

cheat sheet SERVING SIZE ROUNDING

noun | serv•ing size round•ing | \ 'sər-vīŋ 'sīz 'raʊnd-īŋ\

: 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. 2,000 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.”

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. 2,000 calories a day is used for general nutrition advice.

