unit(s) (# g)

Item	Column 1 Product Category	Column 2 Reference Amount (RA) ¹	Column 3 ^{7,8}	
			A. Criteria to Determine the Serving of Stated Size for Multiple-Serving Prepackaged Foods	B. Units for Expressing the Serving of Stated Size for Multiple-Serving Prepackaged Foods ⁷ <i>HM (MM)</i>
			<ul style="list-style-type: none"> MM: the weight of the HM in grams^{5A,D} 	
			<i>Non-uniform pieces or units:</i> <ul style="list-style-type: none"> MM: RA HM: fraction of a cup closest in grams to the RA⁴ 	fraction cup (30 g)
V.10	Relish	15 mL	<ul style="list-style-type: none"> MM: RA HM: 1 tablespoon⁴ 	1 tbsp (15 mL)
V.11	Vegetable pastes, such as tomato paste	30 mL	<ul style="list-style-type: none"> MM: RA HM: 2 tablespoons⁴ 	2 tbsp (30 mL)
V.12	Vegetable sauce or purée, such as tomato sauce or tomato purée	60 mL	<ul style="list-style-type: none"> MM: RA HM: 4 tablespoons or 1/4 cup⁴ 	1/4 cup (60 mL) 4 tbsp (60 mL)

W. FOODS INTENDED SOLELY FOR CHILDREN UNDER FOUR YEARS OF AGE

Item	Column 1 Product Category	Column 2 Reference Amount (RA) ¹	Column 3 ^{7,8}	
			A. Criteria to Determine the Serving of Stated Size for Multiple-Serving Prepackaged Foods	B. Units for Expressing the Serving of Stated Size for Multiple-Serving Prepackaged Foods ⁷ <i>HM (MM)</i>
W.1	Cereals, dry, instant, to be prepared with water, breast milk or infant formula	30 g	<ul style="list-style-type: none"> MM: RA HM: number of tablespoons closest in 	# tbsp (30 g)

Item	Column 1 Product Category	Column 2 Reference Amount (RA) ¹	Column 3 ^{7,8}	
			A. Criteria to Determine the Serving of Stated Size for Multiple-Serving Prepackaged Foods	B. Units for Expressing the Serving of Stated Size for Multiple-Serving Prepackaged Foods ⁷ <i>HM (MM)</i>
			grams to the weight of the RA ⁴	
W.2	Ready-to-eat cereal and cereal bars, represented for young children (1 to under 4 years)	20 g	<i>Cereal:</i> <ul style="list-style-type: none"> MM: RA HM: fraction of the cup or number of tablespoons closest in grams to the weight of the RA⁴ 	fraction cup (20 g) # tbsps (20 g)
			<i>Cereal Bars:</i> <ul style="list-style-type: none"> HM: number of pieces or units closest in grams to the RA MM: the weight of the HM in grams^{5A} 	# piece(s) or unit(s) (# g)
W.3	Cookies, teething biscuits, toasts, puffs and other finger foods, such as yogurt melts	7 g	<ul style="list-style-type: none"> HM: number of pieces or unit(s) closest in grams to the RA MM: the weight of the HM in grams^{5A} 	# piece(s) or unit(s) (# g)
W.4	Strained or junior meat, desserts, fruit, vegetables and combination dishes	110 mL	<ul style="list-style-type: none"> HM: container MM: volume of the container⁶ 	container (# mL)
W.5	Combination dishes represented for young children (1 to under 4 years)	170 g	<ul style="list-style-type: none"> HM: container MM: weight of the container⁶ 	container (# g)
W.6	Juices, all varieties	125 mL	<ul style="list-style-type: none"> MM: RA 	1/2 cup (125 mL)

Item	Column 1 Product Category	Column 2 Reference Amount (RA) ¹	Column 3 ^{7,8}	
			A. Criteria to Determine the Serving of Stated Size for Multiple-Serving Prepackaged Foods	B. Units for Expressing the Serving of Stated Size for Multiple-Serving Prepackaged Foods ⁷ <i>HM (MM)</i>
			<ul style="list-style-type: none"> HM: 1/2 cup⁴ 	

X. MEAL REPLACEMENTS AND NUTRITIONAL SUPPLEMENTS

Item	Column 1 Product Category	Column 2 Reference Amount (RA) ¹	Column 3 ^{7,8}	
			A. Criteria to Determine the Serving of Stated Size for Multiple-Serving Prepackaged Foods	B. Units for Expressing the Serving of Stated Size for Multiple-Serving Prepackaged Foods ⁷ <i>HM (MM)</i>
X.1	Meal replacements or nutritional supplements, ready to consume or requiring preparation, such as drinks, shakes, soups, bars, puddings, combination dishes, crackers, cereal, oatmeal	Amount required to meet the compositional requirements set out in B.24.200, or B.24.201, when prepared according to directions for use, if the food requires preparation	See existing requirements in B.24.202(a)	See existing requirements in B.24.202(a)

Notes:

¹ Unless otherwise noted, the reference amounts are for the ready-to-serve or almost ready-to-serve form of the food. If not listed separately, the reference amount for the unprepared form, such as dry mixes, concentrates, dough, batter, and fresh or frozen pasta, is the amount required to make one reference amount of the prepared form.

² Excludes any liquid in which the solid food may be packed or canned, unless the liquid is customarily consumed with the solid food.

³ Meat and poultry substitutes include extended and simulated meat and poultry products.

⁴ Criteria 1 - The metric measure **is the reference amount** set out in Column 2 for the corresponding product category set out in Column 1 above and the household measure **is the amount that most closely approximates the reference amount** expressed in a commonly used unit in respect of which the quantity is visibly measurable such as: teaspoon, tablespoon, cup; number of pieces or units if the product is made up of discrete pieces or units that are either non-uniform in shape or are 15 or more pieces or units that most closely approximates the weight or volume of the RA; or a fraction of the entire product if the product is non-uniform, irregular or unique in shape and is usually divided into pieces or units before being consumed, or the dimensions of the piece or unit (e.g. 3 cm cube of cheese).

⁵ Criteria 2 - **The metric measure is the actual amount of food, expressed in grams or millilitres as per B.01.002A, that is equivalent to the household measure. The household measure is, for the following types of products:**

- 5A) if 14 or fewer pieces or units of the food (e.g., crackers) most closely approximates the weight or volume of the RA, **the number of whole pieces or units that most closely approximates the reference amount;** or
- 5B) if pre-sliced or marked for division into uniform pieces or units of similar weight, **the number of whole pre-sliced or marked pieces or units that most closely approximates the reference amount;** or
- 5C) if uniform in shape and usually divided into pieces or units before being consumed, **the fraction of the entire food or the dimensions of the piece or unit that most closely approximates the reference amount** (e.g., the HM in the NfT on a pan of lasagna could be expressed as $\frac{1}{4}$ pan or 5 cm x 5 cm piece); or
- 5D) if packaged as an assortment or as pre-portioned units of food of the same type, whether packaged individually or not, and a typical serving consists of more than one piece or unit,
 - a. for each variety, **the number of whole pieces or units that most closely approximates the reference amount** (e.g., the HM in the NfT on a bag of 4 varieties of “Halloween-size” candy bars could be expressed as 4 bars of Variety A, 3 bars of Variety B, 4 bars of Variety C, and 4 bars of Variety D); or
 - b. for the composite, **the number of whole assorted pieces or units that most closely approximates the reference amount** (e.g., the HM in the NfT on a bag of 4 varieties of “Halloween-size” candy bars could be expressed as a composite of all 4 varieties);
- 5E) if individually prepackaged products of the same type within multiple-serving containers, **one individual prepackaged piece or unit when:**

- a. **one piece or unit weighs at least 50% and up to 200% of the reference amount** (e.g., the HM in the NfT on a 16x100 g package of yogurt could be one 100 g container); or
- b. **one piece or unit weighs more than 200% of the reference amount and the quantity of food in that piece or unit can reasonably be consumed by one person at a single eating occasion** (e.g., the HM in the NfT on a 6x791 mL package of carbonated beverages could be one 791 mL bottle) .

⁶ Criteria 3 - The **MM is the actual amount of the food that is equivalent to the HM** and the **HM is the amount in Column 3B** for the corresponding product category set out in Column 1 above.

⁷ The terms piece(s) or unit(s), container, package, pan, fruit and other similar terms are used as generic descriptors. Manufacturers should use the description of the food that is most appropriate for the specific product, e.g. bun(s), candy(ies), nugget(s), tray, bottle, carton to describe piece(s) or unit(s). It is also acceptable to use a descriptor such as small, medium, large when the size of pieces or units within the package varies, e.g. large fish fillet.

⁸ For the purpose of the serving size declaration in the NfT, a cup is 250 mL, a tablespoon is 15 mL and a teaspoon is 5 mL.