



AFFORDABLE INDULGENCE



FROZEN BAKERY



Cut Serving Size, Not Dessert

Sara Lee Frozen Bakery desserts can be portioned to increase yield without disappointing guests

Portion Size vs. Serving Size

- A serving is a measured amount of food or drink, as identified on a product’s nutritional label
- A portion is the amount of food you choose to serve or include in a recipe. It can be bigger or smaller than the serving size identified on the nutritional label
- To support cost management, serving sizes can be adjusted to smaller portion sizes
- This portioning guidance may also support those needing to eat with blood sugar management in mind.

Affordable Indulgence Example:

8018 - Sara Lee® French Style Cheesecake (8x15" tray)



Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
24 servings per Container		Total Fat 16g	21%	Total Carbohydrate 24g	9%
Serving Size 1/24 Cake (86g)		Saturated Fat 9g	45%	Dietary Fiber 0g	0%
Calories per serving 250		Trans Fat 0g		Total Sugars 17g	
		Cholesterol 25mg	8%	Includes 15g Added Sugars	30%
		Sodium 230mg	10%	Protein 4g	
		Vitamin D 0mcg	0%	Iron 0mg	0%
		Calcium 70mg	6%	Potassium 60mg	0%

*The % Daily Value (DV) 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.

Original Serving Size		
Serving Size	Portion Dimensions	Carbs
1/24	2.6x1.9 in	24g



Affordable Indulgence Portion		
Portion Size	Portion Dimensions	Carbs
1/48	1.3x1.9 in	12g*



Product cost based on SLFB 2025 Bracket 1 Pricing + 15%

***By cutting the original serving in half, the modified portions are now equivalent to approximately 1 carb “choice” and may be appropriate for diabetics requiring carb controlled diets**

Resources: Introduction and Methodology: Standards of Care in Diabetes—2023. American Diabetes Association Diabetes Care. 2022;46(Supplement_1):S1-S4. doi:10.2337/dc2, : US Department of Health & Human Services, Serving Sizes & Portions

Sara Lee Frozen Bakery Healthcare Toolkit Disclaimer: This information is intended for informational purposes only and is not intended to constitute medical advice or nutritional advice. Menu items and nutritional claims have not been evaluated by the Food and Drug Administration and the offerings presented are not intended to diagnose, treat, cure, or prevent any disease or medical condition. Healthcare providers and facilities are encouraged to independently assess the suitability of these products for their patients and populations, taking into account specific dietary needs, medical conditions, and institutional requirements. Product formulations and nutritional content are subject to change. Please consult the most recent product specifications and ingredient lists, which can be available upon request, before making purchasing decisions. No representations or warranties, express or implied, are made regarding the availability, amount, or eligibility of reimbursement or coverage from any third-party payers, including but not limited to, government programs, insurance providers, or other funding sources. It is the sole responsibility of the customer to verify reimbursement eligibility and requirements.