

CHEAT SHEET

SERVING SIZE ROUNDING

noun | serv•ing size round•ing | \ˈsər-viŋ ˈsīz ˈraʊnd-ɪŋ\

: rounding rules for serving sizes on nutrition labels



ROUNDING

The number of servings rounds to the nearest **whole** number unless the number of servings is between 2 and 5 servings, in which case you would round to the nearest **.5** serving. Basic rounding principles apply.

When rounding to whole numbers

(less than 2 or greater than 5 servings per container)

- .5 to 1.49 rounds to 1
- 1.5 to 2.49 rounds to 2

When rounding to the nearest .5

(2-5 servings per container)

- 2.25 to 2.74 rounds to 2.5
- 2.75 to 3.24 rounds to 3

You can use the term "about" when you round a serving size between 2-5 servings per container.

Below 2 servings/RACC greater than 100g

Nutrition Facts

1 serving per container	
Serving size	3 egg rolls (225g)
Amount per serving	
Calories	560
	% Daily Value*
Total Fat 27g	35%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 1050mg	46%
Total Carbohydrate 61g	22%
Dietary Fiber 6g	21%
Total Sugars 9g	
Includes 0g Added Sugars	0%
Protein 19g	
Vitamin D 0mcg	0%
Calcium 90mg	6%
Iron 3mg	15%
Potassium 371mg	8%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.

ROUND TO NEAREST WHOLE NUMBER

Example: Egg Rolls

The RACC for egg rolls is 140 g. Since the RACC is greater than 100 g, a package of egg rolls containing more than 150% but less than 200% of the RACC can be labeled as 1 or 2 servings.

For example, a package of egg rolls weighs 225 g and contains 3 egg rolls (75 g each), can be labeled one of two ways:

1 The manufacturer may choose to label the product as 1 serving, 3 egg rolls (225 g).

Alternatively, if the manufacturer chooses to label the product as more than 1 serving, the serving size would be "2 egg rolls (150 g)." The number of servings, determined as the total contents divided by the serving size, would be 1.5 and would be rounded to "about 2."

Nutrition Facts

About 2 servings per container	
Serving size	2 egg rolls (150g)
Amount per serving	
Calories	380
	% Daily Value*
Total Fat 18g	23%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 700mg	30%
Total Carbohydrate 41g	15%
Dietary Fiber 4g	14%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 12g	
Vitamin D 0mcg	0%
Calcium 60mg	4%
Iron 2mg	10%
Potassium 248mg	6%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.