

CHEAT SHEET

RACC

noun | racc | \rak\

: reference amounts customarily consumed

Serving sizes of foods that can be reasonably consumed at one eating occasion. These have recently been updated to reflect real-world consumption. A RACC table can be found in the Code of Federal Regulations, 21CFR101.12.

FORMULA

Recipe weight/RACC= XX

XX multiplied by 100= XX%

Nutrition Facts			
2 Servings Per Container			
Serving size		12 fl oz (360 mL)	
	per serving	per container	
Calories	150	300	
	% Daily Value*	% Daily Value*	
Total Fat	1g	2g	3%
Saturated Fat	0g	0g	0%
<i>Trans</i> Fat	0g	0g	0%
Cholesterol	0g	0g	0%
Sodium	10mg	20mg	1%
Total Carbohydrate	38g	76g	28%
Dietary Fiber	0g	0g	0%
Total Sugars	37g	73g	
Includes Added Sugars	35g	70g	140%
Protein	0g	0g	
Vitamin D	0mcg	0mcg	0%
Calcium	4mg	7mg	0%
Iron	0mg	0mg	0%
Potassium	18mg	37mg	0%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

UPDATED IN 2016

40g MOST BREAKFAST CEREALS 	8 sq inch* PIE CRUST, PASTRY SHEETS 	50g FRUITS USED AS INGREDIENTS 
360 mL CARBONATED, NON CARBONATED BEVERAGES 	15g/15 mL HARD CANDIES/ LIQUID CANDIES 	360 mL COFFEE OR TEA 
8g SUGAR 	170g YOGURT 	240 mL MILK BEVERAGES, FRUIT JUICES 
2 TBSP CAKE FROSTINGS, ICINGS 	85g CANNED FISH, SHELLFISH, GAME MEAT 	2/3 c ICE CREAM, FROZEN YOGURT 

USING RACC TO DETERMINE DUAL COLUMN USAGE

With the new rules, containers that hold between 2 and 3 servings of a food may now need to show a Dual Column label to show nutrition information for a single serving and per the whole container. To determine this, check the determined serving size for your product. If your package weighs at least 200 percent and up to and including 300 percent of the applicable reference amount, you need to use the Dual Column label.