

## Typical Use Levels of Fructooligosaccharides in General Food Categories\*

Table 2 from GRAS Notification for Fructooligosaccharides, p 15  
<https://www.fda.gov/media/116858/download>

Adapted from GRN 44 Additional Correspondence (FDA, 2007)

Food Category	Standard Serving Size	Level of Use per Serving (percent)
Acidophilus Milk	240 milliliters (ml)	0.4
Analogs and Substitutes for Meat, Poultry or Fish	15-85 grams (g)	1.2-6.7
Bars	40-70 g	1.4-2.5
Breakfast Cereals	40-55 g	1.8-2.5
Beverages and Juices	240 ml	0.4
Cakes	55 g	1.8
Cheese	30-110 g	0.9-3.3
Cream	15-30 g	3.3-6.7
Confectionery	40 g	2.5
Cookies	30 g	3.3
Crackers	15-30 g	3.3-6.7
Dessert Toppings and Fillings	30 g	3.3
Hard Candy	15 g	6.7
Ice cream	68 g	1.5
Infant Foods ** (0-12 months)	7-60 g	0.4-3.6
Jams and Jellies	20 g	5.0
Milk, flavored and unflavored	240 ml	0.4
Milk, evaporated and condensed	30 ml	2.6-3.1
Muffins and Quick Bread	50-55 g	1.8-2.0
Sauces, Gravies, and Condiments	30-125 g	0.8-3.3
Snacks	30 g	3.3
Sorbet and Sherbet	85 g	1.2
Soup	245 g	0.4
Toddler Foods (12-24 months)	15-125 g	0.8-6.7
Yogurt	225 ml	0.4

\* Use levels may be different from the intended use in the original notice.

\*\* This category excludes infant formula.