



Health
Canada

Santé
Canada

*Your health and
safety... our priority.*

*Votre santé et votre
sécurité... notre priorité.*

Nutrition Labelling

Table of Reference
Amounts for Food

Health Canada is the federal department responsible for helping the people of Canada maintain and improve their health. We assess the safety of drugs and many consumer products, help improve the safety of food, and provide information to Canadians to help them make healthy decisions. We provide health services to First Nations people and to Inuit communities. We work with the provinces to ensure our health care system serves the needs of Canadians.

Également disponible en français sous le titre : Étiquetage nutritionnel – Tableau des quantités de référence

pour aliments

To obtain additional information, please contact:

Health Canada
Address Locator 0900C2
Ottawa, ON K1A 0K9
Tel.: 613-957-2991
Toll free: 1-866-225-0709
Fax: 613-941-5366
TTY: 1-800-465-7735
E-mail: publications@hc-sc.gc.ca

This publication can be made available in alternative formats upon request.

© Her Majesty the Queen in Right of Canada, as represented by the Minister of Health, 2016

Publication date: December 2016

This publication may be reproduced for personal or internal use only without permission provided the source is fully acknowledged.

Cat.: H164-199/2016E-PDF
ISBN: 978-0-660-07048-3
Pub.: 160260

Contents

DEFINITIONS:	5
A. BAKERY PRODUCTS	5
B. BEVERAGES	29
C. CEREALS AND OTHER GRAIN PRODUCTS	32
D. DAIRY PRODUCTS AND SUBSTITUTES	36
E. DESSERTS	43
F. DESSERT TOPPINGS AND FILLINGS	48
G. EGGS AND EGG SUBSTITUTES	49
H. FATS AND OILS	50
I. MARINE AND FRESH WATER ANIMALS	51
J. FRUIT AND FRUIT JUICES	54
K. LEGUMES	59
L. MEAT, POULTRY, THEIR PRODUCTS AND SUBSTITUTES	60
M. MISCELLANEOUS CATEGORY	66
N. COMBINATION DISHES	69
O. NUTS AND SEEDS	71
P. POTATOES, SWEET POTATOES AND YAMS	72
Q. SALADS	74
R. SAUCES, DIPS, GRAVIES AND CONDIMENTS	75
S. SNACKS	77
T. SOUPS	80

U. SUGARS AND SWEETS.....	81
V. VEGETABLES.....	86
W. FOODS INTENDED SOLELY FOR CHILDREN UNDER FOUR YEARS OF AGE.....	90
X. MEAL REPLACEMENTS AND NUTRITIONAL SUPPLEMENTS.....	93
NOTES:.....	93

Nutrition Labelling – Table of Reference Amounts for Food

Definitions:

MM: Metric Measure

HM: Household Measure

RA: Reference Amount

A. BAKERY PRODUCTS

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

Item	Column 1	Column 2	Column 3	
	Product Category	Reference Amount (RA) ¹	A. Criteria to Determine the Serving of Stated Size for Multiple-Serving Prepackaged Products	B. Units for Expressing the Serving of Stated Size for Multiple-Serving Prepackaged Products ³ <i>HM (MM)</i>
			HM in grams	
			<i>Package of multiple, individually prepackaged units, where one 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 unit • MM: the weight of the HM in grams 	1 unit (# g)
			<i>Un sliced corn bread:</i> <ul style="list-style-type: none"> • MM: RA • HM: the number and dimensions of the slice(s) or fraction of the loaf closest in weight in grams to the RA 	number of # cm slice(s) (55 g) fraction loaf (55 g)
A.3	Bagels, 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 weight in grams to the RA • MM: the weight of the HM in grams 	# piece(s) or unit(s) (# g)

Item	Column 1	Column 2	Column 3	
	Product Category	Reference Amount (RA) ¹	A. Criteria to Determine the Serving of Stated Size for Multiple-Serving Prepackaged Products	B. Units for Expressing the Serving of Stated Size for Multiple-Serving Prepackaged Products ³ HM (MM)
			<i>Package of multiple, individually prepackaged units, where one 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 unit • MM: the weight of the HM in grams 	1 unit (# g)
A.4	Brownies, dessert squares and bars	40 g	<i>Bite-sized or pre-sliced:</i> <ul style="list-style-type: none"> • HM: number of whole pieces or units closest in weight in grams in grams to the RA • MM: the weight of the HM in grams 	# piece(s) or unit(s) (# g)
			<i>Tray of brownies, squares, bars, with cut marks:</i> <ul style="list-style-type: none"> • HM: number of whole pre-marked pieces or units closest in weight in grams in grams to the RA • MM: the weight of the HM in grams 	# piece(s) or unit(s) (# g)
			<i>Tray of brownies, squares,</i>	# x # cm piece (# g)

Item	Column 1	Column 2	Column 3	
	Product Category	Reference Amount (RA) ¹	A. Criteria to Determine the Serving of Stated Size for Multiple-Serving Prepackaged Products	B. Units for Expressing the Serving of Stated Size for Multiple-Serving Prepackaged Products ³ HM (MM)
			<p><i>bars, uncut or unmarked:</i></p> <ul style="list-style-type: none"> HM: dimensions of the piece or fraction of the whole product closest in weight in grams to the RA MM: the weight of the HM in grams 	<p><u>fraction</u> tray (# g)</p>
			<p><i>Package of multiple, individually prepackaged units, where one 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 unit MM: the weight of the HM in grams 	<p>1 unit (# g)</p>
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	<p><i>Uniform loaf-type products, uncut or unmarked (e.g. fruit cake, pound cake):</i></p> <ul style="list-style-type: none"> HM: the number and dimensions of the slice(s) or fraction of the loaf closest in weight in 	<p>number of # cm slice(s) (# g) <u>fraction</u> loaf (# g)</p>

Item	Column 1	Column 2	Column 3	
	Product Category	Reference Amount (RA) ¹	A. Criteria to Determine the Serving of Stated Size for Multiple-Serving Prepackaged Products	B. Units for Expressing the Serving of Stated Size for Multiple-Serving Prepackaged Products ³ <i>HM (MM)</i>
			grams to the RA <ul style="list-style-type: none"> MM: the weight of the HM in grams 	
			<i>Round cake (uncut or unmarked):</i> <ul style="list-style-type: none"> HM: fraction of the whole product closest in weight in grams to the RA MM: the weight of the HM in grams 	<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 weight in grams to the RA MM: the weight of the HM in grams 	# 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 weight in grams to the RA MM: the weight of the 	# piece(s) or unit(s) (# g)

Item	Column 1	Column 2	Column 3	
	Product Category	Reference Amount (RA) ¹	A. Criteria to Determine the Serving of Stated Size for Multiple-Serving Prepackaged Products	B. Units for Expressing the Serving of Stated Size for Multiple-Serving Prepackaged Products ³ <i>HM (MM)</i>
			HM in grams	
			<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 weight in grams to the RA • MM: the weight of the HM in grams 	# piece(s) or unit(s) (# g)
			<i>Package of multiple, individually prepackaged units, where one 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 unit • MM: the weight of the HM in grams 	1 unit (# g)

Item	Column 1	Column 2	Column 3	
	Product Category	Reference Amount (RA) ¹	A. Criteria to Determine the Serving of Stated Size for Multiple-Serving Prepackaged Products	B. Units for Expressing the Serving of Stated Size for Multiple-Serving Prepackaged Products ³ HM (MM)
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	<p><i>Uniform loaf-type products, 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 weight in grams to the RA • MM: the weight of the HM in grams 	number of # cm slice(s) (# g) <u>fraction</u> loaf (# g)
			<p><i>Round cake (uncut or unmarked):</i></p> <ul style="list-style-type: none"> • HM: fraction of the whole product closest in weight in grams to the RA • MM: the weight of the HM in grams 	<u>fraction</u> 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 weight in grams to the RA • MM: the weight of the HM in grams 	# x # cm piece (# g) <u>fraction</u> cake (# g)

Item	Column 1	Column 2	Column 3	
	Product Category	Reference Amount (RA) ¹	A. Criteria to Determine the Serving of Stated Size for Multiple-Serving Prepackaged Products	B. Units for Expressing the Serving of Stated Size for Multiple-Serving Prepackaged Products ³ HM (MM)
			<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 weight in grams to the RA • MM: the weight of the HM in grams 	<p># piece(s) or unit(s) (# g)</p>
			<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 weight in grams to the RA • MM: the weight of the HM in grams 	<p># piece(s) or unit(s) (# g)</p>
			<p><i>Package of multiple, individually prepackaged units, where one 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 unit • MM: the weight of the 	<p>1 unit (# g)</p>

Item	Column 1	Column 2	Column 3	
	Product Category	Reference Amount (RA) ¹	A. Criteria to Determine the Serving of Stated Size for Multiple-Serving Prepackaged Products	B. Units for Expressing the Serving of Stated Size for Multiple-Serving Prepackaged Products ³ HM (MM)
			HM in grams	
			<i>Non-uniform specialty cake:</i> <ul style="list-style-type: none"> • MM: RA • HM: fraction of the product closest in weight in grams to the RA 	<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 weight in grams to the RA • MM: the weight of the HM in grams 	<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 weight in grams to the RA • MM: the weight of the HM in grams 	# x # cm piece (# g) <u>fraction</u> cake (# g)
			<i>Uniform loaf-type cake, uncut or unmarked:</i> <ul style="list-style-type: none"> • HM: the number and 	number of # cm slice(s) (# g) <u>fraction</u> loaf (# g)

Item	Column 1	Column 2	Column 3	
	Product Category	Reference Amount (RA) ¹	A. Criteria to Determine the Serving of Stated Size for Multiple-Serving Prepackaged Products	B. Units for Expressing the Serving of Stated Size for Multiple-Serving Prepackaged Products ³ <i>HM (MM)</i>
			dimensions of the piece(s) or fraction of the whole product closest in weight in grams to the RA <ul style="list-style-type: none"> • MM: the weight of the HM in grams 	
			<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 weight in grams to the RA • MM: the weight of the HM in grams 	# piece(s) or unit(s) (# g)
			<i>Bite-sized or pre-sliced, round, square or rectangular cake:</i> <ul style="list-style-type: none"> • HM: number of whole pieces or units closest in weight in grams to the RA • MM: the weight of the HM in grams 	# piece(s) or unit(s) (# g)
			<i>Package of multiple, individually prepackaged units, where one unit weighs either 50% to 200% of the</i>	1 unit (# g)

Item	Column 1	Column 2	Column 3	
	Product Category	Reference Amount (RA) ¹	A. Criteria to Determine the Serving of Stated Size for Multiple-Serving Prepackaged Products	B. Units for Expressing the Serving of Stated Size for Multiple-Serving Prepackaged Products ³ <i>HM (MM)</i>
			<p><i>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 unit • MM: the weight of the HM in grams 	
A.8	Coffee cakes, doughnuts, danishes, sweet rolls, sweet quick-type breads and flaky type pastries, with or without filling and/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 weight in grams to the RA • MM: the weight of the HM in grams 	# piece(s) or unit(s) (# g)
			<p><i>Package of multiple, individually prepackaged units, where one 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 unit • MM: the weight of the HM in grams 	1 unit (# g)

Item	Column 1	Column 2	Column 3	
	Product Category	Reference Amount (RA) ¹	A. Criteria to Determine the Serving of Stated Size for Multiple-Serving Prepackaged Products	B. Units for Expressing the Serving of Stated Size for Multiple-Serving Prepackaged Products ³ HM (MM)
			<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 weight in grams to the RA • MM: the weight of the HM in grams 	<p>number of # cm slice(s) (# g) <u>fraction</u> loaf (# g)</p>
			<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 weight in grams to the RA • MM: the weight of the HM in grams 	<p># piece(s) or unit(s) (# g)</p>
			<p><i>Round coffee cake (uncut or unmarked):</i></p> <ul style="list-style-type: none"> • HM: fraction of the whole product closest in weight in grams to the RA • MM: the weight of the 	<p><u>fraction</u> cake (# g)</p>

Item	Column 1	Column 2	Column 3	
	Product Category	Reference Amount (RA) ¹	A. Criteria to Determine the Serving of Stated Size for Multiple-Serving Prepackaged Products	B. Units for Expressing the Serving of Stated Size for Multiple-Serving Prepackaged Products ³ <i>HM (MM)</i>
			HM in grams	
			<i>Round coffee cake, with cut marks:</i> <ul style="list-style-type: none"> • HM: number of whole pre-marked pieces or units closest in weight in grams to the RA • MM: the weight of the HM in grams 	# piece(s) or unit(s) (# g)
A.9	Muffins	110 g	<i>Package of multiple units:</i> <ul style="list-style-type: none"> • HM: number of whole pieces or units closest in weight in grams to the RA • MM: the weight of the HM in grams 	# muffin(s) (# g)
			<i>Package of multiple, individually prepackaged units, where one 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 unit 	1 muffin (# g)

Item	Column 1	Column 2	Column 3	
	Product Category	Reference Amount (RA) ¹	A. Criteria to Determine the Serving of Stated Size for Multiple-Serving Prepackaged Products	B. Units for Expressing the Serving of Stated Size for Multiple-Serving Prepackaged Products ³ <i>HM (MM)</i>
			<ul style="list-style-type: none"> MM: the weight of the HM in grams 	
A.10	Cookies, with or without coating or filling; graham wafers	30 g	<p><i>Bite-sized cookies, measurable 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 weight in grams to the RA <p><i>Package of multiple units (where 14 or less pieces make up the RA):</i></p> <ul style="list-style-type: none"> HM: number of whole pieces or units closest in weight in grams to the RA MM: the weight of the HM in grams <p><i>Package of multiple, individually prepackaged units, where one 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>	<p><u>fraction</u> cup (30 g)</p> <p><u>#</u> cookie(s) (<u>#</u> g)</p> <p>1 unit (<u>#</u> g)</p>

Item	Column 1	Column 2	Column 3	
	Product Category	Reference Amount (RA) ¹	A. Criteria to Determine the Serving of Stated Size for Multiple-Serving Prepackaged Products	B. Units for Expressing the Serving of Stated Size for Multiple-Serving Prepackaged Products ³ <i>HM (MM)</i>
			<ul style="list-style-type: none"> • HM: one prepackaged unit • MM: the weight of the HM in grams 	
A.11	Accompaniment crackers, hard bread sticks and melba toast	20 g	<i>Bite-sized crackers, 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 weight in grams to the RA 	<u>fraction</u> cup (20 g)
			<i>Package of multiple units (where 14 or less pieces make up the RA):</i> <ul style="list-style-type: none"> • HM: number of whole units closest in weight in grams to the RA • MM: the weight of the HM in grams 	<u>#</u> unit(s) (<u>#</u> g)
			<i>Package of multiple, individually prepackaged units, where one 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</i>	1 unit (<u>#</u> g)

Item	Column 1	Column 2	Column 3	
	Product Category	Reference Amount (RA) ¹	A. Criteria to Determine the Serving of Stated Size for Multiple-Serving Prepackaged Products	B. Units for Expressing the Serving of Stated Size for Multiple-Serving Prepackaged Products ³ <i>HM (MM)</i>
			<i>single eating occasion:</i> <ul style="list-style-type: none"> • HM: one prepackaged unit • MM: the weight of the HM in grams 	
A.12	Snack crackers, crackers and cheese dip pack	30 g	<i>Package of multiple units (where 14 or less pieces make up the RA):</i> <ul style="list-style-type: none"> • HM: number of whole pieces or units closest in weight in grams to the RA • MM: the weight of the HM in grams 	# snack cracker(s) (# g)
			<i>Bite-sized crackers, 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 weight in grams to the RA 	<u>fraction</u> cup (30 g)
			<i>Package of multiple, individually prepackaged units, where one unit weighs either 50% to 200% of the RA, or more than 200% of</i>	1 unit (# g)

Item	Column 1	Column 2	Column 3	
	Product Category	Reference Amount (RA) ¹	A. Criteria to Determine the Serving of Stated Size for Multiple-Serving Prepackaged Products	B. Units for Expressing the Serving of Stated Size for Multiple-Serving Prepackaged Products ³ <i>HM (MM)</i>
			<p><i>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 unit • MM: the weight of the HM in grams 	
A.13	Dry breads, matzo, and rusks	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 weight in grams to the RA • MM: the weight of the HM in grams 	# piece(s) or unit(s) (# g)
A.14	Toaster pastries	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 weight in grams to the RA • MM: the weight of the HM in grams 	# piece(s) or unit(s) (# g)
			<p><i>Package of multiple, individually prepackaged units, where one unit weighs either 50% to 200% of the RA, or more than 200% of the RA but can reasonably be</i></p>	1 unit (# g)

Item	Column 1	Column 2	Column 3	
	Product Category	Reference Amount (RA) ¹	A. Criteria to Determine the Serving of Stated Size for Multiple-Serving Prepackaged Products	B. Units for Expressing the Serving of Stated Size for Multiple-Serving Prepackaged Products ³ <i>HM (MM)</i>
			<p><i>consumed by one person at a single eating occasion:</i></p> <ul style="list-style-type: none"> • HM: one prepackaged unit • MM: the weight of the HM in grams 	
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 weight in grams to the RA • MM: the weight of the HM in grams 	# piece(s) or unit(s) (# g)
A.16	Croutons	7 g	<p><i>Package of multiple units (where 14 or less pieces make up the RA):</i></p> <ul style="list-style-type: none"> • HM: number of whole pieces or units closest in weight in grams to the RA • MM: the weight of the HM in grams 	# piece(s) or unit(s) (# g)
			<p><i>Bite-sized croutons, measureable with cup or tablespoon (where 15 or more pieces make up the RA):</i></p> <ul style="list-style-type: none"> • MM: RA 	<p><u>fraction</u> cup (7 g) # tbsp (7 g)</p>

Item	Column 1	Column 2	Column 3	
	Product Category	Reference Amount (RA) ¹	A. Criteria to Determine the Serving of Stated Size for Multiple-Serving Prepackaged Products	B. Units for Expressing the Serving of Stated Size for Multiple-Serving Prepackaged Products ³ <i>HM (MM)</i>
			<ul style="list-style-type: none"> HM: fraction of the cup or number of tablespoons that is closest in weight in grams to the RA 	
A.17	French toast, pancakes, and waffles	75 g	<i>Package of multiple units:</i> <ul style="list-style-type: none"> HM: number of whole pieces or units closest in weight in grams to the RA MM: the weight of the HM in grams 	# piece(s) or unit(s) (# g)
A.18	Grain-based bars with filling or partial or full coating	40 g	<i>Package of multiple, individually prepackaged units, where one 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 unit MM: the weight of the HM in grams 	1 unit (# g)
A.19	Grain-based bars, without filling or coating	30 g	<i>Package of multiple, individually prepackaged units, where one unit weighs either 50% to 200% of the</i>	1 unit (# g)

Item	Column 1	Column 2	Column 3	
	Product Category	Reference Amount (RA) ¹	A. Criteria to Determine the Serving of Stated Size for Multiple-Serving Prepackaged Products	B. Units for Expressing the Serving of Stated Size for Multiple-Serving Prepackaged Products ³ HM (MM)
			<i>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 unit • MM: the weight of the HM in grams 	
A.20	Energy and protein bars	45 g	<i>Package of multiple, individually prepackaged units, where one 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 unit • MM: the weight of the HM in grams 	1 unit (# g)
A.21	Rice cakes and corn cakes	15 g	<i>Package of multiple units:</i> <ul style="list-style-type: none"> • HM: number of whole pieces or units closest in weight in grams to the RA • MM: the weight of the HM in grams 	# piece(s) or unit(s) (# g)
A.22	Pies, tarts, cobblers, turnovers, other	110 g	<i>Round pies and tarts ,uncut</i>	fraction product (# g)

Item	Column 1	Column 2	Column 3	
	Product Category	Reference Amount (RA) ¹	A. Criteria to Determine the Serving of Stated Size for Multiple-Serving Prepackaged Products	B. Units for Expressing the Serving of Stated Size for Multiple-Serving Prepackaged Products ³ <i>HM (MM)</i>
	pastries not listed as a separate item in column 1		<i>or unmarked:</i> <ul style="list-style-type: none"> HM: fraction of the whole product closest in weight in grams to the RA MM: the weight of the HM in grams 	
			<i>Round pies and tarts, cobbler, with cut marks:</i> <ul style="list-style-type: none"> HM: number of whole pre-marked pieces or units closest in weight in grams to the RA MM: the weight of the HM in grams 	# piece(s) or unit(s) (# g)
			<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 weight in grams to the RA MM: the weight of the HM in grams 	# 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 weight in grams to the 	# x # cm piece (# g) <u>fraction</u> cobbler (# g)

Item	Column 1	Column 2	Column 3	
	Product Category	Reference Amount (RA) ¹	A. Criteria to Determine the Serving of Stated Size for Multiple-Serving Prepackaged Products	B. Units for Expressing the Serving of Stated Size for Multiple-Serving Prepackaged Products ³ <i>HM (MM)</i>
			RA <ul style="list-style-type: none"> MM: the weight of the HM in grams 	
			<i>Package of multiple turnovers or other pastries:</i> <ul style="list-style-type: none"> HM: number of whole pieces or units closest in weight in grams to the RA MM: the weight of the HM in grams 	# piece(s) or unit(s) (# g)
			<i>Package of multiple, individually prepackaged units, where one 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 unit MM: the weight of the HM in grams 	1 unit (# g)
A.23	Pie crust	21 g	<i>Pie crust, uncut or unmarked:</i> <ul style="list-style-type: none"> HM: fraction of the whole product closest in weight in grams to the 	<u>fraction</u> crust (# g)

Item	Column 1	Column 2	Column 3	
	Product Category	Reference Amount (RA) ¹	A. Criteria to Determine the Serving of Stated Size for Multiple-Serving Prepackaged Products	B. Units for Expressing the Serving of Stated Size for Multiple-Serving Prepackaged Products ³ HM (MM)
			RA <ul style="list-style-type: none"> MM: the weight of the HM in grams 	
			<i>Bite sized, package of multiple units:</i> <ul style="list-style-type: none"> HM: number of whole pieces or units closest weight in grams to the RA MM: the weight of the HM in grams 	# piece(s) or unit(s) (# g)
A.24	Pizza crust	55 g	<i>Round pizza crust, uncut or unmarked:</i> <ul style="list-style-type: none"> HM: fraction of the whole product closest in weight in grams to the RA MM: the weight of the HM in grams 	<u>fraction</u> crust (# g)
			<i>Square or rectangular pizza crust, uncut or unmarked:</i> <ul style="list-style-type: none"> HM: dimensions of the piece or fraction of the whole product closest in weight in grams to the RA MM: the weight of the HM in grams 	# x # cm piece (# g) <u>fraction</u> crust (# g)

Item	Column 1	Column 2	Column 3	
	Product Category	Reference Amount (RA) ¹	A. Criteria to Determine the Serving of Stated Size for Multiple-Serving Prepackaged Products	B. Units for Expressing the Serving of Stated Size for Multiple-Serving Prepackaged Products ³ <i>HM (MM)</i>
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 weight in grams to the RA • MM: the weight of the HM in grams 	# piece(s) or unit(s) (# g)

B. BEVERAGES

Item	Column 1	Column 2	Column 3	
	Product Category	Reference Amount (RA) ¹	A. Criteria to Determine the Serving of Stated Size for Multiple-Serving Prepackaged Products	B. Units for Expressing the Serving of Stated Size for Multiple-Serving Prepackaged Products ³ HM (MM)
B.1	Carbonated and non-carbonated beverages, including energy drinks, water, coconut and maple water, sports drinks and vitamin water <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 cup 	1 1/2 cup (375 mL)
B.2	Alcoholic beverages: <ol style="list-style-type: none"> a. wine, sangria, spritzer b. beer c. alcoholic beverages, such as [naming the alcohol] beverage, coolers, pre-made mixed drinks 	188 mL 333 mL 333 mL	<i>wine, sangria, spritzer:</i> <ul style="list-style-type: none"> • MM: RA • HM: 3/4 cup <i>beer and other alcoholic beverages:</i> <ul style="list-style-type: none"> • MM: RA • HM: 333 mL 	<i>wine, sangria, spritzer:</i> 3/4 cup (188 mL) <i>beer and other alcoholic beverages:</i> 1 1/3 cup (333 mL)
B.3	Coffee: <ol style="list-style-type: none"> a. regular, instant and specialty, including café au lait, flavoured and sweetened b. espresso 	250 mL 30 mL for	<i>coffee:</i> <ul style="list-style-type: none"> • MM: RA • HM: 1 cup <i>espresso:</i>	<i>coffee:</i> 1 cup (250 mL) <i>espresso:</i>

Item	Column 1	Column 2	Column 3	
	Product Category	Reference Amount (RA) ¹	A. Criteria to Determine the Serving of Stated Size for Multiple-Serving Prepackaged Products	B. Units for Expressing the Serving of Stated Size for Multiple-Serving Prepackaged Products ³ HM (MM)
		espresso	<ul style="list-style-type: none"> MM: RA HM: 2 tablespoons 	2 tbsp (30 mL)
			<p><i>Package of multiple, individually prepackaged units, where one unit is 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 or unit MM: the weight of the HM in grams 	1 unit (# g)
B.4	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 cup 	1 cup (250 mL)
			<p><i>Package of multiple, individually prepackaged units, where one unit is 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 unit MM: the weight of the HM in grams 	1 unit (# g)

Item	Column 1	Column 2	Column 3	
	Product Category	Reference Amount (RA) ¹	A. Criteria to Determine the Serving of Stated Size for Multiple-Serving Prepackaged Products	B. Units for Expressing the Serving of Stated Size for Multiple-Serving Prepackaged Products ³ HM (MM)
B.5	Cocoa and chocolate beverages (hot)	250 mL	<ul style="list-style-type: none"> MM: amount in grams or millilitres required to prepare RA HM: the number of tablespoons or scoops to prepare the RA (according to directions for use) 	# tbsp or scoop(s) (<u>RA</u> g) # tbsp (<u>RA</u> mL)
			<i>Package of multiple, individually prepackaged units, where one unit prepares between 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 unit MM: the weight of the HM in grams 	1 unit (# g)

C. CEREALS AND OTHER GRAIN PRODUCTS

Item	Column 1	Column 2	Column 3	
	Product Category	Reference Amount (RA) ¹	A. Criteria to Determine the Serving of Stated Size for Multiple-Serving Prepackaged Products	B. Units for Expressing the Serving of Stated Size for Multiple-Serving Prepackaged Products ³ <i>HM (MM)</i>
C.1	Hot breakfast cereals, such as oatmeal, or cream of wheat	40 g dry, 250 mL prepared	<p><i>dry:</i></p> <ul style="list-style-type: none"> • MM: RA • HM: the number of tablespoons or a fraction of a cup, that is closest in weight in grams to the RA <p><i>prepared:</i></p> <ul style="list-style-type: none"> • MM: RA • HM: 1 cup 	<p><i>dry:</i></p> <p># tbsp (40 g) <u>fraction</u> cup (40 g)</p> <p><i>prepared:</i></p> <p>1 cup (250 mL)</p>
			<p><i>Package of multiple, individually prepackaged units, where one 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 unit • MM: the weight of the HM in grams 	<p>1 unit (# g)</p>
C.2	Ready-to-eat breakfast cereals, puffed and uncoated (weighing 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 grams 	<p>1 cup (# g)</p>
C.3	Ready-to-eat breakfast cereals, puffed and	30 g	<ul style="list-style-type: none"> • HM: 1 cup 	<p>1 cup (# g)</p>

Item	Column 1	Column 2	Column 3	
	Product Category	Reference Amount (RA) ¹	A. Criteria to Determine the Serving of Stated Size for Multiple-Serving Prepackaged Products	B. Units for Expressing the Serving of Stated Size for Multiple-Serving Prepackaged Products ³ <i>HM (MM)</i>
	coated, flaked, extruded, without fruit or nuts (weighing 20 g to 42 g per 250 mL), very high fibre cereals (with 28 g or more fibre per 100 g)		<ul style="list-style-type: none"> MM: the weight of the HM in grams 	
			<p><i>Package of multiple, individually prepackaged units, where one 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 unit MM: the weight of the HM in grams 	1 unit (# 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 grams <p><i>biscuit type:</i></p> <ul style="list-style-type: none"> HM: number of whole pieces or units closest in weight in grams to the RA MM: the weight of the HM in grams 	1 cup (# g) # piece(s) or unit(s) (# g)
			<p><i>Package of multiple, individually prepackaged units, where one unit weighs either 50% to 200% of the</i></p>	1 unit (# g)

Item	Column 1	Column 2	Column 3	
	Product Category	Reference Amount (RA) ¹	A. Criteria to Determine the Serving of Stated Size for Multiple-Serving Prepackaged Products	B. Units for Expressing the Serving of Stated Size for Multiple-Serving Prepackaged Products ³ <i>HM (MM)</i>
			<i>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 unit • MM: the weight of the HM in grams 	
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 weight in grams to the RA 	# tbsp (15 g) <u>fraction</u> cup (15 g)
C.6	Flours and cornmeal, including rye, potato, corn, barley, sorghum, buckwheat flours and gluten-free blends, but not including nut and other flours listed in item O.4	30 g	<ul style="list-style-type: none"> • MM: RA • HM: the number of tablespoons or fraction of a cup that is closest in weight in grams to the RA 	# tbsp (30 g) <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	<i>dry grains:</i> <ul style="list-style-type: none"> • MM: RA • HM: the number of tablespoons or fraction of a cup that is closest in weight in grams to the RA <i>cooked grains:</i>	<i>dry:</i> # tbsp (45 g) <u>fraction</u> cup (45 g) <i>cooked:</i>

Item	Column 1	Column 2	Column 3	
	Product Category	Reference Amount (RA) ¹	A. Criteria to Determine the Serving of Stated Size for Multiple-Serving Prepackaged Products	B. Units for Expressing the Serving of Stated Size for Multiple-Serving Prepackaged Products ³ <i>HM (MM)</i>
			<ul style="list-style-type: none"> MM: RA HM: fraction of a cup or of the package that is closest in weight in grams to the RA 	<u>fraction</u> cup (140 g) <u>fraction</u> package (140 g)
C.8	Pastas, including filled 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 weight in grams to the RA 	<i>dry:</i> <u>fraction</u> cup (85 g) <u>fraction</u> package (85 g) <i>cooked:</i> <u>fraction</u> cup (215 g) <u>fraction</u> package (215 g)
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 weight in grams to the RA 	<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 teaspoons that is closest in weight in grams to the RA 	# tsp (10 g)
C.11	Stuffing	100 g	<ul style="list-style-type: none"> MM: RA HM: fraction of a cup that is closest in weight in grams to the RA 	<u>fraction</u> cup (100 g)

D. DAIRY PRODUCTS AND SUBSTITUTES

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

Item	Column 1	Column 2	Column 3	
	Product Category	Reference Amount (RA) ¹	A. Criteria to Determine the Serving of Stated Size for Multiple-Serving Prepackaged Products	B. Units for Expressing the Serving of Stated Size for Multiple-Serving Prepackaged Products ³ <i>HM (MM)</i>
			<ul style="list-style-type: none"> MM: the weight of the HM in grams 	
			<p><i>Package of multiple, individually prepackaged units (cheese string, packet, small round encased in wax, cheese slice, cheese triangle), where one 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 unit MM: the weight of the HM in grams 	1 unit (# g)
			<p><i>In all other cases of package of multiple units, such as mini party cubes of cheese, pre-sliced cheese, small bocconcini):</i></p> <ul style="list-style-type: none"> HM: number of whole pieces or units closest in weight in grams to the RA MM: the weight of the 	# piece(s) or unit(s) (# g)

Item	Column 1	Column 2	Column 3	
	Product Category	Reference Amount (RA) ¹	A. Criteria to Determine the Serving of Stated Size for Multiple-Serving Prepackaged Products	B. Units for Expressing the Serving of Stated Size for Multiple-Serving Prepackaged Products ³ <i>HM (MM)</i>
			HM in grams	
D.2	Cottage cheese	125 g	<ul style="list-style-type: none"> MM: RA HM: fraction of a cup that is closest in weight in grams to RA 	<u>fraction</u> cup (125 g)
			<i>Package of multiple, individually prepackaged units, where one 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 unit MM: the weight of the HM in grams 	1 unit (# g)
D.3	Cheese used as an ingredient, such as dry cottage cheese or ricotta cheese	55 g	<ul style="list-style-type: none"> MM: RA HM: fraction of a cup that is closest in weight in grams to RA 	<u>fraction</u> cup (55 g)
D.4	Hard cheese, including grated, such as parmesan or romano	15 g	<ul style="list-style-type: none"> MM: RA HM: number of tablespoons that is closest in weight in grams to RA 	# 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 	<u>fraction</u> cup (100 g)

Item	Column 1	Column 2	Column 3	
	Product Category	Reference Amount (RA) ¹	A. Criteria to Determine the Serving of Stated Size for Multiple-Serving Prepackaged Products	B. Units for Expressing the Serving of Stated Size for Multiple-Serving Prepackaged Products ³ <i>HM (MM)</i>
			that is closest in weight in grams to RA	
			<i>Package of multiple, individually prepackaged units, where one 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 unit • MM: the weight of the HM in grams 	1 unit (# 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 tablespoon 	1 tbsp (15 mL)
			<i>Package of multiple, individually prepackaged units, where one unit is 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 unit • MM: the amount of the HM in millilitres 	1 unit (# mL)

Item	Column 1	Column 2	Column 3	
	Product Category	Reference Amount (RA) ¹	A. Criteria to Determine the Serving of Stated Size for Multiple-Serving Prepackaged Products	B. Units for Expressing the Serving of Stated Size for Multiple-Serving Prepackaged Products ³ <i>HM (MM)</i>
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 weight in grams to RA 	# tsp (2 g)
			<i>Package of multiple, individually prepackaged units, where one 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 unit MM: the weight of the HM in grams 	1 unit (# 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 weight in grams to RA 	# tbsp (15 g)
D.9	Eggnog	125 mL	<ul style="list-style-type: none"> MM: RA HM: 1/2 cup 	1/2 cup (125 mL)
D.10	Milk, evaporated or condensed	15 mL	<ul style="list-style-type: none"> MM: RA HM: 1 tablespoon 	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 cup 	1 cup (250 mL)

Item	Column 1	Column 2	Column 3	
	Product Category	Reference Amount (RA) ¹	A. Criteria to Determine the Serving of Stated Size for Multiple-Serving Prepackaged Products	B. Units for Expressing the Serving of Stated Size for Multiple-Serving Prepackaged Products ³ <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 cup 	3/4 cup (188 mL)
D.13	Shakes, with or without coffee or juice, including protein shakes and dairy substitute shakes, smoothies (if whey/dairy or plant-based beverage is a main ingredient)	250 mL	<p><i>Package of multiple, individually prepackaged units, where one unit is 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 unit • MM: the amount of the HM in millilitres 	1 unit (# mL)

Item	Column 1	Column 2	Column 3	
	Product Category	Reference Amount (RA) ¹	A. Criteria to Determine the Serving of Stated Size for Multiple-Serving Prepackaged Products	B. Units for Expressing the Serving of Stated Size for Multiple-Serving Prepackaged Products ³ <i>HM (MM)</i>
D.14	Sour cream	30 mL	<ul style="list-style-type: none"> MM: RA HM: 2 tablespoons 	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 weight in grams to RA 	<u>fraction</u> cup (175 g)
			<i>Package of multiple, individually prepackaged units, where one 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 unit MM: the weight of the HM in grams 	1 unit (# g)
			<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 weight in grams to the RA MM: the weight of the HM in grams 	# piece(s) or unit(s) (# g)

E. DESSERTS

Item	Column 1 Product Category	Column 2 Reference Amount (RA) ¹	Column 3	
			A. Criteria to Determine the Serving of Stated Size for Multiple-Serving Prepackaged Products	B. Units for Expressing the Serving of Stated Size for Multiple-Serving Prepackaged Products ³ HM (MM)
E.1	Ice cream, ice milk, frozen yogurt, sherbet, other 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 cup 	3/4 cup (188 mL)
			<i>Package of multiple, individually prepackaged units, where one unit is 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 unit MM: the amount of the HM in millilitres 	1 unit (# mL)
E.2	Ice cream, ice milk, frozen yogurt, sherbet, frozen dairy and non-dairy desserts sold as cakes, sandwiches or cones	125 mL	<i>Package of multiple, individually prepackaged units, where one unit is 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 unit MM: the amount of the HM in millilitres 	1 unit (# mL)

Item	Column 1	Column 2	Column 3	
	Product Category	Reference Amount (RA) ¹	A. Criteria to Determine the Serving of Stated Size for Multiple-Serving Prepackaged Products	B. Units for Expressing the Serving of Stated Size for Multiple-Serving Prepackaged Products ³ <i>HM (MM)</i>
			<i>Package of multiple units:</i> <ul style="list-style-type: none"> • HM: number of whole pieces or units closest in amount in millilitres to the RA • MM: the amount of the HM in millilitres 	# piece(s) or unit(s) (# mL)
			<i>Uniform loaf-type products, uncut or unmarked:</i> <ul style="list-style-type: none"> • HM: the number and dimensions of the slice(s) or fraction of the whole product closest in amount in millilitres to the RA • MM: the amount of the HM in millilitres 	<u>number</u> of # cm slice(s) (# mL) <u>fraction</u> loaf (# mL)
			<i>Round cake (uncut or unmarked):</i> <ul style="list-style-type: none"> • HM: fraction of the whole product closest in amount in millilitres to the RA • MM: the amount of the HM in millilitres 	<u>fraction</u> cake (# mL)
			<i>Square or rectangular cake (uncut or unmarked):</i> <ul style="list-style-type: none"> • HM: dimensions of the 	# x # cm piece (# mL) <u>fraction</u> cake (# mL)

Item	Column 1	Column 2	Column 3	
	Product Category	Reference Amount (RA) ¹	A. Criteria to Determine the Serving of Stated Size for Multiple-Serving Prepackaged Products	B. Units for Expressing the Serving of Stated Size for Multiple-Serving Prepackaged Products ³ <i>HM (MM)</i>
			<p>piece or fraction of the whole product closest in amount in millilitres to the RA</p> <ul style="list-style-type: none"> MM: the amount of the HM in millilitres 	
E.3	Ice cream, ice milk, frozen yogurt, sherbet, other frozen dairy and non-dairy desserts sold as pops, bars or cups	75 mL	<p><i>Package of multiple units:</i></p> <ul style="list-style-type: none"> HM: number of whole pieces or units closest in amount in millilitres to the RA MM: the amount of the HM in millilitres 	# piece(s) or unit(s) (# mL)
			<p><i>Package of multiple, individually prepackaged units, where one unit is 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 unit MM: the amount of the HM in millilitres 	1 unit (# mL)
E.4	Sundaes	250 mL	<p><i>Package of multiple units:</i></p> <ul style="list-style-type: none"> HM: number of whole pieces or units closest in 	# piece(s) or unit(s) (# mL)

Item	Column 1	Column 2	Column 3	
	Product Category	Reference Amount (RA) ¹	A. Criteria to Determine the Serving of Stated Size for Multiple-Serving Prepackaged Products	B. Units for Expressing the Serving of Stated Size for Multiple-Serving Prepackaged Products ³ <i>HM (MM)</i>
			<p>amount in millilitres to the RA</p> <ul style="list-style-type: none"> MM: the amount of the HM in millilitres 	
			<p><i>Package of multiple, individually prepackaged units, where one unit is 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 unit MM: the amount of the HM in millilitres 	1 unit (# mL)
E.5	Custard, gelatin and pudding	130 g	<p><i>Container:</i></p> <ul style="list-style-type: none"> MM: RA HM: fraction of the cup that is closest in weight in grams to the RA 	<u>fraction</u> cup (130 g)
			<p><i>Package of multiple units:</i></p> <ul style="list-style-type: none"> HM: number of whole pieces or units closest in weight in grams to the RA MM: the weight of the HM in grams 	<u>#</u> piece(s) or unit(s) (# g)

Item	Column 1	Column 2	Column 3	
	Product Category	Reference Amount (RA) ¹	A. Criteria to Determine the Serving of Stated Size for Multiple-Serving Prepackaged Products	B. Units for Expressing the Serving of Stated Size for Multiple-Serving Prepackaged Products ³ <i>HM (MM)</i>
			<i>Package of multiple, individually prepackaged units, where one 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 unit • MM: the weight of the HM in grams 	1 unit (# g)

F. DESSERT TOPPINGS AND FILLINGS

Item	Column 1 Product Category	Column 2 Reference Amount (RA) ¹	Column 3	
			A. Criteria to Determine the Serving of Stated Size for Multiple-Serving Prepackaged Products	B. Units for Expressing the Serving of Stated Size for Multiple-Serving Prepackaged Products ³ <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 weight in grams to RA 	# 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 weight in grams to RA 	# tbsp (35 g)
F.3	Pie fillings	83 mL	<ul style="list-style-type: none"> • MM: RA • HM: 1/3 cup 	1/3 cup (83 mL)

G. EGGS AND EGG SUBSTITUTES

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

H. FATS AND OILS

Item	Column 1 Product Category	Column 2 Reference Amount (RA) ¹	Column 3	
			A. Criteria to Determine the Serving of Stated Size for Multiple-Serving Prepackaged Products	B. Units for Expressing the Serving of Stated Size for Multiple-Serving Prepackaged Products ³ <i>HM (MM)</i>
H.1	Butter, margarine, shortening, lard, solid coconut oil, butter-flavoured spread	10 g	<ul style="list-style-type: none"> MM: RA HM: number of teaspoons closest in weight in grams to the RA 	# tsp (10 g)
H.2	Vegetable oil, including liquid coconut oil	10 mL	<ul style="list-style-type: none"> MM: RA HM: number of teaspoons closest in amount in millilitres to the RA 	2 tsp (10 mL)
H.3	Butter replacement, powder	2 g	<ul style="list-style-type: none"> MM: RA HM: fraction of the teaspoon closest in weight in grams to the RA 	<u>fraction</u> tsp (2 g)
H.4	Dressings for salad	30 mL	<ul style="list-style-type: none"> MM: RA HM: 2 tablespoons 	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 tablespoon 	1 tbsp (15 mL)
H.6	Oil, spray type	0.5 g	<ul style="list-style-type: none"> MM: RA HM: number of seconds of spray, closest in weight in grams to the RA 	# 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	
			A. Criteria to Determine the Serving of Stated Size for Multiple-Serving Prepackaged Products	B. Units for Expressing the Serving of Stated Size for Multiple-Serving Prepackaged Products ³ <i>HM (MM)</i>
I.1	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 weight in grams to the RA 	# tbsp (15 g)
			<i>Anchovy filets:</i> <ul style="list-style-type: none"> • HM: number of whole pieces or units closest in weight in grams to the RA • MM: the weight of the HM in grams 	# 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 cup, or number of pieces or units closest in weight in grams to the RA 	<u>fraction</u> package (140 g) <u>fraction</u> cup (140 g) # piece(s) or unit(s) (140 g)
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 weight in grams to the RA 	<i>raw:</i> # piece(s) or unit(s) (125 g) <i>cooked:</i> # piece(s) or unit(s) (100 g)

Item	Column 1 Product Category	Column 2 Reference Amount (RA) ¹	Column 3	
			A. Criteria to Determine the Serving of Stated Size for Multiple-Serving Prepackaged Products	B. Units for Expressing the Serving of Stated Size for Multiple-Serving Prepackaged Products ³ <i>HM (MM)</i>
			<i>Uniform pieces:</i> <ul style="list-style-type: none"> HM: number of whole pieces or units closest in weight in grams to the appropriate RA MM: the weight of the HM in grams 	# piece(s) or unit(s) (# g)
			<i>Whole multiple-serving fish:</i> <ul style="list-style-type: none"> MM: 100 g HM: same as the MM and does not need to be repeated 	100 g
I.4	Marine and fresh water animals, canned	55 g ²	<ul style="list-style-type: none"> MM: RA HM: fraction of the can or of the cup that is closest in weight in grams to the RA 	<u>fraction</u> can (55 g) <u>fraction</u> cup (55 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 or fraction of the cup that is closest in weight in grams to the RA 	# tbsp (55 g) <u>fraction</u> cup (55 g)
			<i>Package of multiple units:</i> <ul style="list-style-type: none"> HM: number of whole pieces or units closest in weight in grams to the 	# piece(s) or unit(s) (# g)

Item	Column 1	Column 2	Column 3	
	Product Category	Reference Amount (RA) ¹	A. Criteria to Determine the Serving of Stated Size for Multiple-Serving Prepackaged Products	B. Units for Expressing the Serving of Stated Size for Multiple-Serving Prepackaged Products ³ <i>HM (MM)</i>
			RA <ul style="list-style-type: none"> • MM: the weight of the HM in grams 	

J. FRUIT AND FRUIT JUICES

Item	Column 1	Column 2	Column 3	
	Product Category	Reference Amount (RA) ¹	A. Criteria to Determine the Serving of Stated Size for Multiple-Serving Prepackaged Products	B. Units for Expressing the Serving of Stated Size for Multiple-Serving Prepackaged Products ³ <i>HM (MM)</i>
J.1	Fruit, including fruit salad or mixed fruit, fresh, frozen or canned, coated or uncoated, except those listed as a separate item in column 1	140 g 167 mL canned ²	<p><i>Whole fruit:</i></p> <ul style="list-style-type: none"> • MM: RA • HM: # of whole pieces or units or fraction of the fruit closest in weight in grams to the RA 	<p># piece(s) or unit(s) (140 g) <u>fraction</u> fruit (140 g)</p>
			<p><i>Package of multiple, individually prepackaged units, where one 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 unit • MM: the weight of the HM in grams 	<p><i>fresh or frozen:</i> 1 unit (# g) <i>canned:</i> 1 unit (# mL)</p>
			<p><i>Cut up, crushed:</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 weight in grams to the RA 	<p><i>fresh or frozen:</i> <u>fraction</u> cup (140 g) # piece(s) or unit(s) (140 g) <i>canned:</i> 2/3 cup (167 mL) # piece(s) or unit(s) (167 mL)</p>

Item	Column 1	Column 2	Column 3	
	Product Category	Reference Amount (RA) ¹	A. Criteria to Determine the Serving of Stated Size for Multiple-Serving Prepackaged Products	B. Units for Expressing the Serving of Stated Size for Multiple-Serving Prepackaged Products ³ <i>HM (MM)</i>
J.2	Blueberries, raspberries, blackberries or a mixture of these	80 g	<ul style="list-style-type: none"> MM: RA HM: fraction of the cup that is closest in weight in grams to the RA 	<u>fraction</u> cup (80 g)
J.3	Watermelon, cantaloupe, honeydew and other melons or a mixture of these	150 g	<i>Cut up:</i> <ul style="list-style-type: none"> MM: RA HM: the number of cups or fraction of the cup that is closest in weight in grams to the RA 	<u>#</u> cup(s) or <u>fraction</u> cup (150 g)
			<i>Whole:</i> <ul style="list-style-type: none"> MM: RA HM: fraction of the fruit closest in weight in grams to the RA 	<u>fraction</u> fruit (150 g)
J.4	Avocado, used as an ingredient	30 g	<ul style="list-style-type: none"> MM: RA HM: fraction of the fruit, closest in weight in grams to the RA 	<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 weight in grams to the RA 	<u>fraction</u> cup (55 g)
			<i>Lemons and limes:</i> <ul style="list-style-type: none"> MM: RA HM: # of whole pieces or units or fraction of 	<u>#</u> piece(s) or unit(s) (55 g) <u>fraction</u> fruit (55 g)

Item	Column 1	Column 2	Column 3	
	Product Category	Reference Amount (RA) ¹	A. Criteria to Determine the Serving of Stated Size for Multiple-Serving Prepackaged Products	B. Units for Expressing the Serving of Stated Size for Multiple-Serving Prepackaged Products ³ <i>HM (MM)</i>
			the fruit closest in weight in grams to the RA	
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 unit is 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 unit • MM: the amount of the HM in grams or millilitres 	1 unit (# g) 1 unit (# mL)
			<i>Jar:</i> <ul style="list-style-type: none"> • MM: RA in mL • HM: 1/2 cup 	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 weight in grams to the RA • MM: the weight of the HM in grams 	# piece(s) or unit(s) (# g)
			<ul style="list-style-type: none"> • MM: RA • HM: number of 	# tbsp (40 g) # fraction cup (40 g)

Item	Column 1	Column 2	Column 3	
	Product Category	Reference Amount (RA) ¹	A. Criteria to Determine the Serving of Stated Size for Multiple-Serving Prepackaged Products	B. Units for Expressing the Serving of Stated Size for Multiple-Serving Prepackaged Products ³ <i>HM (MM)</i>
			tablespoons or fraction of the cup that is closest in weight in grams to the RA	
			<i>Package of multiple, individually prepackaged units, where one 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 unit • MM: the weight of the HM in grams 	1 unit (<u>#</u> g)
J.8	Candied or pickled fruit	30 g ²	<ul style="list-style-type: none"> • MM: RA • HM: number of tablespoons or fraction of the cup or number of whole pieces or units that is closest in weight in grams to the RA 	<u>#</u> tbsp (30 g) <u>fraction</u> cup (30 g) <u>#</u> 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 weight in grams to the RA • MM: the weight of the 	<u>#</u> piece(s) or unit(s) (<u>#</u> g)

Item	Column 1	Column 2	Column 3	
	Product Category	Reference Amount (RA) ¹	A. Criteria to Determine the Serving of Stated Size for Multiple-Serving Prepackaged Products	B. Units for Expressing the Serving of Stated Size for Multiple-Serving Prepackaged Products ³ <i>HM (MM)</i>
			HM in grams	
J.10	Fruit relishes	60 mL	<ul style="list-style-type: none"> • MM: RA • HM: number of tablespoons or fraction of the cup that is closest in amount in millilitres to the RA 	<u>#</u> tbsp (60 mL) <u>fraction</u> cup (60 mL)
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 cup 	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 teaspoon 	1 tsp (5 mL)

K. LEGUMES

Item	Column 1	Column 2	Column 3	
	Product Category	Reference Amount (RA) ¹	A. Criteria to Determine the Serving of Stated Size for Multiple-Serving Prepackaged Products	B. Units for Expressing the Serving of Stated Size for Multiple-Serving Prepackaged Products ³ <i>HM (MM)</i>
K.1	Tofu (bean curd) or tempeh	85 g ²	<p><i>Regular tofu and tempeh:</i></p> <ul style="list-style-type: none"> • MM: RA • HM: dimensions of the piece or fraction of the whole package closest in weight in grams to the RA 	<p># x # cm piece (85 g) <u>fraction</u> package (85 g)</p>
			<p><i>Soft or silken tofu:</i></p> <ul style="list-style-type: none"> • MM: RA • HM: the number of cups or fraction of the cup that is closest in weight in grams to the RA 	<p># cup(s) or <u>fraction</u> cup (85 g)</p>
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	<p><i>Dry:</i></p> <ul style="list-style-type: none"> • MM: RA • HM: fraction of a cup closest in weight in grams to the RA 	<p><u>fraction</u> cup (35 g)</p>
			<p><i>Cooked or canned:</i></p> <ul style="list-style-type: none"> • MM: RA • HM: 1/2 cup 	<p>1/2 cup (125 mL)</p>

L. MEAT, POULTRY, THEIR PRODUCTS AND SUBSTITUTES (includes extended and simulated meat and poultry products)

Item	Column 1	Column 2	Column 3	
	Product Category	Reference Amount (RA) ¹	A. Criteria to Determine the Serving of Stated Size for Multiple-Serving Prepackaged Products	B. Units for Expressing the Serving of Stated Size for Multiple-Serving Prepackaged Products ³ <i>HM (MM)</i>
L.1	Pork rinds and bacon	54 g uncooked 15 g cooked	<p><i>Sliced:</i></p> <ul style="list-style-type: none"> • HM: number of whole pieces closest in weight in grams to the appropriate RA • MM: the weight of the HM in grams 	# piece(s) (# g)
			<p><i>Un sliced :</i></p> <ul style="list-style-type: none"> • MM: 100 g • HM: same as the MM and does not need to be repeated 	100 g
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 weight in grams to the appropriate RA • MM: the weight of the HM in grams 	# piece(s) (# g)
L.3	Dried meat and poultry, such as jerky, dried beef or parma ham, sausage products with a water activity of 0.90 or less, such as salami, dried thuringer or cervelat	30 g	<p><i>Un sliced:</i></p> <ul style="list-style-type: none"> • MM: 100 g • HM: same as the MM and does not need to be repeated 	100 g
			<p><i>Non-uniform, pre-sliced:</i></p> <ul style="list-style-type: none"> • MM: RA • HM: number of whole 	# piece(s) or unit(s) (30 g)

Item	Column 1	Column 2	Column 3	
	Product Category	Reference Amount (RA) ¹	A. Criteria to Determine the Serving of Stated Size for Multiple-Serving Prepackaged Products	B. Units for Expressing the Serving of Stated Size for Multiple-Serving Prepackaged Products ³ <i>HM (MM)</i>
			pieces or units that is closest in weight in grams to the RA	
			<i>Jerky:</i> <ul style="list-style-type: none"> • HM: number of whole pieces or units closest in weight in grams to the RA • MM: the weight of the HM in grams 	# piece(s) or unit(s) (# g)
L.4	Luncheon meats such as bologna, blood pudding, 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>Un sliced/chub:</i> <ul style="list-style-type: none"> • MM: 100 g • HM: same as the MM and does not need to be repeated 	100 g
			<i>Non-uniform, pre-sliced:</i> <ul style="list-style-type: none"> • MM: RA • HM: number of whole pieces or units that is closest in weight in grams to the RA 	# piece(s) or unit(s) (55 g)
			<i>Cretons, spreads, pâtés, cooked fillings:</i> <ul style="list-style-type: none"> • MM: RA • HM: number of tablespoons or fraction of the cup that is closest in weight in grams to 	# tbsp (55 g) fraction cup (55 g)

Item	Column 1	Column 2	Column 3	
	Product Category	Reference Amount (RA) ¹	A. Criteria to Determine the Serving of Stated Size for Multiple-Serving Prepackaged Products	B. Units for Expressing the Serving of Stated Size for Multiple-Serving Prepackaged Products ³ <i>HM (MM)</i>
			the RA	
			<i>Uncooked fillings:</i> <ul style="list-style-type: none"> MM: RA HM: number of tablespoons or fraction of the cup that is closest in weight in grams to the RA 	# tbsp (75 g) <u>fraction</u> cup (75 g)
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> <ul style="list-style-type: none"> HM: number of whole pieces or units closest in weight in grams to the appropriate RA MM: the weight of the HM in grams 	# piece(s) or unit(s) (# g)
			<i>Un sliced:</i> <ul style="list-style-type: none"> MM: 100 g HM: same as the MM and does not need to be repeated 	100 g
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)	125 g raw 100 g cooked	<i>Whole poultry, roasts, unsliced:</i> <ul style="list-style-type: none"> MM: 100 g HM: same as the MM and does not need to be repeated 	100 g
			<i>Meat or poultry cuts:</i> <ul style="list-style-type: none"> MM: RA 	<i>raw :</i> # piece(s) or unit(s) (125 g)

Item	Column 1	Column 2	Column 3	
	Product Category	Reference Amount (RA) ¹	A. Criteria to Determine the Serving of Stated Size for Multiple-Serving Prepackaged Products	B. Units for Expressing the Serving of Stated Size for Multiple-Serving Prepackaged Products ³ <i>HM (MM)</i>
			<ul style="list-style-type: none"> HM: number of whole pieces or units or fraction of the piece or unit closest in weight in grams to the RA 	<u>fraction</u> piece or unit (125 g) <i>cooked:</i> <u>#</u> piece(s) or unit(s) (100 g) <u>fraction</u> piece or unit (100 g)
			<i>Skewers:</i> <ul style="list-style-type: none"> HM: number of whole units closest in weight in grams to the appropriate RA MM: the weight of the HM in grams 	<u>#</u> unit(s) (<u>#</u> 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 and poultry products	100 g raw 60 g cooked	<ul style="list-style-type: none"> HM: number of whole pieces closest in weight in grams to the appropriate RA MM: the weight of the HM in grams 	<u>#</u> piece(s) (<u>#</u> g)
			<i>Ground meat and poultry and simulated ground meat and poultry products:</i> <ul style="list-style-type: none"> MM: RA HM: fraction of the package or fraction of the cup closest in weight in grams to the RA 	<u>fraction</u> package (100 g) <u>fraction</u> cup (100 g)

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

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

M. MISCELLANEOUS CATEGORY

Item	Column 1 Product Category	Column 2 Reference Amount (RA) ¹	Column 3	
			A. Criteria to Determine the Serving of Stated Size for Multiple-Serving Prepackaged Products	B. Units for Expressing the Serving of Stated Size for Multiple-Serving Prepackaged Products ³ <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 weight in grams to the RA 	<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 teaspoons or fraction of the teaspoon closest in weight in grams to the RA 	# tsp(s) or <u>fraction</u> tsp (4 g)
M.3	Bread crumbs and batter mixes	30 g	<ul style="list-style-type: none"> MM: RA HM: fraction of the cup closest in weight in grams to the RA 	<u>fraction</u> cup (30 g)
M.4	Cooking wine	30 mL	<ul style="list-style-type: none"> MM: RA HM: 2 tablespoons 	2 tbsp (30 mL)
M.5	Cocoa powder, carob powder, unsweetened	5 g	<ul style="list-style-type: none"> MM: RA HM: number of tablespoons closest in weight in grams to the RA 	# 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 	<u>fraction</u> cup (<u>RA</u> mL) # tbsp (<u>RA</u> mL) # tbsp (<u>RA</u> g)

Item	Column 1	Column 2	Column 3	
	Product Category	Reference Amount (RA) ¹	A. Criteria to Determine the Serving of Stated Size for Multiple-Serving Prepackaged Products	B. Units for Expressing the Serving of Stated Size for Multiple-Serving Prepackaged Products ³ <i>HM (MM)</i>
			closest in amount in millilitres or grams to the RA	
M.7	Chewing gum	3 g	<ul style="list-style-type: none"> • HM: number of whole pieces closest in weight in grams to the RA • MM: the weight of the HM in grams 	# 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 weight in grams to the RA 	# tsp or tbsp (7 g)
M.9	Salt, salt substitutes and seasoned salts such as garlic salt and salt-based seasonings (which may contain herbs, spices, dehydrated vegetables, etc.), flavour enhancers, such as steak spice.	1 g	<ul style="list-style-type: none"> • MM: RA • HM: fraction of the teaspoon closest in weight in grams to the RA 	<u>fraction</u> tsp (1 g)
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 weight in grams to the RA 	<u>fraction</u> tsp (0.5 g)
M.11	Coconut milk	83 mL	<ul style="list-style-type: none"> • MM: RA • HM: 1/3 cup 	1/3 cup (83 mL)
M.12	Dried coconut, flakes, shredded	15 g	<ul style="list-style-type: none"> • MM: RA 	# tbsp (15 g)

Item	Column 1	Column 2	Column 3	
	Product Category	Reference Amount (RA) ¹	A. Criteria to Determine the Serving of Stated Size for Multiple-Serving Prepackaged Products	B. Units for Expressing the Serving of Stated Size for Multiple-Serving Prepackaged Products ³ <i>HM (MM)</i>
			<ul style="list-style-type: none"> HM: number of tablespoons closest in weight in grams to the RA 	

N. COMBINATION DISHES

Item	Column 1 Product Category	Column 2 Reference Amount (RA) ¹	Column 3	
			A. Criteria to Determine the Serving of Stated Size for Multiple-Serving Prepackaged Products	B. Units for Expressing the Serving of Stated Size for Multiple-Serving Prepackaged Products ³ HM (MM)
N.1	Combination dishes, such as chicken and rice casserole, hash, macaroni and cheese with or without meat, spaghetti with sauce, lasagna, 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 with sauce, 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 or of the package that is closest in weight in grams to the RA 	# cup(s) (300 g) <u>fraction</u> cup (300 g) <u>fraction</u> package (300 g)
			<i>Pieces or units:</i> <ul style="list-style-type: none"> HM: number of whole pieces or units closest in weight in grams to the RA the weight of the HM in grams 	# piece(s) or unit(s) (# g) # x # cm piece (# g)
N.2	Burritos, 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, chicken cordon bleu, stuffed vegetables with meat or poultry, kabobs and souvlaki (meat and vegetables), empanadas, fajitas, sushi, souvlaki, pot pie, meat pie or tourtière	200 g	<i>Pieces or units:</i> <ul style="list-style-type: none"> HM: number of whole pieces or units or fraction of the package closest in weight in grams to the RA MM: the weight of the HM in grams 	# piece(s) or unit(s) (# g) <u>fraction</u> package (# g)
			<i>Tray or pan of pizza, quiche, meat pie, uncut or unmarked:</i> <ul style="list-style-type: none"> HM: dimensions of the piece or fraction of the 	# x # cm piece (# g) <u>fraction</u> pan (# g)

Item	Column 1	Column 2	Column 3	
	Product Category	Reference Amount (RA) ¹	A. Criteria to Determine the Serving of Stated Size for Multiple-Serving Prepackaged Products	B. Units for Expressing the Serving of Stated Size for Multiple-Serving Prepackaged Products ³ <i>HM (MM)</i>
			whole product closest in weight in grams to the RA <ul style="list-style-type: none"> • MM: the weight of the HM in grams 	
N.3	Hors d'oeuvres, such as onion rings, egg rolls and breaded zucchini sticks	85 g 120 g with sauce	<ul style="list-style-type: none"> • HM: number of whole pieces closest in weight in grams to the RA • MM: the weight of the HM in grams 	# piece(s) (# g)

O. NUTS AND SEEDS

Item	Column 1 Product Category	Column 2 Reference Amount (RA) ¹	Column 3	
			A. Criteria to Determine the Serving of Stated Size for Multiple-Serving Prepackaged Products	B. Units for Expressing the Serving of Stated Size for Multiple-Serving Prepackaged Products ³ <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 tablespoons closest in weight in grams to the RA 	fraction cup (30 g) # tbsp (30 g)
O.2	Pastes and creams, including marzipan	30 g	<ul style="list-style-type: none"> • MM: RA • HM: number of tablespoons closest in weight in grams to the RA 	# tbsp (30 g)
O.3	Peanut butter, nut butters and substitutes, such as coconut and soya butter	15 g	<ul style="list-style-type: none"> • MM: RA • HM: number of tablespoons closest in weight in grams to the RA 	# tbsp (15 g)
O.4	Nut flours, such as almond flour and similar flours, including coconut, peanut and soya flours	15 g	<ul style="list-style-type: none"> • MM: RA • HM: number of tablespoons closest in weight in grams to the RA 	# tbsp (15 g)

P. POTATOES, SWEET POTATOES AND YAMS

Item	Column 1	Column 2	Column 3	
	Product Category	Reference Amount (RA) ¹	A. Criteria to Determine the Serving of Stated Size for Multiple-Serving Prepackaged Products	B. Units for Expressing the Serving of Stated Size for Multiple-Serving Prepackaged Products ³ <i>HM (MM)</i>
P.1	French fries, including spirales, smiles, wedges, fried potatoes, hash browns, potato 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 weight in grams to the RA 	<i>frozen:</i> <u>#</u> piece(s) (85 g) <i>prepared:</i> <u>#</u> piece(s) (70 g)
			<i>Potato skins and pancakes and hash brown patties:</i> <ul style="list-style-type: none"> • HM: number of whole pieces closest in weight in grams to the RA • MM: the weight of the HM in grams 	<u>#</u> piece(s) (<u>#</u> g)
			<i>Hash browns, home fries, small diced potatoes:</i> <ul style="list-style-type: none"> • MM: RA • HM: fraction of the cup closest in weight in grams to the RA 	<i>frozen:</i> <u>fraction</u> cup (85 g) <i>prepared:</i> <u>fraction</u> cup (70 g)
P.2	Potatoes, mashed, candied, stuffed or with sauce	140 g	<i>Mashed, candied or with sauce:</i> <ul style="list-style-type: none"> • MM: RA • HM: fraction of the cup closest in weight in grams to the RA 	<u>fraction</u> cup (140 g)
			<i>Stuffed:</i>	<u>#</u> piece(s) (<u>#</u> g)

Item	Column 1	Column 2	Column 3	
	Product Category	Reference Amount (RA) ¹	A. Criteria to Determine the Serving of Stated Size for Multiple-Serving Prepackaged Products	B. Units for Expressing the Serving of Stated Size for Multiple-Serving Prepackaged Products ³ <i>HM (MM)</i>
			<ul style="list-style-type: none"> • HM: number of whole pieces closest in weight in grams to the RA • MM: the weight of the HM in grams 	
P.3	Potatoes, plain, fresh, canned or frozen	110 g fresh or frozen, 125 g vacuum-packed, 167 mL canned ²	<ul style="list-style-type: none"> • HM: number of whole pieces closest in amount in grams or millilitres to the RA • MM: the amount of the HM in grams or millilitres 	<u>#</u> piece(s) (<u>#</u> g) <u>#</u> piece(s) (<u>#</u> mL)

Q. SALADS

Item	Column 1 Product Category	Column 2 Reference Amount (RA) ¹	Column 3	
			A. Criteria to Determine the Serving of Stated Size for Multiple-Serving Prepackaged Products	B. Units for Expressing the Serving of Stated Size for Multiple-Serving Prepackaged Products ³ <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 in column 1	100 g	<ul style="list-style-type: none"> • MM: RA • HM: fraction of the cup closest in weight in grams to the RA 	<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 weight in grams to the RA 	<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 weight in grams to the RA 	<u>fraction</u> cup (140 g)

R. SAUCES, DIPS, GRAVIES AND CONDIMENTS

Item	Column 1	Column 2	Column 3	
	Product Category	Reference Amount (RA) ¹	A. Criteria to Determine the Serving of Stated Size for Multiple-Serving Prepackaged Products	B. Units for Expressing the Serving of Stated Size for Multiple-Serving Prepackaged Products ³ <i>HM (MM)</i>
R.1	Sauces for dipping, such as barbecue, cocktail sauce, hollandaise, tartar, mustard or sweet and sour sauce, plum, cherry and pineapple sauce, satay and peanut sauce, Vietnamese and sweet chili dipping sauce, spare rib sauce, garlic sauce	30 mL	<ul style="list-style-type: none"> MM: RA HM: 2 tablespoons 	2 tbsp (30 mL)
R.2	Dips, spreads and tapenades, such as vegetables, legume or dairy-based	30 g	<ul style="list-style-type: none"> MM: RA HM: number of tablespoons closest in weight in grams to the RA 	# tbsp (30 g)
R.3	Major main entrée sauce, such as spaghetti sauce, cooking sauces such as butter chicken sauce, curry sauce, pulled pork, sloppy Joe, garlic sauce, stir fry sauce	125 mL	<ul style="list-style-type: none"> MM: RA HM: 1/2 cup 	1/2 cup (125 mL)
R.4	Minor main entrée sauce such as pizza sauce, pad thai sauce, pesto sauce, chicken wing sauce, or other sauces used as toppings such as white sauce, cheese sauce, salsa or gravy	60 mL	<ul style="list-style-type: none"> MM: RA HM: 1/4 cup 	1/4 cup (60 mL)
R.5	Major condiments, such as ketchup, chili sauce, chutney, steak sauce, soy sauce, vinegar, fish sauce, hoisin sauce, black bean sauce, teriyaki sauce, curry paste or marinades	15 mL	<ul style="list-style-type: none"> MM: RA HM: 1 tablespoon 	1 tbsp (15 mL)
R.6	Minor condiments, such as horseradish, hot	5 mL	<ul style="list-style-type: none"> MM: RA 	1 tsp (5 mL)

Item	Column 1	Column 2	Column 3	
	Product Category	Reference Amount (RA) ¹	A. Criteria to Determine the Serving of Stated Size for Multiple-Serving Prepackaged Products	B. Units for Expressing the Serving of Stated Size for Multiple-Serving Prepackaged Products ³ <i>HM (MM)</i>
	sauce, mustard, liquid smoke or Worcestershire sauce		<ul style="list-style-type: none"> HM: 1 teaspoon 	

S. SNACKS

Item	Column 1	Column 2	Column 3	
	Product Category	Reference Amount (RA) ¹	A. Criteria to Determine the Serving of Stated Size for Multiple-Serving Prepackaged Products	B. Units for Expressing the Serving of Stated Size for Multiple-Serving Prepackaged Products ³ <i>HM (MM)</i>
S.1	Chips, pretzels, popcorn, extruded snacks, grain and pulse-based snacks, pita chips and fruit-based snacks, such as fruit chips	50 g	<p><i>Chip, pita chips:</i></p> <ul style="list-style-type: none"> • MM: RA • HM: number of chips closest in weight in grams to the RA 	# chips (50 g)
			<p><i>Package of multiple, individually prepackaged units, where one 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 unit • MM: the weight of the HM in grams 	1 unit (# g)
			<p><i>Bite-sized, measurable 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 closest in weight in grams to the RA 	<u>fraction</u> cup (50 g)
			<p><i>Package of multiple, individually prepackaged</i></p>	1 unit (# g)

Item	Column 1	Column 2	Column 3	
	Product Category	Reference Amount (RA) ¹	A. Criteria to Determine the Serving of Stated Size for Multiple-Serving Prepackaged Products	B. Units for Expressing the Serving of Stated Size for Multiple-Serving Prepackaged Products ³ <i>HM (MM)</i>
			<p><i>units, where one 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 unit • MM: the weight of the HM in grams 	
			<p><i>Larger pretzels (where 14 or less pieces make up the RA):</i></p> <ul style="list-style-type: none"> • HM: number of pieces closest in weight in grams to the RA • MM: the weight of the HM in grams 	# piece(s) (# g)
S.2	Nuts or seeds, or a mixture of these, with or without chocolate, candies, dried fruit or other food added, 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 weight in grams to the RA 	# tbsp (50 g) fraction 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 weight in grams to the RA • MM: the weight of the HM in grams 	# piece(s) (# g)

Item	Column 1	Column 2	Column 3	
	Product Category	Reference Amount (RA) ¹	A. Criteria to Determine the Serving of Stated Size for Multiple-Serving Prepackaged Products	B. Units for Expressing the Serving of Stated Size for Multiple-Serving Prepackaged Products ³ <i>HM (MM)</i>
			<i>Package of multiple, individually prepackaged units, where one 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 unit • MM: the weight of the HM in grams 	1 unit (# g)

T. SOUPS

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

Item	Column 1	Column 2	Column 3	
	Product Category	Reference Amount (RA) ¹	A. Criteria to Determine the Serving of Stated Size for Multiple-Serving Prepackaged Products	B. Units for Expressing the Serving of Stated Size for Multiple-Serving Prepackaged Products ³ <i>HM (MM)</i>
			RA <ul style="list-style-type: none"> MM: the weight of the HM in grams 	
			<i>Package of multiple, individually prepackaged units, where one 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 unit MM: the weight of the HM in grams 	1 unit (# g)
			<i>Tablet chocolate bars, with cut marks:</i> <ul style="list-style-type: none"> HM: number of whole pre-marked pieces or units closest in weight in grams to the RA MM: the weight of the HM in grams 	# piece(s) or unit(s) (# g)
			<i>Non-uniform chocolate shape, e.g. chocolate Easter bunny:</i> <ul style="list-style-type: none"> MM: RA 	<u>fraction</u> package (40g)

Item	Column 1	Column 2	Column 3	
	Product Category	Reference Amount (RA) ¹	A. Criteria to Determine the Serving of Stated Size for Multiple-Serving Prepackaged Products	B. Units for Expressing the Serving of Stated Size for Multiple-Serving Prepackaged Products ³ <i>HM (MM)</i>
			<ul style="list-style-type: none"> HM: fraction of the package closest in weight in grams to the RA 	
U.2	After-dinner confections	10 g	<ul style="list-style-type: none"> HM: number of pieces or units closest in weight in grams to the RA MM: the weight of the HM in grams 	# piece(s) or unit(s) (# g)
U.3	Hard candies, powdered or liquid candies, except those listed as a separate item in column 1	15 g 15 mL	<ul style="list-style-type: none"> HM: number of pieces or unit(s) closest in amount in grams or millilitres, as appropriate, to the RA MM: the quantity of the HM in grams or millilitres as appropriate 	# 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 weight in grams to the RA 	<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 weight in grams to the RA MM: the weight of the HM in grams 	# 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 weight in grams to the RA 	# piece(s) or unit(s) (# g)

Item	Column 1	Column 2	Column 3	
	Product Category	Reference Amount (RA) ¹	A. Criteria to Determine the Serving of Stated Size for Multiple-Serving Prepackaged Products	B. Units for Expressing the Serving of Stated Size for Multiple-Serving Prepackaged Products ³ <i>HM (MM)</i>
			<ul style="list-style-type: none"> MM: the weight of the HM in grams 	
U.7	Confectioner's or icing sugar	30 g	<ul style="list-style-type: none"> MM: RA HM: fraction of the cup closest in weight in grams to the RA 	<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 weight in grams to the RA 	<u>#</u> tbsp (20 g)
U.9	Jams, jellies, marmalades, fruit butters and spreads	15 mL	<ul style="list-style-type: none"> MM: RA HM: 1 tablespoon 	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 weight in grams to the RA MM: the weight of the HM in grams 	<u>#</u> piece(s) or unit(s) (<u>#</u> g)
U.11	Marshmallows	30 g	<i>Mini:</i> <ul style="list-style-type: none"> MM: RA HM: fraction of the cup closest in weight in grams to the RA 	<u>fraction</u> cup (30 g)
			<i>Regular:</i> <ul style="list-style-type: none"> HM: number of pieces or units closest in weight in grams to the RA 	<u>#</u> piece(s) or unit(s) (<u>#</u> g)

Item	Column 1	Column 2	Column 3	
	Product Category	Reference Amount (RA) ¹	A. Criteria to Determine the Serving of Stated Size for Multiple-Serving Prepackaged Products	B. Units for Expressing the Serving of Stated Size for Multiple-Serving Prepackaged Products ³ <i>HM (MM)</i>
			<ul style="list-style-type: none"> MM: the weight of the HM in grams 	
U.12	Sugars, except those listed as a separate item in column 1	4 g	<ul style="list-style-type: none"> MM: RA HM: number of teaspoons or packet(s) closest in weight in grams to the RA 	# tsp or packet(s) (4 g)
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 teaspoons or packet(s) or fraction of a teaspoon closest in weight in grams to the RA 	# tsp or packet(s) (<u>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 cup 	4 tbsp (60 mL) 1/4 cup (60 mL)
U.15	Syrups used as ingredients, such as corn syrup, agave syrup and flavoured syrups for milk	30 mL	<ul style="list-style-type: none"> MM: RA HM: 2 tablespoons 	2 tbsp (30 mL)

V. VEGETABLES

Item	Column 1	Column 2	Column 3	
	Product Category	Reference Amount (RA) ¹	A. Criteria to Determine the Serving of Stated Size for Multiple-Serving Prepackaged Products	B. Units for Expressing the Serving of Stated Size for Multiple-Serving Prepackaged Products ³ <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 vegetables without sauce listed as a separate item in column 1	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 weight in grams to the RA MM: the weight of the HM in grams 	# piece(s) or unit(s) (# g) <u>fraction</u> cup (# g) <u>fraction</u> vegetable (# g)
			<i>Cream style corn and stewed tomatoes or chopped/cubed vegetables:</i> <ul style="list-style-type: none"> MM: RA HM: 1/2 cup 	1/2 cup (125 mL)
V.2	Vegetables with sauce	110 g fresh or frozen 125 mL canned	<i>Fresh or frozen:</i> <ul style="list-style-type: none"> HM: number of pieces or units or fraction of a cup closest in weight in grams to the RA MM: the weight of the HM in grams 	# piece(s) or unit(s) (# g) <u>fraction</u> cup (# g)
			<i>Canned:</i> <ul style="list-style-type: none"> MM: RA HM: 1/2 cup 	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 	# tsp (4 g)

Item	Column 1	Column 2	Column 3	
	Product Category	Reference Amount (RA) ¹	A. Criteria to Determine the Serving of Stated Size for Multiple-Serving Prepackaged Products	B. Units for Expressing the Serving of Stated Size for Multiple-Serving Prepackaged Products ³ <i>HM (MM)</i>
			weight in grams to the RA	
			<i>Frozen:</i> <ul style="list-style-type: none"> HM: number of pieces or units closest in weight in grams to the RA MM: the weight of the HM in grams 	# piece(s) or unit(s) (# g)
			<i>Canned:</i> <ul style="list-style-type: none"> MM: RA HM: 1 teaspoon 	1 tsp (5 mL)
V.4	Chili pepper and green onion	30 g	<ul style="list-style-type: none"> MM: RA HM: number of pieces or units, fraction of the cup or number of tablespoons closest in weight in grams to the RA 	# piece(s) or unit(s) (30 g) fraction cup (30 g) # tbsp (30 g)
V.5	Seaweed, dehydrated mushrooms	15 g	<ul style="list-style-type: none"> HM: number of pieces or units closest in weight in grams to the RA MM: the weight of the HM in grams 	# piece(s) or unit(s) (# g)
V.6	Sprouts	65 g	<ul style="list-style-type: none"> MM: RA HM: fraction of the cup closest in weight in 	fraction cup (65 g)

Item	Column 1	Column 2	Column 3	
	Product Category	Reference Amount (RA) ¹	A. Criteria to Determine the Serving of Stated Size for Multiple-Serving Prepackaged Products	B. Units for Expressing the Serving of Stated Size for Multiple-Serving Prepackaged Products ³ <i>HM (MM)</i>
			grams to the RA	
V.7	Vegetable juice and vegetable drink	250 mL	<ul style="list-style-type: none"> MM: RA HM: 1 cup 	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 weight in grams to the RA MM: the weight of the HM in grams 	# piece(s) or unit(s) (# g)
			<i>Sliced:</i> <ul style="list-style-type: none"> MM: RA HM: number of tablespoons closest in weight in grams to the RA 	# tbsp (15 g)
V.9	Sun-dried tomatoes, artichoke hearts and other vegetables packed in oil, pickles, 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 weight in grams to the RA MM: the weight of the HM in grams 	# piece(s) or unit(s) (# g)
			<i>Non-uniform pieces or units:</i> <ul style="list-style-type: none"> MM: RA HM: fraction of a cup closest in weight in grams to the RA 	<u>fraction</u> cup (30 g)

Item	Column 1	Column 2	Column 3	
	Product Category	Reference Amount (RA) ¹	A. Criteria to Determine the Serving of Stated Size for Multiple-Serving Prepackaged Products	B. Units for Expressing the Serving of Stated Size for Multiple-Serving Prepackaged Products ³ <i>HM (MM)</i>
V.10	Relish	15 mL	<ul style="list-style-type: none"> • MM: RA • HM: 1 tablespoon 	1 tbsp (15 mL)
V.11	Vegetable pastes, such as tomato paste	30 mL	<ul style="list-style-type: none"> • MM: RA • HM: 2 tablespoons 	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 cup 	1/4 cup (60 mL) 4 tbsp (60 mL)

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

Item	Column 1	Column 2	Column 3	
	Product Category	Reference Amount (RA) ¹	A. Criteria to Determine the Serving of Stated Size for Multiple-Serving Prepackaged Products	B. Units for Expressing the Serving of Stated Size for Multiple-Serving Prepackaged Products ³ <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 weight in grams to the weight of the RA 	# tbsp (30 g)
W.2	Ready-to-eat cereal and cereal bars, represented for children one year of age or older but less than four years of age	20 g	<i>Cereal:</i> <ul style="list-style-type: none"> MM: RA HM: fraction of the cup or number of tablespoons closest in weight in grams to the weight of the RA 	<u>fraction</u> cup (20 g) # tbsp (20 g)
			<i>Cereal Bars:</i> <ul style="list-style-type: none"> HM: number of pieces or units closest in weight in grams to the RA MM: the weight of the HM in grams 	# 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 weight in grams to the RA MM: the weight of the HM in grams 	# piece(s) or unit(s) (# g)
			<i>Package of multiple,</i>	1 unit (# g)

Item	Column 1	Column 2	Column 3	
	Product Category	Reference Amount (RA) ¹	A. Criteria to Determine the Serving of Stated Size for Multiple-Serving Prepackaged Products	B. Units for Expressing the Serving of Stated Size for Multiple-Serving Prepackaged Products ³ <i>HM (MM)</i>
			<i>individually prepackaged units, where one 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 unit • MM: the weight of the HM in grams 	
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 container 	container (# mL)
W.5	Combination dishes represented for children one year of age or older but less than four years of age	170 g	<ul style="list-style-type: none"> • HM: container • MM: weight of the container 	container (# g)
W.6	Juices, all varieties	125 mL	<ul style="list-style-type: none"> • MM: RA • HM: 1/2 cup 	1/2 cup (125 mL)
W.7	Yogurt, represented for children one year of age or older but less than four years of age	100 g	<i>Package of multiple, individually prepackaged units, where one 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 	1 unit (# g)

Item	Column 1	Column 2	Column 3	
	Product Category	Reference Amount (RA) ¹	A. Criteria to Determine the Serving of Stated Size for Multiple-Serving Prepackaged Products	B. Units for Expressing the Serving of Stated Size for Multiple-Serving Prepackaged Products ³ <i>HM (MM)</i>
			unit <ul style="list-style-type: none"> • MM: the weight of the HM in grams 	

X. MEAL REPLACEMENTS AND NUTRITIONAL SUPPLEMENTS

Item	Column 1	Column 2	Column 3	
	Product Category	Reference Amount (RA) ¹	A. Criteria to Determine the Serving of Stated Size for Multiple-Serving Prepackaged Products	B. Units for Expressing the Serving of Stated Size for Multiple-Serving Prepackaged Products ³ <i>HM (MM)</i>
X.1	Meal replacements or nutritional supplements, ready to consume or requiring preparation, such as drinks, shakes, soups, bars, puddings, cereal	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 The terms piece(s) or unit(s), container, package, pan, fruit and other similar terms are used as generic descriptors.