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<p><b>Nutrition Facts</b> Serv. Size: 1 package, Amount Per Serving:  <b>Calories</b> 45, Fat Cal. 10, <b>Total Fat</b> 1g (2% DV), Sat. Fat 0.5g (3% DV), <i>Trans</i> Fat 0.5g,  <b>Cholest.</b> 0mg (0% DV), <b>Sodium</b> 50mg (2% DV), <b>Total Carb.</b> 8g (3% DV), Fiber 1g  (4% DV), Sugars 4g, <b>Protein</b> 1g, Vitamin A (8% DV), Vitamin C (8% DV), Calcium  (0% DV), Iron (2% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.</p>
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**§ 101.10 Nutrition labeling of restaurant foods.**

Nutrition labeling in accordance with § 101.9 shall be provided upon request for any restaurant food or meal for which a nutrient content claim (as defined in § 101.13 or in subpart D of this part) or a health claim (as defined in § 101.14 and permitted by a regulation in subpart E of this part) is made, except that information on the nutrient amounts that are the basis for the claim (e.g., “low fat, this meal provides less than 10 grams of fat”) may serve as the functional equivalent of complete nutrition information as described in § 101.9. Nutrient levels may be determined by nutrient data bases, cookbooks, or analyses or by other reasonable bases that provide assurance that the food or meal meets the nutrient requirements for the claim. Presentation of nutrition labeling may be in various forms, including those provided in § 101.45 and other reasonable means.

[61 FR 40332, Aug. 2, 1996]

**§ 101.12 Reference amounts customarily consumed per eating occasion.**

(a) The general principles and factors that the Food and Drug Administration (FDA) considered in arriving at the reference amounts customarily consumed per eating occasion (reference amounts) which are set forth in paragraph (b) of this section, are that:

- (1) FDA calculated the reference amounts for persons 4 years of age or older to reflect the amount of food customarily consumed per eating occasion by persons in this population group. These reference amounts are based on data set forth in appropriate national food consumption surveys.
- (2) FDA calculated the reference amounts for an infant or child under 4

years of age to reflect the amount of food customarily consumed per eating occasion by infants up to 12 months of age or by children 1 through 3 years of age, respectively. These reference amounts are based on data set forth in appropriate national food consumption surveys. Such reference amounts are to be used only when the food is specially formulated or processed for use by an infant or by a child under 4 years of age.

(3) An appropriate national food consumption survey includes a large sample size representative of the demographic and socioeconomic characteristics of the relevant population group and must be based on consumption data under actual conditions of use.

(4) To determine the amount of food customarily consumed per eating occasion, FDA considered the mean, median, and mode of the consumed amount per eating occasion.

(5) When survey data were insufficient, FDA took various other sources of information on serving sizes of food into consideration. These other sources of information included:

- (i) Serving sizes used in dietary guidance recommendations or recommended by other authoritative systems or organizations;
- (ii) Serving sizes recommended in comments;
- (iii) Serving sizes used by manufacturers and grocers; and
- (iv) Serving sizes used by other countries.

(6) Because they reflect the amount customarily consumed, the reference amount and, in turn, the serving size declared on the product label are based on only the edible portion of food, and not bone, seed, shell, or other inedible components.