

# Vegetables / Fruits



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# Vegetables/ Fruits

## Requirements

Regulations for the Child Nutrition Programs require that each reimbursable breakfast, lunch, or supper served contain vegetables and/or fruits. Vegetables and fruits may also be served as part of reimbursable snacks for the National School Lunch, Child and Adult Care Food, or Summer Food Service Programs. The food pattern requirements are described in the Meal Pattern Charts on pages I-7 through I-27.



### Specific requirements:

- Two or more servings of *different* vegetables and/or fruits must be served to meet the vegetable/fruit requirement at lunch and/or supper.
- You may not count any single fruit or vegetable toward the recommended serving size unless it provides at least 1/8 cup. The importance of adequate and recognizable amounts of fruits and vegetables must be considered in menu planning in order to ensure a well-balanced meal and to illustrate healthy choices from MyPyramid.
- Any liquid or frozen product labeled “juice,” “full-strength juice,” “single-strength juice,” or “reconstituted juice” is considered full-strength juice. To be used in meeting a part of the vegetable/fruit requirement for lunches and snacks, the product must contain a minimum of 50 percent full-strength juice. Only the amount of full strength juice contained in a juice drink product is creditable.
- Only 100-percent full-strength juice may be used in a breakfast. This means that 50% juice drink products may not be served as part of a reimbursable breakfast meal.
- For lunch or supper you may meet no more than 1/2 of the total requirement with full-strength vegetable or fruit juice. Full-strength juice may be used to meet the total requirement for breakfast or as one component of a snack.
- You may not serve juice if you serve milk as the only other component of a snack.
- You may count a serving of cooked dry beans or peas as a vegetable or as a meat alternate, but not as both components in the same meal.



- Menu items that are mixtures, for example fruit cocktail and mixed vegetables, only count as one vegetable/fruit serving.
- Large combination vegetable/fruit salads, served as an entrée containing at least 3/4 cup or more of two or more different vegetables/fruits in combination with a meat/meat alternate, such as a chef's salad or a fruit plate with cottage cheese, are considered as two or more servings of the vegetable/fruit component and will meet the full requirement. If only two vegetables/fruits are included in the salad, the second vegetable/fruit must contain a minimum of 1/8 cup.



**To help meet nutritional standards and/or goals, and respond to dietary guidelines, USDA recommends that:**

- meals include a vitamin A-rich vegetable or fruit at least two to three times a week;
- meals include a vitamin C-rich vegetable or fruit three to four times a week, and breakfasts include them frequently;
- meals include a variety of vegetables and fruits; and
- meals include foods that are good sources of fiber, such as fresh fruits and vegetables and whole grain products.

For further information refer to the appropriate program planning guide: *Menu Planner for Healthy School Meals* (FNS-303); *Building Blocks for Fun and Healthy Meals – A Menu Planner for the CACFP* (FNS-305); or the *Sponsor Meal Preparation Handbook for the Summer Food Service Program* (FNS-207).

## Crediting of Fruits and Vegetables

- A serving of cooked vegetable is considered to be *drained*. If it is a canned, heated vegetable, use the listing in Column 4 that reads “1/4 cup heated, drained vegetable.” If it is served unheated, the appropriate listing is “1/4 cup drained vegetable.”
- A serving of raw vegetable used in salads with dressing is shown as “1/4 cup raw vegetable (pieces, shredded, chopped) with dressing.”
- A serving of canned fruit (as described in Column 4) may include the juice or syrup in which the fruit is packed. Serving information is also provided for drained fruit.

## Crediting of Vegetable and Fruit Concentrates

- A serving of fruit consists of fruit and juice or syrup even where it is only described as “cooked.”
- A serving of thawed frozen fruit consists of fruit plus the juice or syrup that accumulated during thawing.

Vegetable and fruit concentrates are allowed to be credited on an “as if single-strength reconstituted basis” rather than on the actual volume as served. See the examples that follow:

### How to Use Information on Concentrates:

**Method 1** – Multiply the number of pounds of concentrate used by the creditable 1/4-cup servings per pound of concentrate.

Example: A recipe calls for 4 lb 12 oz (4.75 lb) of tomato paste. Each pound of tomato paste provides 27.6 creditable servings of vegetable. Thus,  $4.75 \times 27.6 = 131.1$  servings. Therefore, the tomato paste in the recipe provides 131.1 creditable 1/4-cup servings of vegetable.

**Method 2** – Multiply the number of No. 10 cans of concentrate in the recipe by the number of creditable 1/4-cup servings provided by one No. 10 can of the concentrate.

Example: Two No. 10 cans of tomato puree are used in a recipe. One No. 10 can of tomato puree provides 96 creditable 1/4-cup servings of vegetable. Thus,  $2 \times 96 = 192$ . Therefore, 192 creditable 1/4-cup servings would be provided by the two No. 10 cans of tomato puree.

*Yield figures for vegetables and fruits are for on-site preparation. They do **not** allow for losses that may occur in prepared products (both preportioned and bulk) during freezing, storage, heating, and serving. Other factors may affect yields: quality and condition of the food, storage conditions, handling procedures, equipment used in preparation, cooking and holding times, serving utensils, and portion control.*



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## Factors Affecting Yields

Yields of vegetables and fruits vary according to the form of food used. For example:

- Frozen vegetables usually yield more servings per pound than fresh vegetables since the frozen ones are cleaned, blanched, and ready to cook.
- Dehydrated vegetables and fruits yield more servings per pound than fresh, frozen, or canned because they gain weight and volume as they absorb water during soaking and cooking. Some dehydrated products, particularly fruits, continue to expand while cooling.
- The weight of canned vegetables and fruits varies due to different densities of the food. A No. 10 can yields an average of 12 to 13-2/3 cups, from 96 oz (6 lb) to 117 oz (7 lb 5 oz).

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## Definitions

- **Count** – The number of whole fruits or vegetables contained or packed in a specific container. The higher the count, the smaller the size of each fruit or vegetable.
- **Pared** – When the outer covering (skin or peel) of a fruit or vegetable has been removed.
- **Tempered** – Frozen fruit or vegetable brought to room temperature; thawed but not heated.
- **Size** – The number of pieces of whole fruits or vegetables in 10 pounds of product.
- **Unpared** – When the outer covering (skin or peel) of a fruit or vegetable has not been removed.

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## Products That Do Not Meet Requirements

The following products **do not qualify** as vegetable or fruit and may **not** be credited toward meeting the vegetable/fruit requirement in any meal served under the Child Nutrition Programs:

- snack-type foods made from vegetables or fruits, such as potato chips, banana chips, or popcorn;
- pickle relish, jam, or jelly;
- tomato catsup and chili sauce;
- home canned products (for food safety reasons); or
- dehydrated vegetables used for seasoning.

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## Information Included in this Section

Over 700 entries for vegetables and fruits—fresh, canned, frozen, and dehydrated—are listed alphabetically. Data for canned and frozen juices and canned soups are also provided in this section.

### Vegetable and fruit information includes:

- yield information on common institutional packs, smaller packs, and 1-pound units of many fresh, canned, and frozen vegetables and fruits;
- whenever available, data on unsweetened canned and frozen fruits or those packed in juice, light syrup, or water;
- net weight of contents of the can (including liquid) under the can size in Column 2, except where noted;
- minimum weight and volume of drained vegetables or fruits in Column 6;
- yields in terms of 1/4-cup servings, unless noted;
- contribution to the meal patterns;
- yield information on juice concentrates, tomato paste, and tomato puree as if reconstituted to full strength;
- yield information on canned soups that contain at least 1/4 cup of vegetable per cup of soup; and
- yield information for all vegetables/fruits based on *volume*, not weight. This includes dry or dehydrated fruits and vegetables.

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## Explanation of the Columns

The data on vegetables and fruits in the following table include yield information on *common types* and *customary serving sizes* of products that you can buy on the market as well as some USDA Commodity products.

- Column 1    **Food As Purchased, AP:** The individual foods are arranged in alphabetical order.
- Column 2    **Purchase Unit:** The purchase unit is specified, such as, 1 can (generally No. 10, No. 2-1/2, or No. 300), 1 pound, or 1 package. You can use data for one purchase unit to determine how much you need for any number of servings.
- Column 3    **Servings per Purchase Unit EP (Edible Portion):** This column shows the number of servings of a given size (found in Column 4) from each purchase unit (found in Column 2). Numbers in this column are sometimes rounded *down* in order to help ensure enough food for the number of servings.

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- Column 4    **Serving Size per Meal Contribution:** The size of a serving is given as a measure and/or weight or number of pieces. In most cases the serving size and contribution to the meal pattern are the same. When they differ, the contribution is shown in parentheses under the serving size.
- Column 5    **Purchase Units for 100 Servings:** This column shows the number of purchase units (found in Column 2) you need for 100 servings. Numbers in this column are generally rounded *up* in order to ensure enough food is purchased for the number of servings.
- Column 6    **Additional Information:** This column gives other information to help you calculate the amount of food you need to prepare meals.

# Food Buying Guide for Child Nutrition Programs

## Section 2 Vegetables/Fruits

### Section 2—Vegetables/Fruits

| 1 Food As Purchased, AP  | 2 Purchase Unit     | 3 Servings per Purchase Unit, EP | 4 Serving Size per Meal Contribution             | 5 Purchase Units for 100 Servings | 6 Additional Information  |
|--|---------------------|----------------------------------|--|-----------------------------------|---|
| <b>APPLES</b>  |                     |                                  |  |                                   |   |
| <b>Apples, fresh</b><br>125-138 count<br>Whole                           | Pound               | 14.8                             | 1/4 cup raw, unpeeled fruit (about 1/4 apple)    | 6.8                               | 1 lb AP = 0.91 lb (3-2/3 cups) ready-to-cook or -serve raw, cored, unpeeled apple       |
|  | Pound               | 3.00                             | 1 baked apple (about 1/2 cup cooked fruit)       | 33.4                              |   |
|  | Pound               | 11.4                             | 1/4 cup raw, cored, peeled fruit                 | 8.8                               | 1 lb AP = 0.78 lb (about 2-3/4 cups) ready-to-cook or -serve raw, cored, peeled apple   |
|  | Pound               | 6.80                             | 1/4 cup cored, peeled, cooked, unsweetened fruit | 14.8                              | 1 lb AP = 0.78 lb (about 1-3/4 cups) cored, peeled, cooked apple                        |
|  | Pound               | 5.80                             | 1/4 cup cooked, sieved unsweetened fruit         | 17.3                              |   |
| <b>Apples, fresh</b><br>100 count<br>Whole                               | Pound               | 15.6                             | 1/4 cup raw, unpeeled fruit (about 1/5 apple)    | 6.5                               | 1 lb AP = 0.93 lb (about 3-7/8 cups) ready-to-cook or -serve raw, cored, unpeeled apple |
| <b>Apples, canned</b><br>Slices<br>Solid pack<br>Includes USDA Commodity | No. 10 can (100 oz) | 50.4                             | 1/4 cup fruit and juice                          | 2.0                               | 1 No. 10 can = about 89.0 oz (11-7/8 cups) drained apple                                |
|  | Pound               | 8.06                             | 1/4 cup fruit and juice                          | 12.5                              |   |
| <b>Apples, frozen</b><br>Sliced, IQF<br>Includes USDA Commodity          | Pound               | 12.7                             | 1/4 cup tempered fruit                           | 7.9                               | 1 lb AP = 0.99 lb (about 3-1/8 cups) tempered ready to-cook or serve apples             |
|  | Pound               | 8.80                             | 1/4 cup heated fruit                             | 11.4                              |   |
| <b>Apples, dehydrated</b><br>Slices or Rings<br>Regular moisture         | Pound               | 21.1                             | 1/4 cup dehydrated fruit                         | 4.8                               | 1 lb AP = about 5-1/4 cups dehydrated apple   |
|  | Pound               | 28.7                             | 1/4 cup cooked fruit                             | 3.5                               |   |



## Section 2—Vegetables/Fruits

| 1 Food As Purchased, AP  | 2 Purchase Unit         | 3 Servings per Purchase Unit, EP | 4 Serving Size per Meal Contribution               | 5 Purchase Units for 100 Servings | 6 Additional Information                                      |
|--|-------------------------|----------------------------------|--|-----------------------------------|---|
| <b>APPLESAUCE</b>  |                         |                                  |  |                                   |   |
| <b>Applesauce, canned</b><br><i>Smooth or Chunky</i><br>Includes USDA Commodity          | No. 10 can (108 oz)     | 47.6                             | 1/4 cup fruit                                      | 2.2                               | 1 No. 10 can = about 12 cups applesauce                       |
|  | No. 2-1/2 can (29 oz)   | 12.8                             | 1/4 cup fruit                                      | 7.9                               | 1 No. 2-1/2 can = about 3-1/8 cups applesauce                 |
|  | 23 oz jar               | 10.1                             | 1/4 cup fruit                                      | 10.0                              |   |
| <b>APRICOTS</b>  |                         |                                  |  |                                   |   |
| <b>Apricots, fresh</b><br><i>Medium</i><br>(approx. 1-3/8 inch diameter)<br><i>Whole</i> | Pound                   | 11.9                             | 1/4 cup fruit (about 1 whole, medium, raw apricot) | 8.5                               | 1 lb AP = 0.93 lb ready-to-serve raw apricots                 |
|  | Pound                   | 10.8                             | 1/4 cup raw, seeded and unpeeled fruit halves      | 9.3                               |   |
| <b>Apricots, canned</b><br><i>Diced</i><br>Includes USDA Commodity                       | 1 No. 10 can (108 oz)   | 48.0                             | 1/4 cup fruit and juice                            | 2.1                               | 1 No. 10 can = about 12 cups fruit and juice                  |
| <b>Apricots, canned</b><br><i>Halves</i><br><i>Unpeeled</i>                              | No. 10 can (106 oz)     | 48.0                             | 1/4 cup fruit and juice                            | 2.1                               | 1 No. 10 can = about 62.0 oz (7-1/3 cups) drained apricots    |
|  | No. 2-1/2 can (29 oz)   | 13.2                             | 1/4 cup fruit and juice                            | 7.6                               | 1 No. 2-1/2 can = about 16.0 oz (1-7/8 cups) drained apricots |
|  | No. 300 can (15-1/4 oz) | 6.54                             | 1/4 cup fruit and juice                            | 15.3                              |   |
|  | No.300 can (15-1/4 oz)  | 6.08                             | 1/4 cup heated, drained fruit                      | 16.5                              |   |
| <b>Apricots, canned</b><br><i>Slices</i><br><i>Peeled</i>                                | No. 10 can (106 oz)     | 45.7                             | 1/4 cup fruit and juice                            | 2.2                               | 1 No. 10 can = about 62.0 oz (7-2/3 cups) drained apricots    |
|  | No. 2-1/2 can (29 oz)   | 12.5                             | 1/4 cup fruit and juice                            | 8.0                               | 1 No. 2-1/2 can = about 17.2 oz (2 cups) drained apricots     |
|  | Pound                   | 6.90                             | 1/4 cup fruit and juice                            | 14.5                              | 1 lb AP = about 8.9 oz (1-1/8 cups) drained apricots          |

## Section 2—Vegetables/Fruits

| 1 Food As Purchased, AP   | 2 Purchase Unit       | 3 Servings per Purchase Unit, EP | 4 Serving Size per Meal Contribution | 5 Purchase Units for 100 Servings | 6 Additional Information   |
|---|-----------------------|----------------------------------|--------------------------------------|-----------------------------------|--|
| <b>APRICOTS (continued)</b>   |                       |                                  |                                      |                                   |  |
| <b>Apricots, canned</b><br><i>Whole</i><br><i>With pits</i><br><i>Peeled</i>                  | No. 10 can (106 oz)   | 44.2                             | 1/4 cup pitted fruit and juice       | 2.3                               | 1 No. 10 can = about 52.0 oz (7-1/4 cups) drained, pitted apricots               |
|   | No. 2-1/2 can (29 oz) | 12.1                             | 1/4 cup pitted fruit and juice       | 8.3                               | 1 No. 2-1/2 can = about 12.4 oz (1-3/4 cups) drained, pitted apricots            |
|   | Pound                 | 6.67                             | 1/4 cup pitted fruit and juice       | 15.0                              | 1 lb AP = about 6.9 oz (1 cup) drained, pitted apricots                          |
| <b>Apricots, canned</b><br><i>Whole</i><br><i>With pits</i><br><i>Unpeeled</i>                | No. 10 can (106 oz)   | 43.6                             | 1/4 cup pitted fruit and juice       | 2.3                               | 1 No. 10 can = about 53.0 oz (6-1/3 cups) drained, pitted apricots               |
|   | No. 2 can (29 oz)     | 11.9                             | 1/4 cup pitted fruit and juice       | 8.5                               | 1 No. 2-1/2 can = about 12.8 oz (1-3/4 cups) drained pitted apricots             |
|   | Pound                 | 6.58                             | 1/4 cup pitted fruit and juice       | 15.2                              | 1 lb AP = about 7.0 oz (7/8 cup) drained, pitted apricots                        |
| <b>Apricots, frozen</b><br><i>Halves</i><br><i>Unpeeled</i>                                   | Pound                 | 6.70                             | 1/4 cup cooked fruit and juice       | 15.0                              | 1 lb AP = 1-2/3 cups cooked fruit  |
|   | Pound                 | 7.25                             | 1/4 cup thawed fruit and juice       | 13.8                              | 1 lb AP = 1-3/4 cups thawed fruit and juice                                      |
|   | Pound                 | 4.90                             | 1/4 cup thawed, drained fruit        | 20.5                              | 1 lb AP = 1-1/8 cups thawed, drained fruit                                       |
| <b>Apricots, frozen</b><br><i>Sliced</i><br><i>Unpeeled</i><br><i>Includes USDA Commodity</i> | Pound                 | 7.26                             | 1/4 cup thawed fruit and juice       | 13.8                              | 1 lb AP = 0.98 lb (about 1-3/4 cups) ready-to-serve, thawed, apricots with juice |
|   | Pound                 | 4.91                             | 1/4 cup thawed, drained fruit        | 20.4                              | 1 lb AP = 0.63 lb (about 1-1/8 cups) ready-to-serve, thawed, drained apricots    |
|   | 20 lb bag             | 142.6                            | 1/4 cup thawed fruit and juice       | 0.71                              | 20 lb Bag = about 35-2/3 cups thawed apricots and juice                          |
|   | 20 lb bag             | 96.4                             | 1/4 cup thawed, drained fruit        | 1.1                               | 20 lb Bag = about 24-1/8 cups thawed, drained apricots                           |

## Section 2—Vegetables/Fruits

| 1 Food As Purchased, AP   | 2 Purchase Unit     | 3 Servings per Purchase Unit, EP | 4 Serving Size per Meal Contribution                 | 5 Purchase Units for 100 Servings | 6 Additional Information  |
|---|---------------------|----------------------------------|--|-----------------------------------|---|
| <b>APRICOTS (continued)</b>   |                     |                                  |  |                                   |   |
| <b>Apricots, dehydrated</b><br><i>Halves</i><br><i>Regular moisture</i>                 | Pound               | 11.3                             | 9 medium dehydrated halves (1/4 cup fruit)           | 8.9                               | 1 lb dry = about 2-7/8 cups or 100 apricot halves                     |
|   | Pound               | 23.4                             | 1/4 cup cooked fruit                                 | 4.3                               |   |
| <b>ARTICHOKES</b>   |                     |                                  |  |                                   |   |
| <b>Artichokes, fresh</b><br><i>36 count (large)</i><br><i>Untrimmed</i><br><i>Whole</i> | Pound               | 1.49                             | 1/4 cup cooked, drained vegetable from leaves        | 67.2                              | 1 lb AP = 0.23 lb (about 1/3 cup) cooked, drained artichoke           |
|   | Pound               | 1.38                             | 1/4 cup cooked, drained vegetable (bottoms only)     | 72.5                              | 1 lb AP= about 1/3 cup cooked artichoke from bottoms only             |
|   | Pound               | 2.84                             | 1/4 cup cooked, drained vegetable (bottoms & leaves) | 35.3                              | 1 lb AP = about 2/3 cup cooked, drained artichoke bottoms and leaves  |
| <b>Artichokes, canned</b><br><i>Bottoms</i>   | No. 300 can (14 oz) | 5.97                             | 1/4 cup drained vegetable                            | 16.8                              | 1 No. 300 can = about 7.7 oz (1-3/8 cups) drained, unheated artichoke |
| <b>Artichokes, canned</b><br><i>Hearts</i>  | No. 300 can (14 oz) | 4.67                             | 1/4 cup drained vegetable                            | 21.5                              | 1 No. 300 can = about 8.0 oz (1-1/8 cups) drained, unheated artichoke |
| <b>Artichokes, frozen</b><br><i>Hearts</i>  | Pound               | 10.0                             | 1/4 cup cooked, drained vegetable                    | 10.0                              | 1 lb AP = 0.99 lb (about 2-1/2 cups) cooked, drained artichoke        |
| <b>ASPARAGUS</b>  |                     |                                  |  |                                   |   |
| <b>Asparagus, fresh</b><br><i>Whole</i>   | Pound               | 4.80                             | 1/4 cup cooked vegetable                             | 20.9                              | 1 lb AP = 0.53 lb ready-to-cook trimmed, raw asparagus                |
|   | Pound               | 4.80                             | 1/4 cup cooked cuts and tips (1/4 cup vegetable)     | 20.9                              | 1 lb AP = 0.50 lb cooked asparagus                                    |

## Section 2—Vegetables/Fruits

| 1 Food As Purchased, AP                                    | 2 Purchase Unit         | 3 Servings per Purchase Unit, EP | 4 Serving Size per Meal Contribution | 5 Purchase Units for 100 Servings | 6 Additional Information  |
|--|-------------------------|----------------------------------|--------------------------------------|-----------------------------------|---|
| <b>ASPARAGUS (continued)</b>                               |                         |                                  |                                      |                                   |   |
| <b>Asparagus, canned</b><br><i>Cuts and Tips</i>           | No. 10 can (103 oz)     | 27.8                             | 1/4 cup heated, drained vegetable    | 3.6                               | 1 No. 10 can = about 57.3 oz (6-7/8 cups) heated, drained asparagus   |
|  | No. 10 can (103 oz)     | 32.4                             | 1/4 cup drained vegetable            | 3.1                               | 1 No. 10 can = about 57.1 oz (8 cups) drained, unheated asparagus     |
|  | No. 300 can (14-1/2 oz) | 3.45                             | 1/4 cup heated, drained vegetable    | 29.0                              | 1 No. 300 can = about 6.8 oz (3/4 cup) heated, drained asparagus      |
|  | No. 300 can (14-1/2 oz) | 4.83                             | 1/4 cup drained vegetable            | 20.8                              | 1 No. 300 can = about 8.7 oz (1-1/8 cups) drained, unheated asparagus |
|  | Pound                   | 4.31                             | 1/4 cup heated, drained vegetable    | 23.3                              |   |
|  | Pound                   | 5.03                             | 1/4 cup drained vegetable            | 19.9                              |   |
| <b>Asparagus, canned</b><br><i>Spears</i>                  | No. 5 squat can (64 oz) | 26.4                             | 1/4 cup drained vegetable            | 3.8                               | 1 No. 5 can = about 38.0 oz (6-2/3 cups) drained, unheated asparagus  |
|  | No. 300 can (15 oz)     | 3.87                             | 1/4 cup heated, drained vegetable    | 25.9                              | 1 No. 300 can = about 7.3 oz (7/8 cup) heated, drained asparagus      |
|  | No. 300 can (15 oz)     | 4.59                             | 1/4 cup drained vegetable            | 21.8                              | 1 No. 300 can = about 8.5 oz (1-1/8 cups) drained, unheated asparagus |
|  | Pound                   | 6.60                             | 1/4 cup drained vegetable            | 15.2                              |   |
| <b>Asparagus, frozen</b><br><i>Cuts and Tips</i>           | Pound                   | 8.10                             | 1/4 cup cooked vegetable             | 12.4                              |   |
| <b>Asparagus, frozen</b><br><i>Spears</i>                  | Pound                   | 10.7                             | 1/4 cup cooked vegetable             | 9.4                               |   |
| <b>AVOCADOS</b>  |                         |                                  |                                      |                                   |   |
| <b>Avocados, fresh</b><br><i>All sizes</i><br><i>Whole</i> | Pound                   | 8.20                             | 1/4 cup raw, diced vegetable         | 12.2                              | 1 lb AP = 0.67 lb ready-to-serve raw avocado                          |
|  | Pound                   | 5.10                             | 1/4 cup raw, mashed vegetable        | 19.7                              |   |



## Section 2—Vegetables/Fruits

| 1 Food As Purchased, AP  | 2 Purchase Unit     | 3 Servings per Purchase Unit, EP | 4 Serving Size per Meal Contribution   | 5 Purchase Units for 100 Servings | 6 Additional Information  |
|--|---------------------|----------------------------------|--|-----------------------------------|---|
| <b>AVOCADOS (continued)</b>  |                     |                                  |  |                                   |   |
| <b>Avocados, fresh</b><br><i>California</i><br>48 count (approx. 2.5-inch width by 3.5-inch length)<br>Whole | Pound               | 5.52                             | 1/4 cup peeled, sliced, raw vegetable (about 3 slices) (3/8-inch by 3.5-inch slices) | 18.2                              | 1 lb AP = 0.69 lb ready-to-serve, raw, peeled avocado [about 2-2/3 portions (1/4 cup each portion) per avocado] |
| <b>Avocados, fresh</b><br><i>Florida</i><br>(approx. 3.5-inch width by 4.75-inch length)<br>Whole            | Pound               | 7.07                             | 1/4 cup peeled, sliced, raw vegetable (about 2 slices) (1/2-inch by 4.5-inch slices) | 14.2                              | 1 lb AP = 0.59 lb ready-to-serve, raw, peeled, sliced [about 7-1/2 portions (1/4 cup each portion) per avocado] |
| <b>BAMBOO SHOOTS</b>   |                     |                                  |  |                                   |   |
| <b>Bamboo Shoots, canned</b><br><i>Sliced</i>  | No. 10 can (104 oz) | 47.4                             | 1/4 cup drained vegetable  | 2.2                               | 1 No. 10 can = about 72.7 oz (11-3/4 cups) drained, unheated bamboo shoots                                      |
| <b>BANANAS<sup>1</sup></b>   |                     |                                  |  |                                   |   |
| <b>Bananas, fresh</b><br>150 count<br><i>Petite</i><br>Whole   | Pound               | 3.60                             | 1 banana (about 3/8 cup fruit)   | 27.8                              |   |
|  | Pound               | 6.51                             | 1/4 cup sliced fruit   | 15.4                              | 1 lb AP = 0.64 lb (about 1-5/8 cups) ready-to-serve banana slices   |
| <b>Bananas, fresh</b><br>100-120 count<br><i>Regular</i><br>Whole  | Pound               | 7.07                             | 1/4 cup raw 1/2-inch sliced fruit  | 14.2                              | 1 lb AP = 0.64 lb (about 1-3/4 cups) peeled 1/2-inch slices of banana   |
|  | Pound               | 5.39                             | 1/4 cup raw fruit, unpeeled (about 1/2 banana)                                       | 18.6                              |   |
|  | Pound               | 5.20                             | 1/4 cup mashed fruit   | 19.3                              |   |
| <b>Bananas, canned</b><br><i>Mashed</i>  | No. 10 can (116 oz) | 50.9                             | 1/4 cup fruit  | 2.0                               |   |
|  | Pound               | 7.00                             | 1/4 cup fruit  | 14.3                              |   |
| <b>Bananas, dehydrated<sup>1</sup></b><br><i>Slices</i><br>100% dried fruit only                             | Pound               | 19.6                             | 1/4 cup dehydrated fruit slices  | 5.2                               | 1 lb AP = 1 lb (about 4-7/8 cups) ready-to-serve dehydrated banana  |

<sup>1</sup> Note: Fried banana chips are not creditable towards meal pattern requirements.

## Section 2—Vegetables/Fruits

| 1 Food As Purchased, AP  | 2 Purchase Unit         | 3 Servings per Purchase Unit, EP | 4 Serving Size per Meal Contribution | 5 Purchase Units for 100 Servings | 6 Additional Information   |
|--|-------------------------|----------------------------------|--------------------------------------|-----------------------------------|--|
| <b>BEANS, BLACK (TURTLE BEANS)</b>   |                         |                                  |                                      |                                   |  |
| <b>Beans, Black (Turtle beans), dry, canned</b><br><i>Whole</i><br><i>Includes USDA Commodity</i>  | No. 10 can (110 oz)     | 27.8                             | 1/4 cup heated, drained vegetable    | 3.6                               | 1 No. 10 can = about 62.0 oz (6-7/8 cups) heated, drained beans    |
|  | No. 300 can (15-1/2 oz) | 5.91                             | 1/4 cup heated, drained vegetable    | 17.0                              | 1 No. 300 can = about 10.5 oz (1-3/8 cups) heated, drained beans   |
| <b>Beans, Black (Turtle beans), dry</b><br><i>Whole</i>  | Pound                   | 18.3                             | 1/4 cup cooked vegetable             | 5.5                               | 1 lb dry = 2-1/4 cups dry beans                                    |
| <b>BEANS, BLACK-EYED (or PEAS)</b>   |                         |                                  |                                      |                                   |  |
| <b>Beans, Black-eyed (or Peas), fresh</b><br><i>Shelled</i>  | Pound                   | 10.3                             | 1/4 cup cooked, drained vegetable    | 9.8                               | 1 lb in pod = 0.51 lb ready-to-cook beans                          |
| <b>Beans, Black-eyed (or Peas), dry, canned</b><br><i>Whole</i><br><i>Includes USDA Commodity</i>  | No. 10 can (108 oz)     | 37.7                             | 1/4 cup heated, drained vegetable    | 2.7                               | 1 No. 10 can = about 65.0 oz (9-3/8 cups) heated, drained beans    |
|  | No. 300 can (15 oz)     | 4.91                             | 1/4 cup heated, drained vegetable    | 20.4                              |  |
| <b>Beans, Black-eyed (or Peas), frozen</b><br><i>Whole</i>   | Pound                   | 11.2                             | 1/4 cup cooked, drained vegetable    | 9.0                               |  |
| <b>Beans, Black-eyed (or Peas), dry</b><br><i>Whole</i><br><i>Includes USDA Commodity</i>          | Pound                   | 28.3                             | 1/4 cup cooked vegetable             | 3.6                               | 1 lb dry = about 2-3/4 cups dry beans                              |
| <b>BEANS, GARBANZO or CHICKPEAS</b>  |                         |                                  |                                      |                                   |  |
| <b>Beans, Garbanzo or Chickpeas, dry, canned</b><br><i>Whole</i><br><i>Includes USDA Commodity</i> | No. 10 can (105 oz)     | 42.0                             | 1/4 cup drained vegetable            | 2.4                               | 1 No. 10 can = about 68.4 oz (10-1/2 cups) unheated, drained beans |
|  | No. 300 can (15 oz)     | 6.70                             | 1/4 cup drained vegetable            | 15.0                              | 1 No. 300 can = about 9.6 oz (1-2/3 cups) unheated, drained beans  |
|  | Pound                   | 6.31                             | 1/4 cup drained vegetable            | 15.9                              |  |

## Section 2—Vegetables/Fruits

| 1 Food As Purchased, AP   | 2 Purchase Unit     | 3 Servings per Purchase Unit, EP | 4 Serving Size per Meal Contribution     | 5 Purchase Units for 100 Servings | 6 Additional Information  |
|---|---------------------|----------------------------------|--|-----------------------------------|---|
| <b>BEANS, GARBANZO OR CHICKPEAS (continued)</b>   |                     |                                  |  |                                   |   |
| <b>Beans, Garbanzo or Chickpeas, dry</b><br><i>Whole</i>                                    | Pound               | 24.6                             | 1/4 cup cooked vegetable                 | 4.1                               | 1 lb dry = about 2-1/2 cups dry beans                                 |
| <b>BEANS, GREAT NORTHERN</b>  |                     |                                  |  |                                   |   |
| <b>Beans, Great Northern, dry, canned</b><br><i>Whole</i><br><i>Includes USDA Commodity</i> | No. 10 can (110 oz) | 32.4                             | 1/4 cup heated, drained vegetable        | 3.1                               | 1 No. 10 can = about 68.5 oz (about 8-1/8 cups) heated, drained beans |
|   | No. 300 can (14 oz) | 4.37                             | 1/4 cup heated, drained vegetable        | 22.9                              |   |
| <b>Beans, Great Northern, dry</b><br><i>Whole</i><br><i>Includes USDA Commodity</i>         | Pound               | 25.5                             | 1/4 cup cooked vegetable                 | 4.0                               | 1 lb dry = about 2-1/2 cups dry beans                                 |
| <b>BEANS, GREEN</b>   |                     |                                  |  |                                   |   |
| <b>Beans, Green, fresh</b><br><i>Trimmed</i><br><i>Whole</i><br><i>Ready-to-use</i>         | Pound               | 22.0                             | 1/4 cup whole, raw vegetable             | 4.6                               | 1 lb AP = 1 lb (about 5-3/8 cups) ready-to-cook                       |
|   | Pound               | 12.4                             | 1/4 cup whole, cooked, drained vegetable | 8.1                               | 1 lb AP = 0.86 lb (about 3 cups) cooked, drained beans                |
|   | Pound               | 16.4                             | 1/4 cup cut, raw vegetable               | 6.1                               | 1 lb AP = 1 lb (about 4 cups) ready-to-cook beans                     |
|   | Pound               | 11.2                             | 1/4 cup cut, cooked, drained vegetable   | 9.0                               | 1 lb AP = 0.89 lb (about 2-3/4 cups) cooked, drained, cut beans       |
| <b>Beans, Green, fresh</b><br><i>Untrimmed</i><br><i>Whole</i>                              | Pound               | 11.1                             | 1/4 cup whole, cooked vegetable          | 9.1                               | 1 lb AP = 0.88 lb ready-to-cook beans                                 |

## Section 2—Vegetables/Fruits

| 1 Food As Purchased, AP  | 2 Purchase Unit         | 3 Servings per Purchase Unit, EP | 4 Serving Size per Meal Contribution | 5 Purchase Units for 100 Servings | 6 Additional Information   |
|--|-------------------------|----------------------------------|--------------------------------------|-----------------------------------|--|
| <b>BEANS, GREEN (continued)</b>  |                         |                                  |                                      |                                   |  |
| <b>Beans, Green, canned</b><br><i>Cut</i><br><i>Includes USDA Commodity</i>          | No. 10 can (101 oz)     | 45.3                             | 1/4 cup heated, drained vegetable    | 2.3                               |  |
|  | No. 10 can (101 oz)     | 51.1                             | 1/4 cup drained vegetable            | 2.0                               | 1 No. 10 can = about 60.0 oz (12-7/8 cups) drained, unheated beans   |
|  | No. 2-1/2 can (28 oz)   | 12.5                             | 1/4 cup heated, drained vegetable    | 8.0                               |  |
|  | No. 2-1/2 can (28 oz)   | 14.1                             | 1/4 cup drained vegetable            | 7.1                               | 1 No. 2-1/2 can = about 16.0 oz (3-1/2 cups) drained, unheated beans |
|  | No. 300 can (15 oz)     | 5.00                             | 1/4 cup heated, drained vegetable    | 20.0                              | 1 No. 300 can = about 7.4 oz (1-1/4 cups) heated, drained beans      |
|  | No. 300 can (15 oz)     | 5.77                             | 1/4 cup drained vegetable            | 17.4                              | 1 No. 300 can = about 7.7 oz (1-3/8) cups drained, unheated beans    |
|  | Pound                   | 7.17                             | 1/4 cup heated, drained vegetable    | 14.0                              |  |
|  | Pound                   | 8.10                             | 1/4 cup drained vegetable            | 12.4                              |  |
| <b>Beans, Green, canned</b><br><i>French style</i><br><i>Includes USDA Commodity</i> | No. 10 can (101 oz)     | 36.5                             | 1/4 cup heated, drained vegetable    | 2.8                               | 1 No. 10 can = about 59.0 oz (12 cups) drained, unheated beans       |
|  | No. 2-1/2 can (28 oz)   | 10.1                             | 1/4 cup heated, drained vegetable    | 10.0                              | 1 No. 2-1/2 can = about 16.2 oz (3-1/4 cups) heated, drained beans   |
|  | No. 300 can (14-1/2 oz) | 3.60                             | 1/4 cup heated, drained vegetable    | 27.8                              | 1 No. 300 can = about 5.7 oz (7/8 cup) heated, drained beans         |
|  | No. 300 can (14-1/2 oz) | 4.50                             | 1/4 cup drained vegetable            | 22.3                              | 1 No. 300 can = about 10.1 oz (1-1/8 cup) drained, unheated beans    |
|  | Pound                   | 5.80                             | 1/4 cup heated, drained vegetable    | 17.3                              |  |



## Section 2—Vegetables/Fruits

| 1 Food As Purchased, AP  | 2 Purchase Unit         | 3 Servings per Purchase Unit, EP | 4 Serving Size per Meal Contribution | 5 Purchase Units for 100 Servings | 6 Additional Information   |
|--|-------------------------|----------------------------------|--------------------------------------|-----------------------------------|--|
| <b>BEANS, GREEN (continued)</b>  |                         |                                  |                                      |                                   |  |
| <b>Beans, Green, canned</b><br><i>Whole</i><br><i>Includes USDA Commodity</i>        | No. 10 can (101 oz)     | 39.5                             | 1/4 cup heated, drained vegetable    | 2.6                               | 1 No. 10 can = about 58.0 oz (13 cups) drained, unheated beans       |
|  | No. 10 can (101 oz)     | 52.2                             | 1/4 cup drained vegetable            | 2.0                               |  |
|  | No. 2-1/2 can (28 oz)   | 14.4                             | 1/4 cup heated, drained vegetable    | 7.0                               | 1 No. 2-1/2 can = about 16.0 oz (3-5/8 cups) drained, unheated beans |
|  | No. 300 can (14-1/2 oz) | 4.58                             | 1/4 cup heated, drained vegetable    | 21.9                              | 1 No. 300 can = about 7.3 oz (1-1/8 cups) heated, drained beans      |
|  | No. 300 can (14-1/2 oz) | 6.95                             | 1/4 cup drained vegetable            | 14.4                              | 1 No. 300 can = about 7.6 oz (1-5/8 cups) drained, unheated beans    |
|  | Pound                   | 8.20                             | 1/4 cup drained vegetable            | 12.2                              |  |
| <b>Beans, Green, frozen</b><br><i>Cut</i><br><i>Includes USDA Commodity</i>          | Pound                   | 11.6                             | 1/4 cup cooked, drained vegetable    | 8.7                               |  |
| <b>Beans, Green, frozen</b><br><i>French style</i><br><i>Includes USDA Commodity</i> | Pound                   | 12.0                             | 1/4 cup cooked, drained vegetable    | 8.4                               |  |
| <b>Beans, Green, frozen</b><br><i>Whole</i><br><i>Includes USDA Commodity</i>        | Pound                   | 10.7                             | 1/4 cup cooked, drained vegetable    | 9.4                               | 1 lb AP = 0.88 lb (about 2-5/8 cups) cooked, drained vegetable       |
| <b>BEANS, GREEN, FLAT ITALIAN</b>  |                         |                                  |                                      |                                   |  |
| <b>Beans, Green, Flat Italian, canned</b><br><i>Whole</i>                            | No. 10 can (103 oz)     | 35.1                             | 1/4 cup heated, drained vegetable    | 2.9                               | 1 No. 10 can = about 56.6 oz (8-3/4 cups) heated, drained beans      |
|  | No. 10 can (103 oz)     | 42.7                             | 1/4 cup drained vegetable            | 2.4                               | 1 No. 10 can = about 63.3 oz (10-5/8 cups) drained, unheated beans   |

## Section 2—Vegetables/Fruits

| 1 Food As Purchased, AP   | 2 Purchase Unit         | 3 Servings per Purchase Unit, EP | 4 Serving Size per Meal Contribution | 5 Purchase Units for 100 Servings | 6 Additional Information   |
|---|-------------------------|----------------------------------|--------------------------------------|-----------------------------------|--|
| <b>BEANS, GREEN, FLAT ITALIAN (continued)</b>   |                         |                                  |                                      |                                   |  |
| <b>Beans, Green, Flat Italian, frozen</b><br><i>Whole</i>   | Pound                   | 9.30                             | 1/4 cup cooked, drained vegetable    | 10.8                              | 1 lb AP = 0.91 lb (about 2-1/4 cups) cooked, drained beans           |
| <b>BEANS, KIDNEY</b>  |                         |                                  |                                      |                                   |  |
| <b>Beans, Kidney, dry, canned</b><br><i>Whole</i><br><i>Includes USDA Commodity</i>               | No. 10 can (108 oz)     | 38.9                             | 1/4 cup heated, drained vegetable    | 2.6                               | 1 No. 10 can = about 65.0 oz (9-5/8 cups) heated, drained beans      |
|   | No. 10 can (108 oz)     | 43.4                             | 1/4 cup drained vegetable            | 2.4                               | 1 No. 10 can = about 71.0 oz (10-3/4 cups) drained, unheated beans   |
|   | No. 2-1/2 can (30 oz)   | 11.6                             | 1/4 cup heated, drained vegetable    | 8.7                               |  |
|   | No. 2-1/2 can (30 oz)   | 12.6                             | 1/4 cup drained vegetable            | 8.0                               |  |
|   | No. 300 can (15-1/2 oz) | 5.61                             | 1/4 cup heated, drained vegetable    | 17.9                              | 1 No. 300 can = about 9.5 oz (1-3/8 cups) heated, drained beans      |
|   | No. 300 can (15-1/2 oz) | 5.88                             | 1/4 cup drained vegetable            | 17.1                              | 1 No. 300 can = about 10.0 oz (1-3/8 cups) drained, unheated beans   |
| <b>Beans, Kidney, dry</b><br><i>Whole</i><br><i>Includes USDA Commodity</i>                       | Pound                   | 24.8                             | 1/4 cup cooked vegetable             | 4.1                               | 1 lb dry = about 2-1/2 cups dry beans                                |
| <b>BEANS, LIMA</b>  |                         |                                  |                                      |                                   |  |
| <b>Beans, Lima, fresh</b><br><i>Shelled</i><br><i>Whole</i>                                       | Pound                   | 10.8                             | 1/4 cup cooked, drained vegetable    | 9.3                               | 1 lb in pod = 0.44 lb ready-to-cook beans                            |
| <b>Beans, Lima, dry, canned</b><br><i>Green</i><br><i>Whole</i><br><i>Includes USDA Commodity</i> | No. 10 can (105 oz)     | 42.4                             | 1/4 cup heated, drained vegetable    | 2.4                               | 1 No. 10 can = about 70.9 oz (11-3/4 cup) drained, unheated beans    |
|   | No. 2-1/2 can (40 oz)   | 15.7                             | 1/4 cup heated, drained vegetable    | 6.4                               | 1 No. 2-1/2 can = about 27.0 oz (4-1/2 cups) drained, unheated beans |
|   | Pound                   | 6.46                             | 1/4 cup heated, drained vegetable    | 15.5                              | 1 lb AP = about 11.0 oz (1-3/4 cups) drained, unheated beans         |

## Section 2—Vegetables/Fruits

| 1 Food As Purchased, AP   | 2 Purchase Unit     | 3 Servings per Purchase Unit, EP | 4 Serving Size per Meal Contribution | 5 Purchase Units for 100 Servings | 6 Additional Information   |
|---|---------------------|----------------------------------|--------------------------------------|-----------------------------------|--|
| <b>BEANS, LIMA (continued)</b>  |                     |                                  |                                      |                                   |  |
| <b>Beans, Lima, frozen</b><br><i>Baby Whole</i>                                   | Pound               | 10.9                             | 1/4 cup cooked, drained vegetable    | 9.2                               |  |
| <b>Beans, Lima, frozen</b><br><i>Fordhook Whole</i>                               | Pound               | 11.1                             | 1/4 cup cooked, drained vegetable    | 9.1                               |  |
| <b>Beans, Lima, dry</b><br><i>Baby Whole</i><br><i>Includes USDA Commodity</i>    | Pound               | 23.4                             | 1/4 cup cooked vegetable             | 4.3                               | 1 lb dry = about 2-3/8 cups dry beans  |
| <b>Beans, Lima, dry</b><br><i>Fordhook Whole</i>                                  | Pound               | 27.0                             | 1/4 cup cooked vegetable             | 3.8                               | 1 lb dry = about 2-5/8 cups dry beans  |
| <b>BEANS, MUNG</b>  |                     |                                  |                                      |                                   |  |
| <b>Beans, Mung, dry</b><br><i>Whole</i>   | Pound               | 28.1                             | 1/4 cup cooked vegetable             | 3.6                               | 1 lb dry = about 2-1/4 cups dry beans  |
| <b>BEANS, NAVY or PEA</b>   |                     |                                  |                                      |                                   |  |
| <b>Beans, Navy or Pea, dry</b><br><i>Whole</i><br><i>Includes USDA Commodity</i>  | Pound               | 23.9                             | 1/4 cup cooked vegetable             | 4.2                               | 1 lb dry = about 2-1/4 cups dry beans  |
| <b>BEANS, PINK</b>  |                     |                                  |                                      |                                   |  |
| <b>Beans, Pink, dry, canned</b><br><i>Whole</i><br><i>Includes USDA Commodity</i> | No. 10 can (110 oz) | 34.0                             | 1/4 cup heated, drained vegetable    | 3.0                               | 1 No. 10 can = about 12-1/4 cups drained, unheated beans or 8-1/2 cups heated, drained beans |
| <b>Beans, Pink, dry</b><br><i>Whole</i><br><i>Includes USDA Commodity</i>         | Pound               | 19.3                             | 1/4 cup cooked vegetable             | 5.2                               | 1 lb dry = about 2-1/4 cups dry beans  |

## Section 2—Vegetables/Fruits

| 1 Food As Purchased, AP   | 2 Purchase Unit       | 3 Servings per Purchase Unit, EP | 4 Serving Size per Meal Contribution                         | 5 Purchase Units for 100 Servings | 6 Additional Information  |
|---|-----------------------|----------------------------------|--|-----------------------------------|---|
| <b>BEANS, PINTO<sup>2</sup></b>   |                       |                                  |  |                                   |   |
| <b>Beans, Pinto, dry, canned</b><br><i>Whole</i><br><i>Includes USDA Commodity</i>  | No. 10 can (108 oz)   | 37.2                             | 1/4 cup heated, drained vegetable                            | 2.7                               | 1 No. 10 can = about 67.4 oz (9-1/4 cups) heated, drained beans   |
|   | Pound                 | 5.51                             | 1/4 cup heated, drained vegetable                            | 18.2                              |   |
| <b>Beans, Pinto, dry</b><br><i>Whole</i><br><i>Includes USDA Commodity</i>  | Pound                 | 21.0                             | 1/4 cup cooked vegetable                                     | 4.8                               | 1 lb dry = about 2-3/8 cups dry beans   |
| <b>Beans, Pinto, dehydrated<sup>2</sup></b>   | Pound                 | 21.7                             | 1/4 cup cooked vegetable                                     | 4.7                               | 1 lb AP = about 3-3/4 dehydrated beans<br>1 lb AP = about 5-3/8 cups rehydrated, cooked beans when the water to dry beans ratio = 2:1 |
| <b>BEAN PRODUCTS</b>  |                       |                                  |  |                                   |   |
| Bean Products, dry beans, canned<br><b>Beans Baked or In Sauce</b><br><b>Vegetarian</b><br><i>Includes USDA Commodity</i> | No. 10 can (108 oz)   | 47.1                             | 1/4 cup heated vegetable with sauce                          | 2.2                               | No. 10 can = about 11-3/4 cups heated beans with sauce  |
|   | No. 300 can (16 oz)   | 6.94                             | 1/4 cup heated vegetable with sauce                          | 14.4                              | 1 No. 300 can = about 1-3/4 cups heated beans with sauce  |
| Bean Products, dry beans, canned<br><b>Beans Baked or in Sauce with Pork</b>  | No. 10 can (110 oz)   | 48.9                             | 1/4 cup heated vegetable                                     | 2.1                               |   |
|   | No. 2-1/2 can (30 oz) | 13.3                             | 1/4 cup heated vegetable                                     | 7.6                               |   |
|   | No. 300 can (16 oz)   | 7.10                             | 1/4 cup heated vegetable                                     | 14.1                              |   |
| Bean Products, dry beans, canned<br><b>Beans with Bacon in Sauce</b>  | Pound                 | 4.70                             | 3/8 cup serving (about 1/4 cup heated vegetable)             | 21.3                              |   |
|   | Pound                 | 3.13                             | 1/2 cup plus 1 Tbsp serving (about 3/8 cup heated vegetable) | 32.0                              |   |

<sup>2</sup> Dehydrated pinto beans are whole beans that have been cooked and then dehydrated.



## Section 2—Vegetables/Fruits

| 1 Food As Purchased, AP   | 2 Purchase Unit         | 3 Servings per Purchase Unit, EP | 4 Serving Size per Meal Contribution       | 5 Purchase Units for 100 Servings | 6 Additional Information   |
|---|-------------------------|----------------------------------|--|-----------------------------------|--|
| <b>BEANS, REFRIED</b>   |                         |                                  |  |                                   |  |
| <b>Beans, Refried, canned</b><br><i>Includes USDA Commodity</i>               | No. 10 can (115 oz)     | 49.6                             | 1/4 cup heated vegetable                   | 2.1                               | 1 No. 10 can = about 12-1/4 cups heated, refried beans   |
|   | No. 300 can (16 oz)     | 7.08                             | 1/4 cup heated vegetable                   | 14.2                              | 1 No. 300 can = about 1-3/4 cups heated refried beans  |
| <b>Beans, Refried, dehydrated</b>   | Pound                   | 20.5                             | 1/4 cup cooked vegetable                   | 4.9                               | 1 lb AP = about 3-1/2 cups dehydrated<br>1 lb AP = about 5-1/8 cups rehydrated, cooked beans when the water to dry beans ratio = 2:1 |
| <b>BEANS, RED, SMALL</b>  |                         |                                  |  |                                   |  |
| <b>Beans, Red, Small, dry, canned</b><br><i>Whole Includes USDA Commodity</i> | No. 10 can (111 oz)     | 31.9                             | 1/4 cup heated, drained vegetable          | 3.2                               | 1 No. 10 can = about 71.2 oz (8 cups) heated, drained beans  |
|   | No. 300 can (15-1/2 oz) | 4.94                             | 1/4 cup heated, drained vegetable          | 20.3                              | 1 No. 300 can = about 8.5 oz (1-1/8 cups) heated, drained beans  |
| <b>Beans, Red, Small, dry</b><br><i>Whole Includes USDA Commodity</i>         | Pound                   | 20.4                             | 1/4 cup cooked, drained vegetable          | 5.0                               | 1 lb dry = about 2-1/8 cups dry beans  |
| <b>BEANS, SOY</b>   |                         |                                  |  |                                   |  |
| <b>Beans, Soy, fresh (Edamame)</b><br><i>Shelled</i>                          | Pound                   | 10.7                             | 1/4 cup cooked, drained vegetable          | 9.4                               |  |
| <b>Beans, Soy, fresh (Edamame)</b><br><i>Whole In shell</i>                   | Pound                   | 6.90                             | 1/4 cup cooked, drained, shelled vegetable | 14.5                              | 1 lb in pod = 0.65 lb (about 1-3/4 cups) blanched, shelled beans   |
| <b>Beans, Soy, dry, canned</b><br><i>Shelled</i>                              | Pound                   | 7.30                             | 1/4 cup heated, drained vegetable          | 13.7                              |  |
| <b>Beans, Soy, dry</b><br><i>Shelled</i>                                      | Pound                   | 25.9                             | 1/4 cup cooked vegetable                   | 3.9                               | 1 lb dry about 2-1/2 cup dry beans   |

## Section 2—Vegetables/Fruits

| 1 Food As Purchased, AP                                  | 2 Purchase Unit     | 3 Servings per Purchase Unit, EP | 4 Serving Size per Meal Contribution     | 5 Purchase Units for 100 Servings | 6 Additional Information  |
|--|---------------------|----------------------------------|--|-----------------------------------|---|
| <b>BEAN SPROUTS<sup>3</sup></b>                          |                     |                                  |  |                                   |   |
| <b>Bean Sprouts, fresh<sup>3</sup></b><br><i>Mung</i>    | Pound               | 14.6                             | 1/4 cup parboiled, drained vegetable     | 6.9                               | 1 lb AP = 0.89 lb parboiled   |
| <b>Bean Sprouts, fresh<sup>3</sup></b><br><i>Soybean</i> | Pound               | 17.2                             | 1/4 cup parboiled, drained vegetable     | 5.9                               | 1 lb AP = 0.95 lb parboiled   |
| <b>Bean Sprouts, canned</b>                              | No. 10 can (102 oz) | 29.1                             | 1/4 cup heated, drained vegetable        | 3.5                               | 1 No. 10 can = about 48.4 oz (7-1/4 cups) heated, drained bean sprouts    |
|  | No. 10 can (102 oz) | 42.2                             | 1/4 cup drained vegetable                | 2.4                               | 1 No. 10 can = about 59.0 oz (10-1/2 cups) drained, unheated bean sprouts |
|  | No. 300 can (14 oz) | 3.99                             | 1/4 cup heated, drained vegetable        | 25.1                              | 1 No. 300 can = about 6.5 oz (1 cup) heated, drained bean sprouts         |
|  | No. 300 can (14 oz) | 5.34                             | 1/4 cup drained vegetable                | 18.8                              | 1 No. 300 can = about 8.0 oz (1-1/3 cups) drained, unheated bean sprouts  |
| <b>BEANS, WAX</b>  |                     |                                  |  |                                   |   |
| <b>Beans, Wax, fresh</b><br><i>Whole Untrimmed</i>       | Pound               | 10.5                             | 1/4 cup whole, cooked, drained vegetable | 9.6                               | 1 lb AP = 0.95 lb (about 4-1/3 cups) ready-to-cook cut beans              |

<sup>3</sup> Due to the increasing number of illnesses associated with consumption of raw sprouts, the Food and Drug Administration has advised all consumers – especially children, pregnant women, the elderly, and persons with weakened immune systems – to not eat raw sprouts as a way to reduce the risk of foodborne illness. Therefore, raw sprout data served in the raw state has been intentionally omitted.

## Section 2—Vegetables/Fruits

| 1 Food As Purchased, AP             | 2 Purchase Unit         | 3 Servings per Purchase Unit, EP | 4 Serving Size per Meal Contribution | 5 Purchase Units for 100 Servings | 6 Additional Information   |
|-------------------------------------|-------------------------|----------------------------------|--------------------------------------|-----------------------------------|--|
| <b>BEANS, WAX (continued)</b>       |                         |                                  |                                      |                                   |  |
| <b>Beans, Wax, canned</b>           | No. 10 can (101 oz)     | 34.3                             | 1/4 cup heated, drained vegetable    | 3.0                               | 1 No. 10 can = about 53.7 oz (8-1/2 cups) heated, drained beans      |
|                                     | No. 10 can (101 oz)     | 43.2                             | 1/4 cup drained vegetable            | 2.4                               | 1 No. 10 can = about 59.3 oz (10-3/4 cups) drained, unheated beans   |
|                                     | No. 2-1/2 can (28 oz)   | 12.9                             | 1/4 cup heated, drained vegetable    | 7.8                               |  |
|                                     | No. 2-1/2 can (28 oz)   | 14.0                             | 1/4 cup drained vegetable            | 7.2                               | 1 No. 2-1/2 can = about 16.0 oz (3-1/2 cups) drained, unheated beans |
|                                     | No. 300 can (14-1/2 oz) | 4.58                             | 1/4 cup heated, drained vegetable    | 21.9                              | 1 No. 300 can = about 7.1 oz (1-1/8 cups) heated, drained vegetable  |
|                                     | No. 300 can (14-1/2 oz) | 6.17                             | 1/4 cup drained vegetable            | 16.3                              | 1 No. 300 can = about 7.0 oz (1-1/2 cups) drained, unheated beans    |
|                                     | Pound                   | 5.43                             | 1/4 cup heated, drained vegetable    | 18.5                              |  |
|                                     | Pound                   | 6.84                             | 1/4 cup drained vegetable            | 14.7                              |  |
| <b>BEETS</b>                        |                         |                                  |                                      |                                   |  |
| <b>Beets, fresh</b><br>Without tops | Pound                   | 11.6                             | 1/4 cup raw, pared vegetable sticks  | 8.7                               | 1 lb AP = 0.77 lb pared  |
|                                     | Pound                   | 7.60                             | 1/4 cup diced, cooked vegetable      | 13.2                              |  |
|                                     | Pound                   | 7.70                             | 1/4 cup sliced, cooked vegetable     | 13.0                              | 1 lb AP = 0.73 lb cooked slices                                      |

## Section 2—Vegetables/Fruits

| 1 Food As Purchased, AP                       | 2 Purchase Unit     | 3 Servings per Purchase Unit, EP | 4 Serving Size per Meal Contribution | 5 Purchase Units for 100 Servings | 6 Additional Information   |
|---|---------------------|----------------------------------|--------------------------------------|-----------------------------------|--|
| <b>BEETS (continued)</b>                      |                     |                                  |                                      |                                   |  |
| <b>Beets, canned</b><br><i>Baby Whole</i>     | No. 10 can (103 oz) | 36.7                             | 1/4 cup heated, drained vegetable    | 2.8                               | 1 No. 10 can = about 60.2 oz (9-1/8 cups) heated, drained beets    |
|   | No. 10 can (103 oz) | 40.2                             | 1/4 cup drained vegetable            | 2.5                               | 1 No. 10 can = about 64.0 oz (10 cups) drained, unheated beets     |
|   | Pound               | 5.70                             | 1/4 cup heated, drained vegetable    | 17.6                              |  |
|   | Pound               | 6.24                             | 1/4 cup drained vegetable            | 16.1                              |  |
| <b>Beets, canned</b><br><i>Diced</i>          | No. 10 can (104 oz) | 37.6                             | 1/4 cup heated, drained vegetable    | 2.7                               | 1 No. 10 can = about 63.3 oz (9-3/8 cups) heated, drained beets    |
|   | No. 10 can (104 oz) | 40.9                             | 1/4 cup drained vegetable            | 2.5                               | 1 No. 10 can = about 66.4 oz (10-1/8 cups) drained, unheated beets |
|   | Pound               | 5.78                             | 1/4 cup heated, drained vegetable    | 17.4                              |  |
|   | Pound               | 6.29                             | 1/4 cup drained vegetable            | 15.9                              |  |
| <b>Beets, canned</b><br><i>Sliced</i>         | No. 10 can (104 oz) | 36.4                             | 1/4 cup heated, drained vegetable    | 2.8                               | 1 No. 10 can = about 60.1 oz (9 cups) heated, drained beets        |
|   | No. 10 can (104 oz) | 38.8                             | 1/4 cup drained vegetable            | 2.6                               | 1 No. 10 can = about 64.9 oz (9-2/3 cups) drained, unheated beets  |
|   | No. 300 can (15 oz) | 5.16                             | 1/4 cup heated, drained vegetable    | 19.4                              | 1 No. 300 can = about 7.9 oz (1-1/4 cups) heated, drained beets    |
|   | No. 300 can (15 oz) | 5.33                             | 1/4 cup drained vegetable            | 18.8                              | 1 No. 300 can = about 8.9 oz (1-1/3 cups) drained, unheated beets  |
| <b>BEET GREENS</b>                            |                     |                                  |                                      |                                   |  |
| <b>Beet Greens, fresh</b><br><i>Untrimmed</i> | Pound               | 3.50                             | 1/4 cup cooked vegetable             | 28.6                              | 1 lb AP = 0.48 lb ready-to-cook                                    |

## Section 2—Vegetables/Fruits

| 1 Food As Purchased, AP   | 2 Purchase Unit      | 3 Servings per Purchase Unit, EP | 4 Serving Size per Meal Contribution | 5 Purchase Units for 100 Servings | 6 Additional Information  |
|---|----------------------|----------------------------------|--------------------------------------|-----------------------------------|---|
| <b>BLACKBERRIES (BOYSENBERRIES)</b>   |                      |                                  |                                      |                                   |   |
| <b>Blackberries (Boysenberries), fresh</b><br><i>Whole</i>                                    | Quart (20 oz)        | 14.9                             | 1/4 cup raw fruit                    | 6.8                               | 1 qt AP = 1.2 lb (about 3-3/4 cups) ready-to-serve raw berries  |
|   | Pound                | 11.9                             | 1/4 cup raw fruit                    | 8.5                               | 1 lb AP = 0.96 lb (about 2-7/8 cups) ready-to-serve raw berries |
| <b>Blackberries (Boysenberries), canned</b><br><i>Whole</i>                                   | No. 10 can (103 oz)  | 47.8                             | 1/4 cup fruit and juice              | 2.1                               | 1 No. 10 can = about 66.0 oz (10-2/3 cups) drained berries      |
|   | Pound                | 7.42                             | 1/4 cup fruit and juice              | 13.5                              | 1 lb AP = about 9.2 oz (1-1/2 cups) drained berries             |
| <b>Blackberries (Boysenberries), frozen</b><br><i>Whole</i>                                   | Pound                | 8.00                             | 1/4 cup cooked fruit, sugar added    | 12.5                              |   |
|   | Pound                | 9.00                             | 1/4 cup thawed fruit, sugar added    | 11.2                              |   |
| <b>Blackberries (Boysenberries), frozen</b><br><i>Puree</i><br><i>Includes USDA Commodity</i> | Pound                | 7.70                             | 1/4 cup thawed fruit puree           | 13.0                              | 1 lb = about 1-7/8 cups thawed fruit puree                      |
|   | 5 lb 12 oz container | 44.2                             | 1/4 cup thawed fruit puree           | 2.3                               | 5 lb 12 oz container = about 11 cups thawed fruit puree         |
| <b>BLUEBERRIES</b>  |                      |                                  |                                      |                                   |   |
| <b>Blueberries, fresh</b><br><i>Whole</i><br><i>Includes USDA Commodity</i>                   | Pint (14-1/4 oz)     | 10.7                             | 1/4 cup raw fruit                    | 9.4                               | 1 pt AP = 0.87 lb (about 2-2/3 cups) ready-to-serve raw berries |
|   | Pound                | 11.9                             | 1/4 cup raw fruit                    | 8.5                               | 1 lb AP = 0.96 lb ready-to-serve raw berries                    |
| <b>Blueberries, canned</b><br><i>Whole</i>  | No. 10 can (105 oz)  | 47.6                             | 1/4 cup fruit and juice              | 2.2                               | 1 No. 10 can = about 55.0 oz (9-1/4 cups) drained berries       |
|   | No. 300 can (15 oz)  | 6.80                             | 1/4 cup fruit and juice              | 14.8                              | 1 No. 300 can = about 8.2 oz (1-3/8 cups) drained berries       |
|   | Pound                | 7.20                             | 1/4 cup fruit and juice              | 13.9                              |   |

## Section 2—Vegetables/Fruits

| 1 Food As Purchased, AP  | 2 Purchase Unit | 3 Servings per Purchase Unit, EP | 4 Serving Size per Meal Contribution     | 5 Purchase Units for 100 Servings | 6 Additional Information   |
|--|-----------------|----------------------------------|--|-----------------------------------|--|
| <b>BLUEBERRIES (continued)</b>                                       |                 |                                  |  |                                   |  |
| <b>Blueberries, frozen</b><br><i>Whole</i>                           | Pound           | 7.80                             | 1/4 cup cooked fruit, sugar added        | 12.9                              |  |
| <b>Blueberries, frozen</b><br><i>Whole Individually-quick-frozen</i> | Pound           | 11.9                             | 1/4 cup thawed fruit unsweetened         | 8.5                               | 1 lb AP = 0.91 lb (about 2-7/8 cups) ready-to-serve berries                          |
| <b>Blueberries, dehydrated</b><br><i>Whole</i>                       | Pound           | 12.4                             | 1/4 cup dehydrated fruit                 | 8.1                               | 1 lb AP = 1 lb (about 3 cups) ready-to-serve dried berries                           |
| <b>BOKCHYOY</b>  |                 |                                  |  |                                   |  |
| <b>Bokchoy, fresh</b><br><i>Whole</i>                                | Pound           | 14.4                             | 1/4 cup raw, shredded vegetable          | 7.0                               | 1 lb AP = 0.77 lb (about 3-1/2 cups) ready-to-serve bokchoy                          |
| <b>BOYSENBERRIES (see BLACKBERRIES)</b>                              |                 |                                  |  |                                   |  |
| <b>BREADFRUIT</b>  |                 |                                  |  |                                   |  |
| <b>Breadfruit, fresh</b><br><i>Guatemalan</i>                        | Pound           | 5.69                             | 1/4 cup baked, mashed fruit              | 17.6                              | 1 lb AP = 0.60 lb (about 1-3/8 cup) cooked mashed fruit, 1 breadfruit = about 2.6 lb |
| <b>BROCCOLI</b>  |                 |                                  |  |                                   |  |
| <b>Broccoli, fresh</b><br><i>Untrimmed</i>                           | Pound           | 9.80                             | 1/4 cup raw vegetable spears             | 10.3                              | 1 lb AP = 0.81 lb ready-to-cook broccoli   |
|  | Pound           | 9.40                             | 1/4 cup cooked, drained vegetable spears | 10.7                              | 1 medium spear = about 1/4 cup   |
|  | Pound           | 10.2                             | 1/4 cup cut, cooked, drained vegetable   | 9.9                               |  |
| <b>Broccoli, fresh</b><br><i>Florets Trimmed Ready-to-use</i>        | Pound           | 28.8                             | 1/4 cup cut, raw vegetable               | 3.5                               | 1 lb AP = 1 lb (about 7-1/8 cups) ready-to-cook broccoli                             |



## Section 2—Vegetables/Fruits

| 1 Food As Purchased, AP  | 2 Purchase Unit | 3 Servings per Purchase Unit, EP | 4 Serving Size per Meal Contribution     | 5 Purchase Units for 100 Servings | 6 Additional Information  |
|--|-----------------|----------------------------------|--|-----------------------------------|---|
| <b>BROCCOLI (continued)</b>  |                 |                                  |  |                                   |   |
| <b>Broccoli, fresh</b><br><i>Spears</i><br><i>Trimmed</i><br><i>Ready-to-use</i> | Pound           | 17.1                             | 1/4 cup raw vegetable spears             | 5.9                               | 1 lb AP = 1.0 lb (about 4-1/4 cups) ready-to-cook broccoli              |
|  | Pound           | 13.0                             | 1/4 cup cooked, drained vegetable spears | 7.7                               | 1 lb AP = 1.00 lb (about 3-1/4 cups) cooked broccoli                    |
| <b>Broccoli, fresh</b><br><i>Slaw</i><br><i>Ready-to-use</i>                     | Pound           | 21.1                             | 1/4 cup raw vegetable                    | 4.8                               | 1 lb AP = 1 lb (about 5-1/4 cups) ready-to-serve or -cook broccoli slaw |
| <b>Broccoli, frozen</b><br><i>Spears</i>   | Pound           | 10.9                             | 1/4 cup cooked, drained vegetable        | 9.2                               | 1 lb AP = 0.90 lb (about 2-5/8 cups) cooked broccoli                    |
| <b>Broccoli, frozen</b><br><i>Cut or chopped</i>                                 | Pound           | 9.60                             | 1/4 cup cooked, drained vegetable        | 10.5                              |   |
| <b>BRUSSELS SPROUTS</b>  |                 |                                  |  |                                   |   |
| <b>Brussels Sprouts, fresh</b><br><i>Whole</i>                                   | Pound           | 8.50                             | 1/4 cup cooked, drained vegetable        | 11.8                              | 1 lb AP = 0.76 lb ready-to-cook Brussels sprouts                        |
| <b>Brussels Sprouts, fresh</b><br><i>Trimmed</i><br><i>Ready-to-use</i>          | Pound           | 16.1                             | 1/4 cup raw vegetable                    | 6.3                               | 1 lb AP = 1 lb (about 4 cups) ready-to-serve Brussels sprouts           |
|  | Pound           | 13.4                             | 1/4 cup cooked, drained vegetable        | 7.5                               | 1 lb AP = 1.00 lb (about 3-1/3 cups) steamed Brussels sprouts           |
| <b>Brussels Sprouts, frozen</b><br><i>Ready-to-use</i>                           | Pound           | 10.4                             | 1/4 cup cooked, drained vegetable        | 9.7                               |   |
| <b>CABBAGE, CHINESE or CELERY</b>  |                 |                                  |  |                                   |   |
| <b>Cabbage, Chinese or Celery, fresh</b><br><i>Untrimmed</i>                     | Pound           | 20.4                             | 1/4 cup raw vegetable strips             | 5.0                               | 1 lb AP = 0.93 lb (about 5 cups) ready-to-serve, raw cabbage            |
|  | Pound           | 10.6                             | 1/4 cup cooked, drained vegetable strips | 9.5                               |   |

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| 1 Food As Purchased, AP   | 2 Purchase Unit | 3 Servings per Purchase Unit, EP | 4 Serving Size per Meal Contribution         | 5 Purchase Units for 100 Servings | 6 Additional Information   |
|---|-----------------|----------------------------------|--|-----------------------------------|--|
| <b>CABBAGE, GREEN</b>   |                 |                                  |  |                                   |  |
| <b>Cabbage, fresh</b><br><i>Green</i><br><i>Untrimmed</i><br><i>Whole</i>       | Pound           | 17.7                             | 1/4 cup raw, chopped vegetable               | 5.7                               | 1 lb AP = 0.87 lb ready-to-cook or serve raw cabbage                             |
|   | Pound           | 11.2                             | 1/4 cup raw, chopped vegetable with dressing | 9.0                               |  |
|   | Pound           | 26.4                             | 1/4 cup raw, shredded vegetable              | 3.8                               |  |
|   | Pound           | 13.8                             | 1/4 cup cooked, drained shredded vegetable   | 7.3                               |  |
|   | Pound           | 9.86                             | 1/4 cup cooked, drained vegetable wedges     | 10.2                              | 1 lb AP = 0.82 lb (about 2-3/8 cups) cooked cabbage wedges                       |
|   | 1 head          | 9.00                             | 1 large cooked leaf (3/4 cups vegetable)     | 11.2                              | 1 large leaf = 10 to 12 inches in diameter                                       |
|   | 1 head          | 7.00                             | 1 medium cooked leaf (3/8 cup vegetable)     | 14.3                              | 1 medium leaf = 6 to 8 inches in diameter  |
| <b>Cabbage, fresh</b><br><i>Green</i><br><i>Shredded</i><br><i>Ready-to-use</i> | Pound           | 27.0                             | 1/4 cup raw vegetable                        | 3.8                               | 1 lb AP = 1 lb (about 6-3/4 cups) ready-to-serve raw, shredded cabbage           |
| <b>CABBAGE, RED</b>   |                 |                                  |  |                                   |  |
| <b>Cabbage, Red, fresh</b><br><i>Whole</i><br><i>Untrimmed</i>                  | Pound           | 13.0                             | 1/4 cup raw, chopped vegetable               | 7.7                               | 1 lb AP = 0.64 lb (about 3-1/4 cups) ready-to-cook or -serve raw chopped cabbage |
|   | Pound           | 24.6                             | 1/4 cup raw, shredded vegetable              | 4.1                               | 1 lb AP = 0.83 lb (about 6 cups) ready-to-cook or -serve raw, shredded cabbage   |
|   | Pound           | 13.3                             | 1/4 cup cooked, shredded vegetable           | 7.6                               |  |
| <b>Cabbage, Red, fresh</b><br><i>Shredded</i><br><i>Ready-to-use</i>            | Pound           | 22.8                             | 1/4 cup raw vegetable                        | 4.4                               | 1 lb AP = 1 lb (about 5-2/3 cups) ready-to-serve raw, shredded cabbage           |

## Section 2—Vegetables/Fruits

| 1 Food As Purchased, AP  | 2 Purchase Unit | 3 Servings per Purchase Unit, EP | 4 Serving Size per Meal Contribution                               | 5 Purchase Units for 100 Servings | 6 Additional Information   |
|--|-----------------|----------------------------------|--|-----------------------------------|--|
| <b>CACTUS (NOPALES)</b>  |                 |                                  |  |                                   |  |
| <b>Cactus (Nopales), fresh</b><br><i>Leaves (or petals)</i><br><i>Unpeeled</i><br><i>With thorns</i>       | Pound           | 6.80                             | 1/4 cup unpeeled, diced cooked, drained vegetable (thorns removed) | 14.8                              | 1 lb AP = 0.96 lb (about 1-2/3 cups) unpeeled, thorns removed, diced, cooked, drained cactus               |
| <b>Cactus (Nopales), fresh</b><br><i>Leaves (or Petals)</i><br><i>Unpeeled</i><br><i>Without thorns</i>    | Pound           | 6.96                             | 1/4 cup unpeeled diced, cooked, drained vegetable                  | 14.4                              | 1 lb AP = 0.99 lb ready-to-cook diced cactus<br>1 lb AP = about 1-2/3 cups diced, cooked, drained cactus   |
| <b>Cactus (Nopalitos), canned</b><br><i>Leaves (or Petals)</i><br><i>Cut</i>                               | 14 oz jar       | 3.04                             | 1/4 cup heated, drained vegetable                                  | 32.9                              | 14 oz jar = about 5.7 oz (3/4 cup) cooked, drained cactus  |
|  | 14 oz jar       | 3.65                             | 1/4 cup drained vegetable  | 27.4                              | 14 oz jar = about 6.3 oz (7/8 cup) drained, unheated cactus  |
| <b>CACTUS FRUIT (PRICKLY PEAR)</b>   |                 |                                  |  |                                   |  |
| <b>Cactus Fruit (Prickly Pear), fresh</b><br><i>Whole fruit</i>  | Pound           | 4.99                             | 1/4 cup peeled, diced fruit, with seeds                            | 20.1                              | 1 lb AP = 0.61 lb (about 1-1/8 cup) ready-to-serve raw, peeled, diced cactus with seeds                    |
|  | Pound           | 3.74                             | 1/4 cup, peeled, juice and pulp, without seeds                     | 26.8                              | 1 lb = 0.48 lb (about 7/8 cup) ready-to-cook peeled cactus juice and pulp without seeds                    |
| <b>CANTALOUPE<sup>4</sup></b>  |                 |                                  |  |                                   |  |
| <b>Cantaloupe, fresh<sup>4</sup></b><br><i>Whole</i><br><i>18 Count (5-inch diameter, about 30 oz)</i>     | Pound           | 5.73                             | 1/4 cup cubed or diced fruit (about 1/10 medium melon)             | 17.5                              | 1 lb AP = 0.47 lb (about 1-3/8 cups) ready-to-serve raw melon,<br>1 melon = about 14 oz EP                 |
| <b>Cantaloupe, fresh<sup>4</sup></b><br><i>Whole</i><br><i>15 Count (5-3/4-inch diameter, about 40 oz)</i> | Pound           | 6.74                             | 1/4 cup cubed or diced fruit (about 1/16 large melon)              | 14.9                              | 1 lb AP = 0.56 lb (about 1-2/3 cups) ready-to-serve raw, peeled, diced melon,<br>1 melon = about 1.3 lb EP |

<sup>4</sup> In response to Salmonella outbreaks associated with raw melon, the Food and Drug Administration has provided guidance for safe handling practices for melons that include washing the outer surface of the melon thoroughly with cool tap water to remove surface dirt.

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|---|-----------------|----------------------------------|---|-----------------------------------|---|
| <b>CANTALOUPE<sup>4</sup> (continued)</b>                           |                 |                                  |   |                                   |   |
| <b>Cantaloupe, frozen</b><br><i>Melon balls<br/>Packed in syrup</i> | Pound           | 7.80                             | 1/4 cup fruit and juice   | 12.9                              |   |
| <b>Cantaloupe, frozen</b><br><i>Melon balls<br/>Unsweetened</i>     | Pound           | 8.70                             | 1/4 cup fruit   | 11.5                              | 1 lb = 35 balls   |
| <b>CARAMBOLA (see STAR FRUIT)</b>                                   |                 |                                  |   |                                   |   |
| <b>CARROTS</b>  |                 |                                  |   |                                   |   |
| <b>Carrots, fresh</b><br><i>Without tops</i>                        | Pound           | 10.3                             | 1/4 cup raw vegetable strips (about 3 strips, 4-inch by 1/2 inch) | 9.8                               | 1 lb AP = 0.70 lb ready-to-cook, or -serve raw carrot sticks                  |
|   | Pound           | 10.6                             | 1/4 cup raw, chopped vegetable                                    | 9.5                               |   |
|   | Pound           | 15.4                             | 1/4 cup raw, shredded vegetable                                   | 6.5                               | 1 lb AP = 0.83 lb (about 3-3/4 cups) trimmed, peeled, shredded carrot         |
|   | Pound           | 8.10                             | 1/4 cup raw shredded vegetable with dressing                      | 12.4                              |   |
|   | Pound           | 8.63                             | 1/4 cup cooked, drained shredded vegetable                        | 11.6                              | 1 lb AP = 0.79 lb (about 2-1/8 cups) trimmed, peeled, shredded, cooked carrot |
|   | Pound           | 10.9                             | 1/4 cup raw, sliced vegetable (5/16-inch slices)                  | 9.2                               | 1 lb AP = 0.83 lb (about 2-2/3 cups) trimmed, peeled, sliced carrots          |
|   | Pound           | 8.16                             | 1/4 cup cooked, drained sliced vegetable (5/16-inch slices)       | 12.3                              | 1 lb AP = 0.76 lb (about 2 cups) cooked, sliced carrots                       |
| <b>Carrots, fresh</b><br><i>Shredded<br/>Ready-to-use</i>           | Pound           | 19.9                             | 1/4 cup raw vegetable   | 5.1                               | 1 lb AP = 1 lb (about 4-7/8 cups) ready-to-use raw, shredded carrot           |
|   | Pound           | 11.2                             | 1/4 cup cooked, drained vegetable                                 | 9.0                               | 1 lb AP = 0.92 lb (about 2-3/4 cups) cooked carrot                            |

<sup>4</sup> In response to Salmonella outbreaks associated with raw melon, the Food and Drug Administration has provided guidance for safe handling practices for melons that include washing the outer surface of the melon thoroughly with cool tap water to remove surface dirt.

## Section 2—Vegetables/Fruits

| 1 Food As Purchased, AP  | 2 Purchase Unit     | 3 Servings per Purchase Unit, EP | 4 Serving Size per Meal Contribution            | 5 Purchase Units for 100 Servings | 6 Additional Information   |
|--|---------------------|----------------------------------|---|-----------------------------------|--|
| <b>CARROTS (continued)</b>   |                     |                                  |   |                                   |  |
| <b>Carrots, fresh</b><br><i>Sliced</i><br><i>Peeled</i><br><i>Ready-to-use</i> | Pound               | 12.6                             | 1/4 cup raw vegetable slices (5/16-inch slices) | 8.0                               | 1 lb AP = 1 lb (about 3-1/8 cups) ready-to-serve or -cook carrot     |
|  | Pound               | 15.4                             | 1/4 cup raw vegetable (about 3 sticks)          | 6.5                               | 1 lb AP = 1lb (about 3-3/4 cups) carrot sticks                       |
| <b>Carrots, fresh</b><br><i>Baby</i><br><i>Ready-to-use</i>                    | Pound               | 12.9                             | 1/4 cup raw vegetable                           | 7.8                               | 1 lb AP= 1 lb (about 3-1/8 cups) ready-to-serve raw carrots          |
|  | Pound               | 11.4                             | 1/4 cup cooked, drained vegetable               | 8.8                               | 1 lb AP= 0.97 lb (about 2-3/4 cups) cooked carrots                   |
| <b>Carrots, canned</b><br><i>Diced</i><br><i>Includes USDA Commodity</i>       | No. 10 can (105 oz) | 34.3                             | 1/4 cup heated, drained vegetable               | 3.0                               | 1 No. 10 can = about 62.0 oz (8-1/2 cups) heated, drained carrots    |
|  | No. 10 can (105 oz) | 40.0                             | 1/4 cup drained vegetable                       | 2.5                               | 1 No. 10 can = about 67.0 oz (10 cups) drained, unheated carrots     |
|  | Pound               | 5.22                             | 1/4 cup heated, drained vegetable               | 19.2                              |  |
|  | Pound               | 6.09                             | 1/4 cup drained vegetable                       | 16.5                              |  |
| <b>Carrots, canned</b><br><i>Sliced</i><br><i>Includes USDA Commodity</i>      | No. 10 can (105 oz) | 37.2                             | 1/4 cup heated, drained vegetable               | 2.7                               | 1 No. 10 can = about 65.0 oz (9-1/4 cups) heated, drained carrot     |
|  | No. 10 can (105 oz) | 43.4                             | 1/4 cup drained vegetable                       | 2.4                               | 1 No. 10 can = about 70.0 oz (10-3/4 cups) drained, unheated carrots |
|  | No. 300 can (15 oz) | 5.20                             | 1/4 cup heated, drained vegetable               | 19.3                              | 1 No. 300 can = about 8.6 oz (1-1/4 cups) heated, drained carrots    |
|  | No. 300 can (15 oz) | 5.88                             | 1/4 cup drained vegetable                       | 17.1                              | 1 No. 300 can = about 8.5 oz (1-3/8 cups) drained, unheated carrots  |

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| <b>CARROTS (continued)</b>  |                 |                                  |  |                                   |   |
| <b>Carrots, frozen</b><br><i>Sliced</i><br><i>Includes USDA Commodity</i> | Pound           | 9.87                             | 1/4 cup cooked, drained vegetable  | 10.2                              | 1 lb AP = 0.95 lb (about 2-3/8 cups) cooked, drained carrot             |
| <b>Carrots, frozen</b><br><i>Baby</i>                                     | Pound           | 10.9                             | 1/4 cup cooked, drained vegetable  | 9.2                               |   |
| <b>CASSAVA (see YUCCA)</b>  |                 |                                  |  |                                   |   |
| <b>CAULIFLOWER</b>  |                 |                                  |  |                                   |   |
| <b>Cauliflower, fresh</b><br><i>Whole</i><br><i>Trimmed</i>               | Pound           | 12.5                             | 1/4 cup raw, sliced vegetable  | 8.0                               | 1 lb AP = 0.62 lb ready-to-cook or -serve raw cauliflower               |
|   | Pound           | 12.3                             | 1/4 cup raw vegetable florets  | 8.2                               | 1 medium head = about 6 cups cauliflower florets                        |
|   | Pound           | 8.80                             | 1/4 cup cooked, drained vegetable florets  | 11.4                              | 1 lb AP = 0.61 lb cooked cauliflower                                    |
| <b>Cauliflower, fresh</b><br><i>Florets</i><br><i>Ready-to-use</i>        | Pound           | 18.3                             | 1/4 cup raw vegetable florets  | 5.5                               | 1 lb AP = 1 lb (about 4-1/2 cups) ready-to-cook or -serve cauliflower   |
|   | Pound           | 14.1                             | 1/4 cup cooked, drained vegetable florets  | 7.1                               |   |
| <b>Cauliflower, frozen</b>  | Pound           | 9.20                             | 1/4 cup cooked, drained vegetable  | 10.9                              |   |
| <b>CELERY</b>   |                 |                                  |  |                                   |   |
| <b>Celery, fresh</b><br><i>Trimmed</i>                                    | Pound           | 12.2                             | 1/4 cup raw vegetable sticks or strips (about 3 sticks, 1/2-inch by 4-inch sticks) | 8.2                               |   |
|   | Pound           | 12.5                             | 1/4 cup raw, chopped vegetable   | 8.0                               | 1 lb AP = 0.83 lb (about 3-1/8 cups) ready-to-cook or -serve raw celery |
|   | Pound           | 12.3                             | 1/4 cup raw, diced vegetable   | 8.2                               |   |
|   | Pound           | 8.70                             | 1/4 cup diced, cooked, drained vegetable   | 11.5                              | 1 lb AP = 0.74 lb (about 2-1/8 cups) cooked celery                      |
|   | Pound           | 8.10                             | 1/4 cup sliced, cooked, drained vegetable  | 12.4                              |   |



## Section 2—Vegetables/Fruits

| 1 Food As Purchased, AP   | 2 Purchase Unit           | 3 Servings per Purchase Unit, EP | 4 Serving Size per Meal Contribution                        | 5 Purchase Units for 100 Servings | 6 Additional Information   |
|---|---------------------------|----------------------------------|---|-----------------------------------|--|
| <b>CELERY (continued)</b>   |                           |                                  |   |                                   |  |
| <b>Celery, fresh</b><br><i>Sticks</i><br><i>Ready-to-use</i><br><i>(1/2-inch by 4-inch)</i> | Pound                     | 14.0                             | 1/4 cup raw vegetables<br>(about 3 sticks)                  | 7.2                               | 1 lb AP = 1 lb (about 3-1/2 cups) ready-to-serve raw celery                      |
| <b>Celery, fresh</b><br><i>Diced</i><br><i>Ready-to-use</i>                                 | Pound                     | 12.9                             | 1/4 cup raw vegetable                                       | 7.8                               | 1 lb AP = 1 lb (about 3-1/8 cups) ready-to-cook or -serve raw celery             |
| <b>Celery, canned</b><br><i>Diced</i>   | No. 10 can<br>(102 oz)    | 38.4                             | 1/4 cup heated, drained vegetable                           | 2.7                               | 1 No. 10 can = about 64.0 oz (9-1/2 cups) heated, drained celery                 |
|   | No 10 can<br>(102 oz)     | 49.0                             | 1/4 cup drained vegetable                                   | 2.1                               | 1 No 10 can = about 74.0 oz (12-3/8 cups) drained celery                         |
|   | Pound<br>(drained weight) | 8.27                             | 1/4 cup heated, drained vegetable                           | 12.1                              |  |
|   | Pound<br>(drained weight) | 10.5                             | 1/4 cup drained vegetable                                   | 9.6                               |  |
| <b>Celery, canned</b><br><i>Diced</i><br><i>In sauce</i>                                    | No. 10 can<br>(104 oz)    | 49.7                             | 1/4 cup heated, drained vegetable                           | 2.1                               | 1 No. 10 can = about 100.0 oz (12-3/8 cups) heated, drained celery               |
| <b>CHARD, SWISS (see SWISS CHARD)</b>   |                           |                                  |   |                                   |  |
| <b>CHAYOTE (MIRLITON)</b>   |                           |                                  |   |                                   |  |
| <b>Chayote (Mirliton), fresh</b><br><i>Whole</i><br><i>Unpeeled</i>                         | Pound                     | 12.6                             | 1/4 cup unpeeled, pitted, sliced, raw vegetable             | 8.0                               | 1 lb AP = 0.96 lb (about 3-1/8 cups) ready-to-serve, raw, pitted, sliced chayote |
|   | Pound                     | 9.46                             | 1/4 cup unpeeled, pitted, sliced, cooked, drained vegetable | 10.6                              | 1 lb AP = 0.88 lb (about 2-1/3 cups) unpeeled, pitted, sliced, cooked chayote    |
| <b>CHERRIES, MARASCHINO</b>   |                           |                                  |   |                                   |  |
| <b>Cherries, Maraschino, canned</b><br><i>Large</i>   | Pound                     | 6.20                             | 1/4 cup drained fruit                                       | 16.2                              |  |

## Section 2—Vegetables/Fruits

| 1 Food As Purchased, AP   | 2 Purchase Unit     | 3 Servings per Purchase Unit, EP | 4 Serving Size per Meal Contribution      | 5 Purchase Units for 100 Servings | 6 Additional Information                                       |
|---|---------------------|----------------------------------|---|-----------------------------------|--|
| <b>CHERRIES, MARASCHINO (continued)</b>   |                     |                                  |   |                                   |  |
| <b>Cherries, Maraschino, canned</b><br><i>Small</i>   | Pound               | 5.70                             | 1/4 cup drained fruit                     | 17.6                              |  |
| <b>CHERRIES, RED TART</b>   |                     |                                  |   |                                   |  |
| <b>Cherries, Red Tart, fresh</b><br><i>Whole</i>  | Pound               | 6.40                             | 1/4 cup cooked, pitted fruit, sugar added | 15.7                              | 1 lb AP = 0.87 lb pitted cherries                              |
| <b>Cherries, Red Tart, canned</b><br><i>Pitted</i><br><i>Water packed</i><br><i>Includes USDA Commodity</i> | No. 10 can (102 oz) | 46.8                             | 1/4 cup fruit and juice                   | 2.2                               | 1 No. 10 can = about 11-3/4 cups net pitted cherries and juice |
|   | No. 10 can (102 oz) | 36.2                             | 1/4 cup drained fruit                     | 2.8                               | 1 No. 10 can = about 70.0 oz (9 cups) drained, pitted cherries |
|   | Pound               | 7.29                             | 1/4 cup fruit and juice                   | 13.8                              |  |
|   | Pound               | 5.79                             | 1/4 cup drained fruit                     | 17.3                              |  |
| <b>Cherries, Red Tart, frozen</b><br><i>Pitted</i><br><i>Includes USDA Commodity</i>                        | Pound               | 11.4                             | 1/4 cup thawed fruit and juice            | 8.8                               | 1 lb AP = 0.98 lb (about 2-3/4 cups) thawed cherries and juice |
|   | Pound               | 7.00                             | 1/4 cup drained fruit                     | 14.3                              | 1 lb AP = 0.70 lb (about 1-3/4 cups) thawed, drained cherries  |
|   | Pound               | 5.90                             | 1/4 cup cooked fruit and juice            | 17.0                              |  |
|   | 40 lb pkg           | 457.4                            | 1/4 cup thawed fruit and juice            | 0.22                              | 40 lb pkg = about 114-1/4 cups thawed cherries and juice       |
|   | 40 lb pkg           | 280.8                            | 1/4 cup thawed, drained fruit             | 0.36                              | 40 lb pkg = about 70-1/8 cups thawed, drained cherries         |
|   | 40 lb pkg           | 236.7                            | 1/4 cup cooked fruit and juice            | 0.43                              |  |

## Section 2—Vegetables/Fruits

| 1 Food As Purchased, AP  | 2 Purchase Unit       | 3 Servings per Purchase Unit, EP | 4 Serving Size per Meal Contribution                    | 5 Purchase Units for 100 Servings | 6 Additional Information   |
|--|-----------------------|----------------------------------|---|-----------------------------------|--|
| <b>CHERRIES, RED TART (continued)</b>  |                       |                                  |   |                                   |  |
| <b>Cherries, Red Tart, dehydrated</b><br><i>Whole</i><br><i>Without pits</i><br><i>Includes USDA Commodity</i> | Pound                 | 11.8                             | 1/4 cup dehydrated fruit                                | 8.5                               | 1 lb AP = 1 lb (about 2-7/8 cups) dried cherries                               |
|  | 2 lb pkg              | 23.6                             | 1/4 cup dehydrated fruit                                | 4.3                               |  |
|  | 4 lb pkg              | 47.2                             | 1/4 cup dehydrated fruit                                | 2.2                               |  |
| <b>CHERRIES, SWEET</b>   |                       |                                  |   |                                   |  |
| <b>Cherries, Sweet, fresh</b><br><i>Whole</i><br><i>With pits</i>  | Pound                 | 8.50                             | 1/4 cup raw, pitted cherries (about 7 whole)            | 11.8                              | 1 lb AP = 0.98 lb ready-to-serve cherries with pits or 0.84 lb pitted cherries |
|  | No. 10 can (106 oz)   | 45.8                             | 1/4 cup pitted fruit and juice                          | 2.2                               | 1 No. 10 can = about 59.0 oz (9-1/4 cups) drained, pitted cherries             |
|  | No. 2-1/2 can (29 oz) | 12.5                             | 1/4 cup pitted fruit and juice                          | 8.0                               | 1 No. 2-1/2 can = about 17.6 oz (2-3/8 cups) drained cherries                  |
| <b>Cherries, Sweet, canned</b><br><i>Whole</i><br><i>With pits</i>   | Pound                 | 6.91                             | 1/4 cup pitted fruit and juice                          | 14.5                              | 1 lb AP = about 8.4 oz (1-1/3 cups) drained, pitted cherries                   |
|  |                       |                                  |   |                                   |  |
| <b>CHICKPEAS (see BEANS, GARBANZO)</b>   |                       |                                  |   |                                   |  |
| <b>CHICORY</b>   |                       |                                  |   |                                   |  |
| <b>Chicory, fresh</b>  | Pound                 | 47.4                             | 1/4 cup raw vegetable pieces                            | 2.2                               | 1 lb AP = 0.89 lb ready-to-serve raw chicory                                   |
|  | Pound                 | 31.6                             | 1/4 cup raw vegetable pieces with dressing              | 3.2                               |  |
| <b>CLEMENTINES</b>   |                       |                                  |   |                                   |  |
| <b>Clementines, fresh</b><br><i>Whole</i>  | Pound                 | 3.68                             | 1 whole, raw clementine (about 1/2 cup fruit)           | 27.2                              |  |
|  | Pound                 | 7.65                             | 1/4 cup peeled, sectioned, raw fruit (about 5 sections) | 13.1                              | 1 lb AP = 0.80 lb (about 1-7/8 cups) ready-to-serve, raw clementine sections   |

## Section 2—Vegetables/Fruits

| 1 Food As Purchased, AP  | 2 Purchase Unit         | 3 Servings per Purchase Unit, EP | 4 Serving Size per Meal Contribution               | 5 Purchase Units for 100 Servings | 6 Additional Information   |
|--|-------------------------|----------------------------------|--|-----------------------------------|--|
| <b>COLLARD GREENS</b>  |                         |                                  |  |                                   |  |
| <b>Collard Greens, fresh</b><br><i>Untrimmed</i>                       | Pound                   | 6.20                             | 1/4 cup cooked, drained vegetable leaves           | 16.2                              | 1 lb AP = 0.57 lb ready-to-cook collard leaves                     |
|  | Pound                   | 10.5                             | 1/4 cup cooked, drained vegetable leaves and stems | 9.6                               | 1 lb AP = 0.74 lb ready-to-cook collard leaves and stems           |
| <b>Collard Greens, canned</b>  | No. 10 can (101 oz)     | 27.2                             | 1/4 cup heated, drained vegetable                  | 3.7                               | 1 No. 10 can = about 54.0 oz (6-3/4 cups) heated, drained collards |
|  | No. 10 can (101 oz)     | 35.9                             | 1/4 cup drained vegetable                          | 2.8                               | 1 No. 10 can = about 66.4 oz (9 cups) drained, unheated collards   |
|  | No. 2-1/2 can (27 oz)   | 6.80                             | 1/4 cup heated, drained vegetable                  | 14.7                              | 1 No. 2-1/2 can = about 17.6 oz (3 cups) drained collards          |
|  | No. 300 can (14-1/2 oz) | 3.67                             | 1/4 cup heated, drained vegetable                  | 27.3                              |  |
| <b>Collard Greens, frozen</b><br><i>Chopped or Whole leaf</i>          | Pound                   | 9.20                             | 1/4 cup cooked, drained vegetable                  | 10.9                              |  |
| <b>CORN</b>  |                         |                                  |  |                                   |  |
| <b>Corn, fresh</b><br><i>With husks (5 to 6-inch length) Medium</i>    | Pound                   | 1.67                             | 1 medium ear (about 1/2 cup cooked vegetable)      | 59.9                              |  |
|  | Pound                   | 3.35                             | 1/4 cup cooked vegetable (about 1/2 cob)           | 29.9                              | 1 lb AP = 0.34 lb raw cut corn                                     |
| <b>Corn, fresh</b><br><i>Without husks (5 to 6-inch length) Medium</i> | Pound                   | 2.33                             | 1 medium ear (about 1/2 cup cooked vegetable)      | 43.0                              |  |
|  | Pound                   | 5.27                             | 1/4 cup cooked vegetable (about 1/2 cob)           | 19.0                              | 1 lb AP = 0.54 lb raw cut corn                                     |
| <b>Corn, canned</b><br><i>Cream style Includes USDA Commodity</i>      | No. 10 can (106 oz)     | 46.4                             | 1/4 cup heated vegetable                           | 2.2                               | 1 No. 10 can = about 100.7 oz (11-1/2 cups) heated corn            |
|  | No. 300 can (15 oz)     | 6.35                             | 1/4 cup heated vegetable                           | 15.8                              | 1 No. 300 can = about 13.0 oz (1-1/2 cups) heated corn             |

## Section 2—Vegetables/Fruits

| 1 Food As Purchased, AP   | 2 Purchase Unit         | 3 Servings per Purchase Unit, EP | 4 Serving Size per Meal Contribution                 | 5 Purchase Units for 100 Servings | 6 Additional Information  |
|---|-------------------------|----------------------------------|--|-----------------------------------|---|
| <b>CORN (continued)</b>   |                         |                                  |  |                                   |   |
| <b>Corn, canned</b><br><i>Whole kernel</i><br><i>Vacuum packed</i><br><i>Includes USDA Commodity</i>              | No. 10 can (75 oz)      | 34.1                             | 1/4 cup heated, drained vegetable                    | 3.0                               | 1 No. 10 can = about 60.5 oz (8-1/2 cups) heated, drained corn          |
|   | No. 10 can (75 oz)      | 36.8                             | 1/4 cup drained vegetable                            | 2.8                               | 1 No. 10 can = about 63.0 oz (9 cups) drained, unheated corn            |
|   | No. 2 can (12 oz)       | 6.60                             | 1/4 cup heated, drained vegetable                    | 15.2                              | 1 No. 2 can = about 10.0 oz (1-2/3 cups) drained, heated corn           |
| <b>Corn, canned</b><br><i>Whole kernel</i><br><i>Liquid pack</i><br><i>Includes USDA Commodity</i>                | No. 10 can (106 oz)     | 39.6                             | 1/4 cup heated, drained vegetable                    | 2.6                               | 1 No. 10 can = about 66.0 oz (9-7/8 cups) heated, drained corn          |
|   | No. 10 can (106 oz)     | 40.7                             | 1/4 cup drained vegetable                            | 2.5                               | 1 No. 10 can = about 73.3 oz (10-2/3 cups) drained, unheated corn       |
|   | No. 300 can (15-1/4 oz) | 5.68                             | 1/4 cup heated, drained vegetable                    | 17.7                              | 1 No. 300 can = about 9.3 oz (1-3/8 cups) heated, drained corn          |
|   | No. 300 can (15-1/4 oz) | 5.86                             | 1/4 cup drained vegetable                            | 17.1                              | 1 No. 300 can = about 9.6 oz (1-3/8 cups) drained, unheated corn        |
| <b>Corn, frozen</b><br><i>Whole Kernel</i><br><i>Includes USDA Commodity</i>                                      | Pound                   | 11.1                             | 1/4 cup tempered vegetable (unheated for salads)     | 9.1                               | 1 lb AP = 0.99 lb (about 2-3/4 cups) ready-to-serve, raw, tempered corn |
|   | Pound                   | 11.0                             | 1/4 cup cooked vegetable                             | 9.1                               |   |
| <b>Corn, frozen</b><br><i>Corn on the cob</i><br><i>3-inch ear (cobbette)</i><br><i>Includes USDA Commodity</i>   | Pound                   | 4.25                             | 1/4 cup cooked vegetable (about 1 cobbette)          | 23.6                              | 1 lb AP = 0.53 lb (about 1 cup) edible portion cooked corn              |
| <b>Corn, frozen</b><br><i>Corn on the cob</i><br><i>5-1/4-inch ear (medium)</i><br><i>Includes USDA Commodity</i> | Pound                   | 2.44                             | 1 medium cooked ear (about 1/2 cup cooked vegetable) | 41.0                              | 1 lb AP = 0.52 lb (about 1-1/8 cups) edible portion cooked corn         |

## Section 2—Vegetables/Fruits

| 1 Food As Purchased, AP  | 2 Purchase Unit     | 3 Servings per Purchase Unit, EP | 4 Serving Size per Meal Contribution           | 5 Purchase Units for 100 Servings | 6 Additional Information  |
|--|---------------------|----------------------------------|--|-----------------------------------|---|
| <b>CRANBERRIES</b>   |                     |                                  |  |                                   |   |
| <b>Cranberries, fresh</b><br><i>Whole</i>  | Pound               | 15.6                             | 1/4 cup raw, chopped fruit                     | 6.5                               | 1 lb AP = 0.95 lb ready-to-cook or -serve raw berries             |
|  | Pound               | 11.1                             | 1/4 cup cooked fruit, sugar added, whole berry | 9.1                               |   |
|  | Pound               | 9.90                             | 1/4 cup cooked fruit, sugar added, strained    | 10.2                              |   |
| <b>Cranberries, dehydrated</b><br><i>Sweetened</i><br><i>Whole</i><br><i>Includes USDA Commodity</i> | Pound               | 13.8                             | 1/4 cup dehydrated fruit                       | 7.3                               | 1 lb AP = 1 lb (about 3-3/8 cups) ready-to-cook or -serve berries |
|  | 5 lb pkg            | 69.0                             | 1/4 cup dehydrated fruit                       | 1.5                               |   |
|  | 30 lb pkg           | 414.0                            | 1/4 cup dehydrated fruit                       | 0.25                              |   |
| <b>CRANBERRY RELISH or SAUCE</b>   |                     |                                  |  |                                   |   |
| <b>Cranberry Relish or Sauce, canned</b><br><i>Whole</i><br><i>Includes USDA Commodity</i>           | No. 10 can (117 oz) | 48.0                             | 1/4 cup fruit                                  | 2.1                               |   |
|  | No. 300 can (16 oz) | 6.70                             | 1/4 cup fruit                                  | 15.0                              |   |
| <b>Cranberry Relish or Sauce, canned</b><br><i>Strained</i><br><i>Includes USDA Commodity</i>        | No. 10 can (117 oz) | 47.9                             | 1/4 cup fruit                                  | 2.1                               |   |
|  | No. 300 can (16 oz) | 6.50                             | 1/4 cup fruit                                  | 15.4                              |   |



## Section 2—Vegetables/Fruits

| 1 Food As Purchased, AP  | 2 Purchase Unit | 3 Servings per Purchase Unit, EP | 4 Serving Size per Meal Contribution   | 5 Purchase Units for 100 Servings | 6 Additional Information   |
|--|-----------------|----------------------------------|--|-----------------------------------|--|
| <b>CUCUMBERS</b>   |                 |                                  |  |                                   |  |
| <b>Cucumbers, fresh</b><br><i>Whole</i><br><i>Unpared</i>  | Pound           | 11.1                             | 1/4 cup unpared, diced vegetable   | 9.1                               | 1 lb AP = 0.98 lb (about 2-3/4 cups) ready-to-serve raw, unpared, diced cucumber |
|  | Pound           | 12.4                             | 1/4 cup unpared, sliced vegetable  | 8.1                               |  |
|  | Pound           | 10.5                             | 1/4 cup pared, diced or sliced vegetable                                     | 9.6                               | 1 lb AP = 0.84 lb ready-to-serve raw, pared, sliced cucumber                     |
|  | Pound           | 9.71                             | 1/4 cup pared vegetable sticks (about 3 sticks, 3-inch by 3/4-inch sticks)   | 10.3                              | 1 lb AP = 0.81 lb (about 2-3/8 cups) ready-to-serve raw, pared cucumber sticks   |
|  | Pound           | 11.8                             | 1/4 cup unpared vegetable sticks (about 3 sticks, 3-inch by 3/4-inch sticks) | 8.5                               | 1 lb AP = 0.98 lb (about 3 cups) ready-to-serve raw, unpared cucumber sticks     |
| <b>CURRANTS</b>  |                 |                                  |  |                                   |  |
| <b>Currants, dehydrated</b>  | Pound           | 13.8                             | 1/4 cup dehydrated fruit   | 7.3                               | 1 lb dry = about 3-3/8 cups dry currants   |
| <b>DATES</b>   |                 |                                  |  |                                   |  |
| <b>Dates, dehydrated</b><br><i>Moisturized</i><br><i>With pits</i><br><i>Whole</i>                     | Pound           | 10.0                             | 1/4 cup pitted, dehydrated fruit   | 10.0                              |  |
|  |                 |                                  |  |                                   |  |
| <b>Dates, dehydrated</b><br><i>Pieces</i><br><i>Regular moisture</i><br><i>Includes USDA Commodity</i> | Pound           | 12.7                             | 1/4 cup dehydrated fruit   | 7.9                               | 1 lb dry = about 3-1/8 cups  |
|  | 30 lb pkg       | 383.6                            | 1/4 cup dehydrated fruit   | 0.27                              | 30 lb box = about 95-7/8 cups dried dates  |
| <b>Dates, dehydrated</b><br><i>Pitted</i><br><i>Regular moisture</i><br><i>Includes USDA Commodity</i> | Pound           | 11.1                             | 1/4 cup whole, dehydrated fruit  | 9.1                               | 1 lb dry = about 2-3/4 cups whole dry dates                                      |
|  | Pound           | 10.6                             | 1/4 cup chopped, dehydrated fruit  | 9.5                               | 1 lb dry = about 2-2/3 cups chopped dry dates                                    |
| <b>EGGPLANT</b>  |                 |                                  |  |                                   |  |
| <b>Eggplant, fresh</b><br><i>Whole</i>   | Pound           | 6.70                             | 1/4 cup pared, cubed, cooked vegetable                                       | 15.0                              | 1 lb AP = 0.81 lb ready-to-cook eggplant   |

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|--|-----------------------|----------------------------------|---|-----------------------------------|--|
| <b>ENDIVE, ESCAROLE</b>  |                       |                                  |   |                                   |  |
| <b>Endive or Escarole, fresh</b><br><i>Whole</i>   | Pound                 | 19.9                             | 1/4 cup raw vegetable pieces                      | 5.1                               | 1 lb AP = 0.78 lb ready-to-serve raw endive (escarole)                             |
| <b>FIGS</b>  |                       |                                  |   |                                   |  |
| <b>Figs, fresh</b><br><i>Small</i><br><i>Whole</i>   | Pound                 | 8.00                             | 1/4 cup small raw fruit (about 2-1/2 figs)        | 12.5                              | 1 lb AP = 1 lb (about 2 cups) ready-to-serve, raw figs, 1 lb = about 20 small figs |
| <b>Figs, canned</b><br><i>Puree</i><br><i>Includes USDA Commodity</i>  | 2 gal                 | 128.0                            | 1/4 cup fruit puree                               | 0.79                              | 2-gallon container = 32 cups fruit puree   |
| <b>Figs, canned</b><br><i>Whole</i>  | No. 10 can (110 oz)   | 49.3                             | 1/4 cup fruit and juice                           | 2.1                               | 1 No. 10 can = about 64.0 oz (8-3/4 cups) drained figs                             |
|  | No. 2-1/2 can (30 oz) | 13.4                             | 1/4 cup fruit and juice                           | 7.5                               | 1 No. 2-1/2 can = about 18.6 oz (2-1/2 cups) drained figs                          |
|  | Pound                 | 7.17                             | 1/4 cup fruit and juice                           | 14.0                              |  |
| <b>Figs, dehydrated</b><br><i>Whole</i><br><i>Includes USDA Commodity</i>  | Pound                 | 10.4                             | 1/4 cup dehydrated fruit (about 3 figs)           | 9.7                               | 1 lb dry = about 2-5/8 cups or 30 figs   |
|  | Pound                 | 13.4                             | 1/4 cup cooked fruit and juice                    | 7.5                               |  |
| <b>Figs, dehydrated</b><br><i>Diced and Sugared</i><br><i>Includes USDA Commodity</i>  | Pound                 | 12.7                             | 1/4 cup dehydrated fruit pieces (about 28 pieces) | 7.9                               | 1 lb dry = 3-1/8 cups dried, sugared figs  |
|  | 25 lb Box             | 319.9                            | 1/4 cup diced fruit (about 28 pieces)             | 0.32                              | 25 lb Box = about 80 cups dried, sugared figs                                      |
| <b>FRUIT, MIXED</b>  |                       |                                  |   |                                   |  |
| <b>Fruit, Mixed, chilled</b><br><i>may include:</i><br><i>honeydew melon,</i><br><i>cantaloupe,</i><br><i>watermelon,</i><br><i>grapes, etc.</i> | 1 gal (97.7 oz)       | 64.0                             | 1/4 cup fruit and juice                           | 1.6                               | 1 gallon container = 16 cups fruit and juice                                       |

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|---|-----------------------|----------------------------------|---|-----------------------------------|--|
| <b>FRUIT, MIXED (continued)</b>   |                       |                                  |   |                                   |  |
| <b>Fruit, Mixed, canned</b><br><i>Fruit Cocktail</i><br>(peaches, pears, pineapple, grapes, cherries)<br>Includes USDA Commodity                                      | No. 10 can (106 oz)   | 46.9                             | 1/4 cup fruit and juice   | 2.2                               | 1 No. 10 can = about 69.0 oz (9-1/4 cups) drained fruit  |
|   | No. 2-1/2 can (29 oz) | 12.8                             | 1/4 cup fruit and juice   | 7.9                               | 1 No. 2-1/2 can = about 18.3 oz (2-3/8 cups) drained fruit   |
|   | No. 300 can (15 oz)   | 6.30                             | 1/4 cup fruit and juice   | 15.9                              |  |
| <b>Fruit, Mixed, canned</b><br>may include:<br><i>apricots, peaches, pears, pineapple, cherries, grapes, etc.</i><br>Includes USDA Commodity (peaches, pears, grapes) | No. 10 can (106 oz)   | 48.6                             | 1/4 cup fruit and juice   | 2.1                               | 1 No. 10 can = about 62.0 oz (8-1/2 cups) drained fruit  |
|   | No. 2-1/2 can (29 oz) | 13.3                             | 1/4 cup fruit and juice   | 7.6                               | 1 No. 2-1/2 can = about 16.9 oz (2-1/3 cups) drained fruit   |
|   | No. 300 can (15 oz)   | 6.50                             | 1/4 cup fruit and juice   | 15.4                              |  |
| <b>Fruit, Mixed, frozen</b><br>may include:<br><i>peaches, grapes, apricots, pears, pineapple, cherries, etc.</i>   | 136 oz tub            | 58.2                             | 1/4 cup thawed fruit and juice                                      | 1.8                               | 136 oz tub = about 14-3/8 cups thawed fruit and juice  |
|   | 136 oz tub            | 23.4                             | 1/4 cup thawed, drained fruit                                       | 4.3                               | 136 oz tub = about 49.4 oz (5-3/4 cups) thawed, drained fruit  |
| <b>Fruit, Mixed, dehydrated</b><br><i>Regular moisture</i>  | Pound                 | 9.70                             | 1/4 cup dehydrated fruit  | 10.4                              |  |
| <b>GRAPEFRUIT</b>   |                       |                                  |   |                                   |  |
| <b>Grapefruit, fresh</b><br><i>27-32 Count (large) Whole</i>  | Pound                 | 6.48                             | 1/4 cup fruit sections peeled (about 2 sections)                    | 15.5                              | 1 lb AP = 0.74 lb (about 1-5/8 cups) peeled, ready-to-serve raw grapefruit sections                  |
|   | Pound                 | 4.53                             | 1/4 cup fruit sections, peeled, without membrane (about 2 sections) | 22.1                              | 1 lb AP = 0.58 lb (about 1-1/8 cups) ready-to-serve raw, peeled grapefruit sections without membrane |
|   | Pound                 | 2.00                             | 1/2 grapefruit (about 1/2 cup fruit and juice)                      | 50.0                              | 1 lb AP = 0.48 lb (7/8 cup) grapefruit juice   |
|   | Pound                 | 3.50                             | 1/4 cup fruit and juice   | 28.6                              |  |

## Section 2—Vegetables/Fruits

| 1 Food As Purchased, AP                          | 2 Purchase Unit   | 3 Servings per Purchase Unit, EP | 4 Serving Size per Meal Contribution                | 5 Purchase Units for 100 Servings | 6 Additional Information   |
|--|-------------------|----------------------------------|---|-----------------------------------|--|
| <b>GRAPEFRUIT (continued)</b>                    |                   |                                  |   |                                   |  |
| <b>Grapefruit, canned Sections</b>               | No. 3 Cyl (50 oz) | 23.3                             | 1/4 cup fruit and juice                             | 4.3                               | 1 No. 3 Cyl = about 26.0 oz (3-1/8 cups) drained grapefruit      |
|  | Pound             | 7.45                             | 1/4 cup fruit and juice                             | 13.5                              |  |
| <b>Grapefruit, frozen Sections</b>               | Pound             | 7.50                             | 1/4 cup fruit and juice                             | 13.4                              | 1 lb AP = about 0.55 lb (1-1/8 cups) thawed, drained grapefruit  |
| <b>GRAPEFRUIT and ORANGE SECTIONS</b>            |                   |                                  |   |                                   |  |
| <b>Grapefruit and Orange Sections, chilled</b>   | 1 gal (136 oz)    | 63.9                             | 1/4 cup fruit and juice                             | 1.6                               | 1 gallon = about 91.0 oz (13-1/4 cups) drained fruit             |
|  | Pound             | 7.51                             | 14 cup fruit and juice                              | 13.4                              |  |
| <b>Grapefruit and Orange Sections, canned</b>    | No. 3 Cyl (50 oz) | 22.6                             | 1/4 cup fruit and juice                             | 4.5                               | 1 No. 3 Cyl = about 26.0 oz (3-1/2 cups) drained fruit           |
|  | Pound             | 7.23                             | 1/4 cup fruit and juice                             | 13.9                              | 1 lb AP = about 8.5 oz (1-1/8 cups) drained fruit                |
| <b>GRAPES</b>                                    |                   |                                  |   |                                   |  |
| <b>Grapes, fresh Seedless Whole With stem</b>    | Pound             | 10.5                             | 1/4 cup whole fruit (about 7 large grapes)          | 9.6                               | 1 lb AP = 0.97 lb (about 2-5/8 cups) ready-to-serve grapes       |
|  | Pound             | 9.27                             | 1/4 cup fruit halves (about 14 large grape halves)  | 10.8                              | 1 lb AP = 0.97 lb (about 2-1/4 cups) ready-to-serve grape halves |
| <b>Grapes, fresh Seedless Whole Without stem</b> | Pound             | 10.8                             | 1/4 cup whole fruit (about 7 large grapes)          | 9.3                               |  |
| <b>Grapes, fresh Whole With seeds and stem</b>   | Pound             | 10.1                             | 1/4 cup seeded fruit halves (about 12 grape halves) | 10.0                              | 1 lb AP = 0.89 lb raw seeded grapes                              |

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| 1 Food As Purchased, AP                                  | 2 Purchase Unit       | 3 Servings per Purchase Unit, EP | 4 Serving Size per Meal Contribution               | 5 Purchase Units for 100 Servings | 6 Additional Information   |
|--|-----------------------|----------------------------------|--|-----------------------------------|--|
| <b>GRAPES (continued)</b>                                |                       |                                  |  |                                   |  |
| <b>Grapes, canned</b><br><i>Seedless</i><br><i>Whole</i> | No. 10 can (108 oz)   | 50.0                             | 1/4 cup fruit and juice                            | 2.0                               | 1 No. 10 can = about 67.0 oz (10 cups) drained grapes                          |
|  | No. 2-1/2 can (30 oz) | 13.8                             | 1/4 cup fruit and juice                            | 7.3                               | 1 No. 2-1/2 can = about 18.6 oz (2-3/4 cups) drained grapes                    |
|  | Pound                 | 7.40                             | 1/4 cup fruit and juice                            | 13.6                              | 1 lb AP = about 9.9 oz (1-1/2 cups) drained grapes                             |
| <b>GRAPE LEAVES</b>                                      |                       |                                  |  |                                   |  |
| <b>Grape Leaves, fresh</b><br><i>Whole with stem</i>     | Pound                 | 27.4                             | 1/4 cup cooked, drained vegetable (about 3 leaves) | 3.7                               | 1 lb AP = 0.80 lb (about 6-3/4 cups) cooked, steamed grape leaves without stem |
| <b>Grape Leaves, canned</b><br><i>Pickled</i>            | 14 oz jar             | 17.0                             | 1/4 cup drained vegetable (about 3 leaves)         | 5.9                               | 14 oz jar = about 8.0 oz (4-1/4 cups) drained leaves                           |
| <b>GUAVA PUREE</b>                                       |                       |                                  |  |                                   |  |
| <b>Guava Puree, frozen</b>                               | 30 oz container       | 13.3                             | 1/4 cup fruit puree                                | 7.6                               | 30 oz container = about 29.6 oz (3-1/3 cups) thawed fruit puree                |
|  | Pound                 | 7.20                             | 1/4 cup fruit puree                                | 13.9                              |  |
| <b>HONEYDEW MELON<sup>5</sup></b>                        |                       |                                  |  |                                   |  |
| <b>Honeydew Melon, fresh<sup>5</sup></b><br><i>Whole</i> | Pound                 | 4.90                             | 1/4 cup fruit cubes                                | 20.5                              | 1 lb AP = 0.46 lb (about 1-1/8 cups) ready-to-serve melon cubes                |
| <b>Honeydew Melon, frozen</b>                            | Pound                 | 8.70                             | 1/4 cup fruit balls                                | 11.5                              | 1 lb = about 35 fruit balls  |

<sup>5</sup>In response to Salmonella outbreaks associated with raw melon, the Food and Drug Administration has provided guidance for safe handling practices for melons that include washing the outer surface of the melon thoroughly with cool tap water to remove surface dirt.

## Section 2—Vegetables/Fruits

| 1 Food As Purchased, AP   | 2 Purchase Unit              | 3 Servings per Purchase Unit, EP | 4 Serving Size per Meal Contribution               | 5 Purchase Units for 100 Servings | 6 Additional Information  |
|---|------------------------------|----------------------------------|--|-----------------------------------|---|
| <b>JICAMA (YAM BEAN)</b>  |                              |                                  |  |                                   |   |
| <b>Jicama (Yam Bean), fresh Whole</b>   | Pound                        | 11.9                             | 1/4 cup raw peeled, julienned vegetable strips     | 8.5                               | 1 lb AP = 0.89 lb (about 2-7/8 cups) ready-to-serve raw peeled, julienned jicama strips                                 |
|   | Pound                        | 9.61                             | 1/4 cup peeled, cooked, julienned vegetable strips | 10.5                              | 1 lb AP = 0.87 lb (about 2-3/8 cups) cooked jicama strips   |
| <b>JUICES<sup>6, 7</sup></b>  |                              |                                  |  |                                   |   |
| <b>Juices, canned<sup>6</sup></b><br><i>Single strength (100% juice) Vegetable or Fruit (such as Apple, Grape, Grapefruit, Grapefruit-Orange, Lemon, Lime, Orange, Pineapple, Prune, Tomato, and Tangerine)</i> | No. 10 can (96 fl oz)        | 48.0                             | 1/4 cup fruit or vegetable juice                   | 2.1                               | 1 No. 10 can = 12 cups juice  |
|   | No. 3 Can (46 fl oz)         | 23.0                             | 1/4 cup fruit or vegetable juice                   | 4.4                               |   |
|   | Quart (32 fl oz)             | 16.0                             | 1/4 cup fruit or vegetable juice                   | 6.3                               |   |
|   | No. 2-1/2 can (25-1/2 fl oz) | 12.7                             | 1/4 cup fruit or vegetable juice                   | 7.9                               |   |
| <b>Juices, frozen<sup>7</sup></b><br><i>Concentrated, any fruit (such as Apple, Grape, Grapefruit, Grapefruit-Orange, and Orange. (1 part juice concentrate to 3 parts water) Includes USDA Commodity</i>       | 32 fl oz can (about 38 oz)   | 64.0                             | 1 tablespoon concentrate (1/4 cup fruit juice)     | 1.6                               | 32 fl oz can reconstituted = 16 cups (128 fl oz) Reconstitute 1 part juice concentrate with not more than 3 parts water |
|   | 6 fl oz can (about 7 oz)     | 12.0                             | 1 tablespoon concentrate (1/4 cup fruit juice)     | 8.4                               | 6 fl oz can reconstituted = 3 cups (24 fl oz)   |

<sup>6</sup> According to the Food and Drug Administration, unpasteurized juice may contain harmful bacteria that may put children, pregnant women, the elderly, and persons with weakened immune systems at risk for serious illness or even death. Unpasteurized juice is normally found in the refrigerated section of grocery or health food stores or at cider mills or farm markets. Unpasteurized juice should have warning information on the label or on a nearby sign at the point of purchase. When serving juice, use only pasteurized juice. Pasteurized juice is normally found as frozen concentrated juice or in non-refrigerated shelf-stable containers, such as juice boxes, bottles, or cans. Pasteurized juice can also be found in the refrigerated sections of stores.

<sup>7</sup> The canned and frozen juices listed in Column 1 are usually available in the can sizes listed in Column 2.



## Section 2—Vegetables/Fruits

| 1 Food As Purchased, AP   | 2 Purchase Unit      | 3 Servings per Purchase Unit, EP | 4 Serving Size per Meal Contribution        | 5 Purchase Units for 100 Servings | 6 Additional Information  |
|---|----------------------|----------------------------------|---|-----------------------------------|---|
| <b>KALE</b>   |                      |                                  |   |                                   |   |
| <b>Kale, fresh</b><br><i>Trimmed</i><br><i>With stem</i><br><i>Ready-to-use</i> | Pound                | 35.7                             | 1/4 cup raw, chopped vegetable (no stem)    | 2.9                               | 1 lb AP = 0.73 lb ready-to-cook, stemmed kale leaves                |
|   | Pound                | 10.0                             | 1/4 cup cooked, drained vegetable (no stem) | 10.0                              | 1 lb AP = 0.77 lb (about 2-1/2 cups) stemmed, chopped, cooked kale  |
| <b>Kale, fresh</b><br><i>Trimmed</i><br><i>Without stem</i>                     | Pound                | 48.8                             | 1/4 cup raw, chopped vegetable              | 2.1                               | 1 lb AP = 1 lb ready-to-cook  |
|   | Pound                | 13.7                             | 1/4 cup cooked, drained vegetable           | 7.3                               | 1 lb AP = 1.15 lb (about 3-3/8 cups) cooked, drained kale           |
| <b>Kale, fresh</b><br><i>Untrimmed</i>  | Pound                | 11.8                             | 1/4 cup cooked, drained vegetable           | 8.5                               | 1 lb AP = 0.67 lb ready-to-cook kale                                |
| <b>Kale, canned</b>   | No. 10 can (98 oz)   | 26.7                             | 1/4 cup heated, drained vegetable           | 3.8                               | 1 No. 10 can = about 49.6 oz (6-2/3 cups) heated, drained kale      |
|   | No. 10 can (98 oz)   | 40.2                             | 1/4 cup drained vegetable                   | 2.5                               | 1 No. 10 can = about 58.0 oz (10 cups) drained kale                 |
|   | No 2-1/2 can (27 oz) | 7.35                             | 1/4 cup heated, drained vegetable           | 13.7                              | 1 No. 2-1/2 can = about 1-3/4 cups heated, drained kale             |
|   | No 2-1/2 can (27 oz) | 11.0                             | 1/4 cup drained vegetable                   | 9.1                               | 1 No. 2-1/2 can = about 15.9 oz (2-3/4 cups) drained, unheated kale |
|   | Pound                | 4.35                             | 1/4 cup heated, drained vegetable           | 23.0                              |   |
|   | Pound                | 6.56                             | 1/4 cup drained vegetable                   | 15.3                              |   |
| <b>Kale, frozen</b><br><i>Chopped</i>   | Pound                | 12.1                             | 1/4 cup cooked, drained vegetable           | 8.3                               |   |
| <b>Kale, frozen</b><br><i>Whole leaf</i>  | Pound                | 9.50                             | 1/4 cup cooked, drained vegetable           | 10.6                              |   |

## Section 2—Vegetables/Fruits

| 1 Food As Purchased, AP                                  | 2 Purchase Unit | 3 Servings per Purchase Unit, EP | 4 Serving Size per Meal Contribution                                  | 5 Purchase Units for 100 Servings | 6 Additional Information  |
|--|-----------------|----------------------------------|---|-----------------------------------|---|
| <b>KIWI</b>  |                 |                                  |   |                                   |   |
| <b>Kiwi, fresh</b><br>33-39 Count<br>Whole               | Pound           | 8.38                             | 1/4 cup peeled fruit chunks   | 12.0                              | 1 lb AP = 0.87 lb (about 2 cups) ready-to-serve peeled kiwi chunks                  |
|  | Pound           | 10.6                             | 1/4 cup unpeeled fruit chunks   | 9.5                               | 1 lb AP = 0.99 lb (about 2-2/3 cups) ready-to-serve unpeeled kiwi chunks            |
|  | Pound           | 8.99                             | 1/4 cup peeled fruit slices (about six 1/4-inch slices)               | 11.2                              | 1 lb AP = 0.85 lb (about 2-1/4 cups) ready-to-serve peeled 1/4-inch kiwi slices     |
|  | Pound           | 11.6                             | 1/4 cup unpeeled fruit slices (about six 1/4-inch slices)             | 8.7                               | 1 lb AP = 0.99 lb (about 2-7/8 cups) ready-to-serve unpeeled 1/4-inch kiwi slices   |
|  | Pound           | 10.8                             | 1/4 cup unpeeled fruit halves (about 2 halves or 3/4 of a whole kiwi) | 9.3                               | 1 lb AP = 0.99 lb ready-to-serve unpeeled kiwi halves                               |
| <b>KOHLRABI</b>  |                 |                                  |   |                                   |   |
| <b>Kohlrabi, fresh</b><br>Untrimmed                      | Pound           | 5.10                             | 1/4 cup cooked, drained vegetable                                     | 19.7                              | 1 lb AP = 0.45 lb ready-to-cook, pared kohlrabi                                     |
| <b>Kohlrabi, fresh</b><br>Whole<br>With leaves and stems | Pound           | 9.30                             | 1/4 cup raw peeled vegetable sticks                                   | 10.8                              | 1 lb AP = 0.73 lb ready-to-serve or -cook, pared kohlrabi                           |
|  | Pound           | 10.1                             | 1/4 cup raw vegetable chunks  | 10.0                              | 1 lb AP = 0.82 lb (about 2-1/2 cups) ready-to-serve or -cook, pared kohlrabi chunks |
| <b>LEMONS</b>  |                 |                                  |   |                                   |   |
| <b>Lemons, fresh</b><br>Whole                            | Pound           | 3.10                             | 1/4 cup fruit juice   | 32.3                              | 1 lb AP = 0.43 lb (about 3/4) cup juice   |
| <b>LENTILS</b>   |                 |                                  |   |                                   |   |
| <b>Lentils, dry</b>                                      | Pound           | 29.6                             | 1/4 cup cooked lentils  | 3.4                               | 1 lb dry = about 2-3/8 cup dry  |
|  | Pound           | 19.7                             | 3/8 cup cooked lentils  | 5.1                               |   |
| <b>LETTUCE</b>   |                 |                                  |   |                                   |   |
| <b>Lettuce, fresh</b><br>Iceberg<br>Head<br>Untrimmed    | Pound           | 22.2                             | 1/4 cup raw, shredded vegetable                                       | 4.6                               | 1 lb AP = 0.76 lb (about 5-1/2 cups) ready-to-serve shredded lettuce                |
|  | Pound           | 20.8                             | 1/4 cup raw vegetable pieces  | 4.9                               |   |
|  | Pound           | 13.9                             | 1/4 cup raw vegetable pieces with dressing                            | 7.2                               |   |

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|---|-----------------|----------------------------------|--|-----------------------------------|--|
| <b>LETTUCE (continued)</b>  |                 |                                  |  |                                   |  |
| <b>Lettuce, fresh</b><br><i>Leaf</i><br><i>Untrimmed</i>  | Pound           | 21.7                             | 1/4 cup raw vegetable pieces               | 4.7                               | 1 lb AP = 0.66 lb ready-to-serve raw lettuce                           |
|   | Pound           | 14.5                             | 1/4 cup raw vegetable pieces with dressing | 6.9                               |  |
| <b>Lettuce, fresh</b><br><i>Iceberg</i><br><i>Head</i><br><i>Cleaned and cored</i><br><i>Ready-to-use</i>   | Pound           | 29.2                             | 1/4 cup raw vegetable pieces               | 3.5                               | 1 lb AP = 1 lb (about 7-1/3 cups) ready-to-serve raw lettuce           |
| <b>Lettuce, fresh</b><br><i>Salad mix (mostly</i><br><i>Iceberg, some</i><br><i>Romaine with</i><br><i>shredded Carrot</i><br><i>and Red Cabbage)</i>             | Pound           | 26.4                             | 1/4 cup raw vegetable pieces               | 3.8                               | 1 lb AP = 1 lb (about 6-1/2 cups) ready-to-serve raw lettuce           |
| <b>Lettuce, fresh</b><br><i>Mixed greens (equal</i><br><i>amounts of Iceberg</i><br><i>and Romaine with</i><br><i>shredded Carrots</i><br><i>and Red Cabbage)</i> | Pound           | 25.7                             | 1/4 cup raw vegetable pieces               | 3.9                               | 1 lb AP = 1 lb (about 6-3/8 cups) ready-to-serve raw lettuce           |
| <b>Lettuce, fresh</b><br><i>Romaine</i><br><i>Untrimmed</i>   | Pound           | 31.3                             | 1/4 cup raw vegetable pieces               | 3.2                               | 1 lb AP = 0.64 lb ready-to-serve raw lettuce                           |
|   | Pound           | 20.9                             | 1/4 cup raw vegetable pieces with dressing | 4.8                               |  |
| <b>LIMES</b>  |                 |                                  |  |                                   |  |
| <b>Limes, fresh</b><br><i>Whole</i>   | Pound           | 3.50                             | 1/4 cup fruit juice                        | 28.6                              | 1 lb AP = 0.47 lb (about 7/8 cup) juice                                |
| <b>MALANGA (TARO)</b>   |                 |                                  |  |                                   |  |
| <b>Malanga (Taro), fresh</b><br><i>Whole</i>  | Pound           | 11.2                             | 1/4 cup raw, peeled, diced vegetable       | 9.0                               | 1 lb AP = 0.89 lb (about 2-3/4 cups) ready-to-cook, peeled, diced taro |
|   | Pound           | 7.95                             | 1/4 cup peeled, diced, cooked vegetable    | 12.6                              | 1 lb AP = 1.07 lb (about 1-7/8 cups) cooked, peeled, diced vegetable   |

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|--|-----------------------------------|----------------------------------|---|-----------------------------------|--|
| <b>MANGOES</b>   |                                   |                                  |   |                                   |  |
| <b>Mangoes, fresh</b><br><i>Whole</i>                                  | Pound                             | 7.60                             | 1/4 cup cubed or sliced fruit             | 13.2                              | 1 lb AP = 0.69 lb ready-to-serve raw mango                           |
| <b>MIRLITON (see CHAYOTE)</b>  |                                   |                                  |   |                                   |  |
| <b>MUSHROOMS</b>   |                                   |                                  |   |                                   |  |
| <b>Mushrooms, fresh</b><br><i>Whole</i>                                | Pound                             | 18.7                             | 1/4 cup raw, sliced vegetable             | 5.4                               | 1 lb AP = 0.98 lb ready-to-cook mushrooms                            |
|  | Pound                             | 8.30                             | 1/4 cup sliced, cooked, drained vegetable | 12.1                              | 1 lb AP = 0.43 lb cooked, sliced mushrooms                           |
| <b>Mushrooms, fresh</b><br><i>Slices</i><br><i>Ready-to-use</i>        | Pound                             | 18.5                             | 1/4 cup sliced vegetable (about 7 slices) | 5.5                               | 1 lb AP = 1 lb (about 4-5/8 cups) ready-to-serve mushrooms           |
| <b>Mushrooms, canned</b>   | No. 10 can (68 oz drained weight) | 49.4                             | 1/4 cup drained vegetable                 | 2.1                               | 1 No. 10 can = 12-1/3 cups drained mushrooms                         |
|  | Pound (drained weight)            | 11.6                             | 1/4 cup drained vegetable                 | 8.7                               |  |
|  | No. 300 can (8 oz drained weight) | 5.80                             | 1/4 cup drained vegetable                 | 17.3                              | 1 No. 300 can = about 1-1/2 cups drained mushrooms                   |
| <b>Mushrooms, frozen</b><br><i>Slices</i>                              | Pound                             | 12.2                             | 1/4 cup tempered vegetable                | 8.2                               | 1 lb AP = 0.90 lb (about 3 cups) ready-to-serve, tempered mushrooms  |
| <b>MUSTARD GREENS</b>  |                                   |                                  |   |                                   |  |
| <b>Mustard greens, fresh</b><br><i>Trimmed</i><br><i>Without stems</i> | Pound                             | 49.2                             | 1/4 cup raw vegetable pieces              | 2.1                               | 1 lb AP = 0.99 lb (about 12-1/8 cups) ready-to-serve or -cook greens |
|  | Pound                             | 14.1                             | 1/4 cup cooked, drained vegetable         | 7.1                               |  |
| <b>Mustard greens, fresh</b><br><i>Untrimmed</i>                       | Pound                             | 13.2                             | 1/4 cup cooked, drained vegetable         | 7.6                               | 1 lb AP = 0.93 lb ready-to-cook greens                               |

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|---|-------------------------|----------------------------------|---|-----------------------------------|--|
| <b>MUSTARD GREENS (continued)</b>   |                         |                                  |   |                                   |  |
| <b>Mustard Greens, canned</b>   | No. 10 can (101 oz)     | 31.0                             | 1/4 cup drained vegetable                     | 3.3                               | 1 No. 10 can = about 61.0 oz (7-3/4 cups) drained greens             |
|   | No. 10 can (101 oz)     | 20.3                             | 1/4 cup heated, drained vegetable             | 5.0                               | 1 No. 10 can = about 40.1 oz (5 cups) drained greens                 |
|   | No. 2-1/2 can (27 oz)   | 11.8                             | 1/4 cup drained vegetable                     | 8.5                               | 1 No. 2-1/2 can = about 15.9 oz (2-3/4 cups) drained greens          |
|   | No. 300 can (14-1/2 oz) | 3.81                             | 1/4 cup drained vegetable                     | 26.3                              |  |
|   | No. 300 can (14-1/2 oz) | 2.74                             | 1/4 cup heated, drained vegetable             | 36.5                              |  |
| <b>Mustard Greens, frozen</b><br><i>Chopped</i>                                 | Pound                   | 11.6                             | 1/4 cup cooked, drained vegetable             | 8.7                               |  |
| <b>Mustard Greens, frozen</b><br><i>Leaf</i>                                    | Pound                   | 12.3                             | 1/4 cup cooked, drained vegetable             | 8.2                               |  |
| <b>NECTARINES</b>   |                         |                                  |   |                                   |  |
| <b>Nectarines, fresh</b><br><i>All sizes</i>                                    | Pound                   | 10.7                             | 1/4 cup unpeeled, diced fruit                 | 9.4                               | 1 lb AP = 0.88 lb ready-to-serve unpeeled, 1/2-inch nectarine slices |
| <b>Nectarines, fresh</b><br>Size 88-96<br>(2-1/4 inch diameter)<br><i>Whole</i> | Pound                   | 4.40                             | 1 whole, raw nectarine (about 1/2 cup fruit)  | 22.8                              |  |
|   | Pound                   | 8.80                             | 1/4 cup fruit and juice (about 1/2 nectarine) | 11.4                              |  |
| <b>Nectarines, fresh</b><br>Size 56-64<br>(2-3/4 inch diameter)<br><i>Whole</i> | Pound                   | 3.05                             | 1 whole, raw nectarine (about 3/4 cup fruit)  | 32.8                              |  |
|   | Pound                   | 9.15                             | 1/4 cup fruit and juice (about 1/3 nectarine) | 11.0                              |  |
| <b>NOPALES (see CACTUS)</b>   |                         |                                  |   |                                   |  |

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|---|-----------------------------------|----------------------------------|---|-----------------------------------|---|
| <b>OKRA</b>   |                                   |                                  |   |                                   |   |
| <b>Okra, fresh</b><br><i>Whole</i>                    | Pound                             | 9.70                             | 1/4 cup cooked, drained whole vegetable                 | 10.4                              | 1 lb AP = 0.87 lb ready-to-cook okra                    |
|   | Pound                             | 9.00                             | 1/4 cup cooked, drained sliced vegetable                | 11.2                              |   |
| <b>Okra, canned</b><br><i>Cut</i>                     | No. 10 can (99 oz)                | 38.8                             | 1/4 cup heated, drained vegetable                       | 2.6                               | 1 No. 10 can = about 60.0 oz (10-1/8 cups) drained okra |
|   | Pound                             | 6.20                             | 1/4 cup heated, drained vegetable                       | 16.2                              |   |
|   | No. 300 can (14 oz)               | 4.58                             | 1/4 cup heated, drained vegetable                       | 21.9                              | 1 No. 300 can = about 7.1 oz (1-1/8 cups) drained okra  |
| <b>Okra, frozen</b><br><i>Cut</i>                     | Pound                             | 9.10                             | 1/4 cup cooked, drained vegetable                       | 11.0                              |   |
| <b>Okra, frozen</b><br><i>Whole</i>                   | Pound                             | 11.8                             | 1/4 cup cooked, drained vegetable                       | 8.5                               |   |
| <b>OLIVES</b>   |                                   |                                  |   |                                   |   |
| <b>Olives, canned</b><br><i>Green Stuffed</i>         | No. 10 can (72 oz drained weight) | 55.5                             | 1/4 cup drained vegetable                               | 1.9                               |   |
|   | Pound (drained weight)            | 12.3                             | 1/4 cup drained vegetable                               | 8.2                               |   |
| <b>Olives, canned</b><br><i>Green Whole With pits</i> | 1 gal (65 oz drained weight)      | 60.4                             | 1/4 cup whole, pitted vegetable (about 14 small olives) | 1.7                               | 1 gallon = about 848 olives                             |
|   | Pound (drained weight)            | 14.8                             | 1/4 cup pitted vegetable                                | 6.8                               |   |
| <b>Olives, canned</b><br><i>Green Whole Pitted</i>    | 1 gal (69 oz drained weight)      | 63.9                             | 1/4 cup whole vegetable (about 14 small olives)         | 1.6                               | 1 gallon = about 16 cups drained or 847 olives          |

## Section 2—Vegetables/Fruits

| 1 Food As Purchased, AP   | 2 Purchase Unit                   | 3 Servings per Purchase Unit, EP | 4 Serving Size per Meal Contribution                  | 5 Purchase Units for 100 Servings | 6 Additional Information  |
|---|-----------------------------------|----------------------------------|---|-----------------------------------|---|
| <b>OLIVES (continued)</b>   |                                   |                                  |   |                                   |   |
| <b>Olives, canned</b><br><i>Ripe</i><br><i>Pitted</i><br><i>Large</i><br><i>Whole</i> | No. 10 can (50 oz drained weight) | 48.0                             | 1/4 cup whole vegetable (about 8 large olives)        | 2.1                               | 1 No. 10 can = about 380 olives                                     |
|   | No. 10 can (50 oz drained weight) | 42.0                             | 1/4 cup chopped vegetable                             | 2.4                               |   |
|   | Pound (drained weight)            | 15.3                             | 1/4 cup whole vegetable                               | 6.6                               |   |
|   | Pound (drained weight)            | 12.9                             | 1/4 cup chopped vegetable                             | 7.8                               |   |
| <b>Olives, canned</b><br><i>Ripe</i><br><i>Sliced</i>                                 | No. 10 can (103 oz net)           | 47.9                             | 1/4 cup sliced vegetable                              | 2.1                               | 1 No. 10 can = about 56.0 oz (11-7/8 cups) drained olives           |
| <b>Olives, frozen</b><br><i>Ripe</i><br><i>1/4-inch slices</i>                        | Pound                             | 14.9                             | 1/4 cup tempered vegetable slices                     | 6.8                               | 1 lb AP = 0.99 lb (about 3-2/3 cups) ready-to-serve tempered olives |
| <b>ONIONS, GREEN</b>  |                                   |                                  |   |                                   |   |
| <b>Onions, Green, fresh</b><br><i>Whole</i>   | Pound                             | 15.0                             | 1/4 cup raw vegetable, with tops                      | 6.7                               | 1 lb AP = 0.83 lb ready-to-serve raw onions with tops               |
|   | Pound                             | 13.8                             | 1/4 cup cooked with tops                              | 7.3                               |   |
|   | Pound                             | 6.70                             | 1/4 cup raw, chopped or sliced vegetable without tops | 15.0                              | 1 lb AP = 0.37 lb ready-to-serve, raw onions without tops           |
| <b>ONIONS, MATURE</b>   |                                   |                                  |   |                                   |   |
| <b>Onions, Mature, fresh</b><br><i>All sizes</i><br><i>Whole</i>                      | Pound                             | 9.30                             | 1/4 cup raw, chopped vegetable                        | 10.8                              | 1 lb AP = 0.88 lb ready-to-cook or -serve raw onion                 |
|   | Pound                             | 14.2                             | 1/4 cup raw, sliced vegetable                         | 7.1                               |   |
|   | Pound                             | 7.90                             | 1/4 cup cooked vegetable pieces                       | 12.7                              | 1 lb AP = 0.78 lb cooked onion                                      |
|   | Pound                             | 7.10                             | 1/4 cup cooked, whole vegetable                       | 14.1                              |   |



## Section 2—Vegetables/Fruits

| 1 Food As Purchased, AP   | 2 Purchase Unit     | 3 Servings per Purchase Unit, EP | 4 Serving Size per Meal Contribution             | 5 Purchase Units for 100 Servings | 6 Additional Information  |
|---|---------------------|----------------------------------|--|-----------------------------------|---|
| <b>ONIONS MATURE (continued)</b>  |                     |                                  |  |                                   |   |
| <b>Onions, Mature, fresh</b><br><i>Yellow</i><br><i>Jumbo</i><br><i>Whole</i>               | Pound               | 5.70                             | 1/4 cup sliced, grilled vegetable                | 17.6                              | 1 lb AP = 0.65 lb (about 1-3/8 cups) peeled, sliced, cooked onion<br>Jumbo = 3-inch diameter and over |
|   | Pound               | 12.6                             | 1/4 cup diced, raw vegetable                     | 8.0                               | 1 lb AP = 1 lb (about 3-1/8 cups) ready-to-serve or -cook raw, 1/4-inch diced onion                   |
|   | Pound               | 12.7                             | 1/4 cup sliced, raw vegetable                    | 7.9                               | 1 lb AP = 1 lb ready-to-serve or -cook onion  |
| <b>Onions, Mature, canned</b><br><i>Whole</i>   | No. 10 can (105 oz) | 26.6                             | 1/4 cup heated vegetable                         | 3.8                               | 1 No. 10 can = about 55.8 oz (6-2/3 cups) heated, drained onion                                       |
|   | Pound               | 4.90                             | 1/4 cup heated, drained vegetable                | 20.5                              |   |
|   | 15 oz jar           | 5.10                             | 1/4 cup vegetable (about 5 onions)               | 19.7                              | 15 oz jar = about 9.0 oz (1-1/4 cups) drained or about 23 onions                                      |
| <b>Onions, Mature, frozen</b><br><i>Chopped</i>   | Pound               | 7.92                             | 1/4 cup thawed vegetable                         | 12.7                              | 1 lb AP = 0.80 lb (about 1-7/8 cups) ready-to-cook thawed onion                                       |
|   | Pound               | 5.94                             | 1/4 cup cooked vegetable                         | 16.9                              | 1 lb AP = 0.67 lb (about 1-3/8 cups) cooked onion   |
| <b>Onions, Mature, dehydrated</b><br><i>Chopped</i>   | Pound               | 49.9                             | 1/4 cup rehydrated, cooked vegetable             | 2.1                               | 1 lb dry = about 4-2/3 cups dehydrated onion  |
|   | Pound               | 18.7                             | 1/4 cup uncooked, rehydrated vegetable           | 5.4                               |   |
| <b>ORANGES</b>  |                     |                                  |  |                                   |   |
| <b>Oranges, fresh</b><br><i>All sizes</i><br><i>Whole</i><br><i>Includes USDA Commodity</i> | Pound               | 3.50                             | 1/4 cup fruit sections membrane removed, drained | 28.6                              | 1 lb AP = 0.40 lb ready-to-serve oranges  |
|   | Pound               | 3.60                             | 1/4 cup fruit juice                              | 27.8                              | 1 lb AP = 0.48 lb (7/8 cup) juice   |

## Section 2—Vegetables/Fruits

| 1 Food As Purchased, AP   | 2 Purchase Unit | 3 Servings per Purchase Unit, EP | 4 Serving Size per Meal Contribution       | 5 Purchase Units for 100 Servings | 6 Additional Information  |
|---|-----------------|----------------------------------|--|-----------------------------------|---|
| <b>ORANGES (continued)</b>  |                 |                                  |  |                                   |   |
| <b>Oranges, fresh</b><br>138 count<br><i>Arizona or California</i><br>Whole | Pound           | 3.40                             | 1 orange (about 1/2 cup fruit and juice)   | 29.5                              |   |
|   | Pound           | 6.80                             | 1/4 cup fruit and juice (about 1/2 orange) | 14.8                              |   |
| <b>Oranges, fresh</b><br>125 count<br><i>Florida or Texas</i><br>Whole      | Pound           | 2.90                             | 1 orange (about 5/8 cup fruit and juice)   | 34.5                              |   |
|   | Pound           | 7.02                             | 1/4 cup fruit and juice (about 1/2 orange) | 14.3                              | 1 lb AP = about 0.76 lb (1-3/4 cups) ready-to-serve peeled orange |
| <b>Oranges, fresh</b><br>113 count<br><i>Arizona or California</i><br>Whole | Pound           | 2.80                             | 1 orange (about 5/8 cup fruit and juice)   | 35.8                              |   |
|   | Pound           | 5.60                             | 1/4 cup fruit and juice (about 1/2 orange) | 17.9                              |   |
| <b>Oranges, canned</b><br><i>Mandarin</i>                                   | Pound           | 7.30                             | 1/4 cup fruit and juice                    | 13.7                              | 1 lb AP = about 0.61 lb (about 1-1/2 cups) drained oranges        |
| <b>PAPAYA</b>   |                 |                                  |  |                                   |   |
| <b>Papaya, fresh</b><br>Whole   | Pound           | 8.60                             | 1/4 cup cubed fruit                        | 11.7                              | 1 lb AP = about 0.67 lb ready-to-serve papaya                     |
|   | Pound           | 5.10                             | 1/4 cup mashed fruit                       | 19.7                              |   |
| <b>Papaya, frozen</b><br>Puree  | 30 oz container | 12.8                             | 1/4 cup fruit puree                        | 7.9                               | 30 oz container = about 3-1/4 cups thawed papaya puree            |
|   | Pound           | 7.21                             | 1/4 cup fruit puree                        | 13.9                              | 1 lb AP = about 1-3/4 cups thawed papaya puree                    |
| <b>PARSLEY</b>  |                 |                                  |  |                                   |   |
| <b>Parsley, fresh</b><br><i>Curly</i>                                       | Pound           | 83.4                             | 1/4 cup chopped, raw vegetable             | 1.2                               | 1 lb AP = 0.92 lb ready-to-serve raw parsley                      |
| <b>PARSNIPS</b>   |                 |                                  |  |                                   |   |
| <b>Parsnips, fresh</b><br>Whole   | Pound           | 8.10                             | 1/4 cup cooked, drained vegetable pieces   | 12.4                              | 1 lb AP = 0.83 lb ready-to-cook parsnips                          |
|   | Pound           | 7.20                             | 1/4 cup cooked, drained, mashed vegetable  | 13.9                              |   |

## Section 2—Vegetables/Fruits

| 1 Food As Purchased, AP   | 2 Purchase Unit | 3 Servings per Purchase Unit, EP | 4 Serving Size per Meal Contribution                              | 5 Purchase Units for 100 Servings | 6 Additional Information   |
|---|-----------------|----------------------------------|---|-----------------------------------|--|
| <b>PASSION FRUIT</b>  |                 |                                  |   |                                   |  |
| <b>Passion Fruit, fresh</b><br><i>Whole</i>   | Pound           | 3.45                             | 1/4 cup juice and pulp (no seeds)                                 | 29.0                              | 1 lb AP = 0.45 lb (about 1-3/4 cups) ready-to-serve seedless, raw passion fruit juice and pulp |
| <b>PEACHES</b>  |                 |                                  |   |                                   |  |
| <b>Peaches, fresh</b><br>Size 88 and 84<br>(small)<br>(2-1/8 inch diameter)<br><i>Whole</i> | Pound           | 5.50                             | 1 whole, raw, small peach (about 3/8 cup fruit)                   | 18.2                              |  |
|   | Pound           | 8.25                             | 1/4 cup fruit (about 2/3 peach)                                   | 12.2                              |  |
| <b>Peaches, fresh</b><br>Size 80<br><i>Whole</i>  | Pound           | 4.50                             | 1 whole, raw peach (about 1/2 cup fruit)                          | 22.3                              |  |
|   | Pound           | 9.00                             | 1/4 cup fruit (about 1/2 peach)                                   | 11.2                              |  |
|   | Pound           | 10.7                             | 1/4 cup raw, sliced fruit (about 3 slices, 1/2-inch thick slices) | 9.4                               | 1 lb AP = 0.93 lb (about 2-2/3 cups) ready-to-serve unpeeled, pitted, sliced peach             |
|   | Pound           | 10.2                             | 1/4 cup raw, diced fruit  | 9.9                               | 1 lb AP = 0.93 lb (about 2-1/2 cups) ready-to-serve unpeeled, pitted, diced peach              |
| <b>Peaches, fresh</b><br>Size 64 & 60<br>(medium)<br>(2-1/2 inch diameter)<br><i>Whole</i>  | Pound           | 3.50                             | 1 whole raw peach (about 2/3 cup fruit)                           | 28.6                              | 1 lb AP = 0.76 lb ready-to-cook or -serve unpeeled, pitted raw peach                           |
|   | Pound           | 7.00                             | 1/4 cup fruit (about 1/2 peach)                                   | 14.7                              |  |
|   | Pound           | 5.10                             | 1/4 cup raw, diced fruit  | 19.7                              |  |
|   | Pound           | 7.70                             | 1/4 cup raw, sliced fruit   | 13.0                              |  |
|   | Pound           | 7.40                             | 1/4 cup cooked, sliced fruit, sugar added                         | 13.6                              |  |

## Section 2—Vegetables/Fruits

| 1 Food As Purchased, AP   | 2 Purchase Unit       | 3 Servings per Purchase Unit, EP | 4 Serving Size per Meal Contribution                       | 5 Purchase Units for 100 Servings | 6 Additional Information  |
|---|-----------------------|----------------------------------|--|-----------------------------------|---|
| <b>PEACHES (continued)</b>  |                       |                                  |  |                                   |   |
| <b>Peaches, fresh</b><br>Size 56<br>Whole   | Pound                 | 2.89                             | 1 whole raw peach<br>(about 3/4 cup fruit)                 | 34.7                              | 1 lb AP = 0.96 lb (about 2-2/3 cups) ready-to-serve unpeeled, pitted, diced peach                         |
|   | Pound                 | 8.67                             | 1/4 cup fruit<br>(about 1/3 peach)                         | 11.6                              |   |
| <b>Peaches, canned</b><br>Cling<br>Diced<br>Light syrup pack<br>Includes USDA Commodity | No. 10 can (106 oz)   | 48.6                             | 1/4 cup fruit and juice                                    | 2.1                               | 1 No. 10 can = about 12-1/8 cups fruit and juice  |
|   | No. 10 can (106 oz)   | 35.4                             | 1/4 cup drained fruit                                      | 2.9                               | 1 No. 10 can = about 79.0 oz (8-3/4 cups) drained peaches   |
|   | No. 2-1/2 can (29 oz) | 13.3                             | 1/4 cup fruit and juice                                    | 7.6                               | 1 No. 2-1/2 can = about 3-1/3 cups peaches and juice  |
|   | No. 2-1/2 can (29 oz) | 9.10                             | 1/4 cup drained fruit                                      | 11.0                              | 1 No. 2-1/2 can = about 17.5 oz (2-1/4 cups) drained peaches  |
|   | Pound                 | 7.33                             | 1/4 cup fruit and juice                                    | 13.7                              | 1 lb AP = about 9.8 oz (1-1/4 cups) drained peaches   |
|   | Pound                 | 5.34                             | 1/4 cup drained fruit                                      | 18.8                              |   |
| <b>Peaches, canned</b><br>Cling or Freestone<br>Halves<br>Includes USDA Commodity       | No. 10 can (106 oz)   | 47.1                             | 1/4 cup fruit and juice<br>(about 1 peach half with juice) | 2.2                               | 1 No. 10 can = about 64.0 oz (8-1/8 cups) drained clings or about 60.0 oz (6-2/3 cups) drained Freestones |
|   | No. 2-1/2 can (29 oz) | 12.9                             | 1/4 cup fruit and juice                                    | 7.8                               | 1 No. 2-1/2 can = about 17.0 oz (2-1/8 cups) drained clings or about 15.7 oz (2 cups) drained Freestones  |
|   | No. 300 can (15 oz)   | 6.36                             | 1/4 cup fruit and juice                                    | 15.8                              |   |

## Section 2—Vegetables/Fruits

| 1 Food As Purchased, AP   | 2 Purchase Unit       | 3 Servings per Purchase Unit, EP | 4 Serving Size per Meal Contribution         | 5 Purchase Units for 100 Servings | 6 Additional Information   |
|---|-----------------------|----------------------------------|--|-----------------------------------|--|
| <b>PEACHES (continued)</b>  |                       |                                  |  |                                   |  |
| <b>Peaches, canned</b><br><i>Cling Sliced</i><br><i>Packed in light syrup</i><br><i>Includes USDA Commodity</i> | No. 10 can (105 oz)   | 50.0                             | 1/4 cup fruit and juice                      | 2.0                               | 1 No. 10 can = about 105.0 oz (12-1/2 cups) fruit and juice      |
|   | No. 10 can (105 oz)   | 36.1                             | 1/4 cup drained fruit                        | 2.8                               | 1 No. 10 can = about 72.0 oz (9 cups) drained peaches            |
| <b>Peaches, canned</b><br><i>Cling Quarters</i><br><i>Includes USDA Commodity</i>                               | No. 10 can (106 oz)   | 48.5                             | 1/4 cup fruit and juice                      | 2.1                               | 1 No. 10 can = about 71.0 oz (9-7/8 cups) drained peaches        |
| <b>Peaches, canned</b><br><i>Freestone Sliced</i><br><i>Includes USDA Commodity</i>                             | No. 10 can (106 oz)   | 47.5                             | 1/4 cup fruit and juice                      | 2.2                               | 1 No. 10 can = about 60.0 oz (6-3/4 cups) drained Freestones     |
|   | No. 2-1/2 can (29 oz) | 13.0                             | 1/4 cup fruit and juice                      | 7.7                               | 1 No. 2-1/2 can = about 15.7 oz (2 cups) drained Freestones      |
|   | No. 300 can (16 oz)   | 6.40                             | 1/4 cup fruit and juice                      | 15.7                              | 1 No. 300 can = about 8.1 oz (3/4 cup) drained Freestones        |
| <b>Peaches, canned</b><br><i>Spiced Whole</i>   | Pound                 | 2.70                             | 2 small peaches (about 1/4 cup pitted fruit) | 37.1                              | 1 lb AP = 0.34 lb drained, pitted peaches                        |
| <b>Peaches, frozen</b><br><i>Diced Sweetened</i>  | No. 12 tub (136 oz)   | 64.0                             | 1/4 cup thawed fruit and juice               | 1.6                               | 1 No. 12 tub = about 136.0 oz (16 cups) thawed peaches and juice |
|   | No. 12 tub (136 oz)   | 47.9                             | 1/4 cup thawed, drained fruit                | 2.1                               | 1 No. 12 tub = about 102.4 oz (12 cups) thawed, drained fruit    |
|   | Pound                 | 7.47                             | 1/4 cup thawed fruit and juice               | 13.4                              | 1 lb AP = 1 lb (about 1-3/4 cups) thawed fruit and juice         |
|   | Pound                 | 5.60                             | 1/4 cup thawed, drained fruit                | 17.9                              | 1 lb AP = 0.72 lb (about 1-3/8 cups) thawed, drained fruit       |

## Section 2—Vegetables/Fruits

| 1 Food As Purchased, AP  | 2 Purchase Unit | 3 Servings per Purchase Unit, EP | 4 Serving Size per Meal Contribution                 | 5 Purchase Units for 100 Servings | 6 Additional Information   |
|--|-----------------|----------------------------------|--|-----------------------------------|--|
| <b>PEACHES (continued)</b>   |                 |                                  |  |                                   |  |
| <b>Peaches, frozen</b><br><i>Sliced<br/>Sweetened or<br/>Unsweetened<br/>Includes USDA<br/>Commodity</i> | Pound           | 7.34                             | 1/4 cup thawed fruit and juice                       | 13.7                              | 1 lb AP = about 1-3/4 cups thawed peaches and juice                              |
|  | Pound           | 5.46                             | 1/4 cup thawed, drained fruit                        | 18.4                              | 1 lb AP = 0.97 lb (about 1-1/3 cups) thawed, drained peaches                     |
|  | Pound           | 7.10                             | 1/4 cup cooked fruit                                 | 14.1                              |  |
|  | 20 lb Bag       | 147.4                            | 1/4 cup thawed fruit and juice                       | 0.68                              | 20 lb Bag = about 36-7/8 cups thawed peaches and juice                           |
|  | 20 lb Bag       | 109.3                            | 1/4 cup thawed, drained fruit                        | 0.92                              | 20 lb Bag = about 27-1/3 cups thawed, drained peaches                            |
|  | 20 lb bag       | 142.0                            | 1/4 cup cooked fruit                                 | 0.71                              |  |
| <b>Peaches, dehydrated</b><br><i>Halves</i>  | Pound           | 12.7                             | 1/4 cup dehydrated fruit                             | 7.9                               | 1 lb AP = about 3-1/8 cups ready-to-serve dehydrated peach halves                |
|  | Pound           | 22.9                             | 1/4 cup cooked fruit and juice                       | 4.4                               |  |
| <b>PEARS</b>   |                 |                                  |  |                                   |  |
| <b>Pears, fresh</b><br><i>All sizes<br/>Whole<br/>Includes USDA<br/>Commodity</i>                        | Pound           | 7.90                             | 1/4 cup raw, pared, sliced fruit                     | 12.7                              |  |
|  | Pound           | 5.70                             | 1/4 cup cooked, pared, fruit halves, sugar added     | 17.6                              |  |
| <b>Pears, fresh</b><br><i>150 count<br/>Whole</i>  | Pound           | 4.10                             | 1 whole, raw pear (about 1/2 cup fruit)              | 24.4                              | 1 lb AP = 0.92 lb ready-to-cook or -serve raw, unpared pears                     |
| <b>Pears, fresh</b><br><i>120 count<br/>Whole</i>  | Pound           | 3.30                             | 1 whole, raw, medium pear (about 3/4 cup fruit)      | 30.4                              |  |
|  | Pound           | 7.10                             | 1/4 cup raw, pared, cubed fruit                      | 14.1                              | 1 lb AP = 0.78 lb ready-to-cook or -serve raw, pared pears                       |
| <b>Pears, fresh</b><br><i>100 count<br/>D'Anjou or Bosc or<br/>Bartlett<br/>Whole</i>                    | Pound           | 2.29                             | 1 whole, raw pear (about 1-1/4 cups fruit and juice) | 43.7                              | 1 lb AP = 0.94 lb (about 3 cups) ready-to-cook or -serve raw, cored, wedged pear |

## Section 2—Vegetables/Fruits

| 1 Food As Purchased, AP  | 2 Purchase Unit       | 3 Servings per Purchase Unit, EP | 4 Serving Size per Meal Contribution                   | 5 Purchase Units for 100 Servings | 6 Additional Information                                   |
|--|-----------------------|----------------------------------|--|-----------------------------------|--|
| <b>PEARS (continued)</b>   |                       |                                  |  |                                   |  |
| <b>Pears, canned</b><br><i>Diced</i><br>Packed in juice or light syrup<br>Includes USDA Commodity  | No. 10 can (106 oz)   | 47.6                             | 1/4 cup fruit and juice                                | 2.2                               | 1 No. 10 can = about 66.0 oz (9-1/2 cups) drained pears    |
|  | No. 2-1/2 can (29 oz) | 13.1                             | 1/4 cup fruit and juice                                | 7.7                               | 1 No. 2-1/2 can = about 18.4 oz (2-5/8 cups) drained pears |
|  | Pound                 | 7.20                             | 1/4 cup fruit and juice                                | 13.9                              | 1 lb AP = about 10.2 oz (1-1/2 cups) drained pears         |
| <b>Pears, canned</b><br><i>Halves</i><br>Packed in juice or light syrup<br>Includes USDA Commodity | No. 10 can (105 oz)   | 52.0                             | 1/4 cup fruit and juice (about 1 pear half with juice) | 2.0                               | 1 No. 10 can = about 62.0 oz (7-3/4 cups) drained pears    |
|  | No. 2-1/2 can (29 oz) | 14.3                             | 1/4 cup fruit and juice (about 1 pear half with juice) | 7.0                               | 1 No. 2-1/2 can = about 15.8 oz (2 cups) drained pears     |
|  | No. 300 can (15 oz)   | 7.02                             | 1/4 cup fruit and juice (about 1 pear half with juice) | 14.3                              | 1 No. 300 can = about 7.3 oz (3/4 cup) drained pears       |
| <b>Pears, canned</b><br><i>Sliced</i><br>Packed in juice or light syrup<br>Includes USDA Commodity | No. 10 can (105 oz)   | 49.7                             | 1/4 cup fruit and juice                                | 2.1                               | 1 No. 10 can = about 12-3/8 cups pears and juice           |
|  | No 10 can (105 oz)    | 29.5                             | 1/4 cup drained fruit                                  | 3.4                               | 1 No. 10 can = about 59.6 oz (7-3/8 cups) drained pears    |
| <b>Pears, dehydrated</b><br><i>Regular moisture</i><br><i>Halves</i>                               | Pound                 | 10.7                             | 1/4 cup dehydrated fruit (about 2-1/2 halves)          | 9.4                               | 1 lb AP = about 2-2/3 cups or 22 dehydrated pear halves    |
|  | Pound                 | 20.3                             | 1/4 cup cooked fruit and juice                         | 5.0                               |  |
| <b>PEAS, BLACKYED (see BEANS, BLACKYED)</b>  |                       |                                  |  |                                   |  |
| <b>PEAS, CHINESE SNOW</b>  |                       |                                  |  |                                   |  |
| <b>Peas, Chinese Snow, frozen</b><br><i>Edible podded</i><br><i>Whole</i>                          | Pound                 | 11.4                             | 1/4 cup cooked, drained vegetable                      | 8.8                               |  |



## Section 2—Vegetables/Fruits

| 1 Food As Purchased, AP   | 2 Purchase Unit         | 3 Servings per Purchase Unit, EP | 4 Serving Size per Meal Contribution             | 5 Purchase Units for 100 Servings | 6 Additional Information   |
|---|-------------------------|----------------------------------|--|-----------------------------------|--|
| <b>PEAS, FIELD</b>  |                         |                                  |  |                                   |  |
| <b>Peas, Field, canned</b><br><i>With snaps</i>                           | No. 10 can (111 oz)     | 37.6                             | 1/4 cup heated, drained vegetable                | 2.7                               | 1 No. 10 can = about 72.3 oz (9-3/8 cups) heated, drained field peas with snaps    |
|   | No. 10 can (111 oz)     | 46.3                             | 1/4 cup drained vegetable                        | 2.2                               | 1 No. 10 can = about 85.5 oz (11-1/2 cups) drained, unheated field peas with snaps |
|   | No. 300 can (15 oz)     | 5.12                             | 1/4 cup heated, drained vegetable                | 19.6                              | 1 No. 300 can = about 7.95 oz (1-1/4 cups) heated, drained field peas with snaps   |
|   | No. 300 can (15 oz)     | 5.59                             | 1/4 cup drained vegetable                        | 17.9                              | 1 No. 300 can = about 8.52 oz (1-3/8 cups) drained, unheated field peas with snaps |
| <b>PEAS, GREEN</b>  |                         |                                  |  |                                   |  |
| <b>Peas, Green, fresh</b><br><i>Shelled</i>                               | Pound                   | 10.6                             | 1/4 cup cooked, drained vegetable                | 9.5                               | 1 lb in pod = 0.38 lb ready-to-cook peas   |
| <b>Peas, Green, canned</b><br><i>Includes USDA Commodity</i>              | No. 10 can (106 oz)     | 36.7                             | 1/4 cup heated, drained vegetable                | 2.8                               | 1 No. 10 can = about 68.0 oz (9-1/8 cups) heated, drained peas                     |
|   | No. 10 can (106 oz)     | 42.0                             | 1/4 cup drained vegetable (unheated, for salads) | 2.4                               | 1 No. 10 can = about 10-1/5 cups drained, unheated peas                            |
|   | No. 300 can (15-1/4 oz) | 4.95                             | 1/4 cup heated, drained vegetable                | 20.3                              |  |
|   | No. 300 can (15-1/4 oz) | 5.67                             | 1/4 cup drained vegetable (unheated, for salads) | 17.7                              |  |
| <b>Peas, Green, frozen</b><br><i>Includes USDA Commodity</i>              | Pound                   | 9.59                             | 1/4 cup cooked, drained vegetable                | 10.5                              | 1 lb AP = 0.98 lb (about 2-3/8 cups) cooked, drained peas                          |
| <b>Peas, Green, dry</b><br><i>Whole</i>                                   | Pound                   | 25.6                             | 1/4 cup cooked vegetable                         | 4.0                               | 1 lb dry = about 2-1/3 cups dry peas   |
| <b>Peas, Green, dry</b><br><i>Split</i><br><i>Includes USDA Commodity</i> | Pound                   | 23.1                             | 1/4 cup cooked vegetable                         | 4.4                               | 1 lb dry = about 2-1/4 cups dry, split peas  |

## Section 2—Vegetables/Fruits

| 1 Food As Purchased, AP  | 2 Purchase Unit              | 3 Servings per Purchase Unit, EP | 4 Serving Size per Meal Contribution     | 5 Purchase Units for 100 Servings | 6 Additional Information   |
|--|------------------------------|----------------------------------|--|-----------------------------------|--|
| <b>PEAS, PIGEON, GREEN</b>   |                              |                                  |  |                                   |  |
| <b>Peas, Pigeon, Green, frozen</b><br><i>Immature</i>                    | Pound                        | 10.6                             | 1/4 cup cooked, drained vegetable        | 9.5                               | 1 lb AP = 0.96 lb (about 2-2/3 cups) cooked, drained peas              |
| <b>PEAS, SUGAR SNAP</b>  |                              |                                  |  |                                   |  |
| <b>Peas, Sugar Snap, frozen</b><br><i>Whole</i>                          | Pound                        | 9.78                             | 1/4 cup cooked, drained vegetable        | 10.3                              | 1 lb AP = 1 lb (about 2-3/8 cups) cooked, drained peas                 |
| <b>PEAS AND CARROTS</b>  |                              |                                  |  |                                   |  |
| <b>Peas and Carrots, canned</b>  | No. 10 can (105 oz)          | 41.3                             | 1/4 cup heated, drained vegetable        | 2.5                               | 1 No. 10 can = about 66.0 oz (11-1/2 cups) drained, unheated vegetable |
|  | Pound                        | 6.30                             | 1/4 cup heated, drained vegetable        | 15.9                              |  |
| <b>Peas and Carrots, frozen</b>  | Pound                        | 10.9                             | 1/4 cup cooked, drained vegetable        | 9.2                               |  |
| <b>PEPPEROCINI</b>   |                              |                                  |  |                                   |  |
| <b>Pepperocini, canned</b><br><i>Whole</i>                               | 1 gal (72 oz drained weight) | 64.0                             | 1/4 cup drained vegetable                | 1.6                               | 1 gallon container = about 207 pepperocini                             |
| <b>PEPPERS, BELL</b>   |                              |                                  |  |                                   |  |
| <b>Peppers, Bell, fresh</b><br><i>Green or Red Medium or Large Whole</i> | Pound                        | 9.70                             | 1/4 cup chopped or diced, raw vegetable  | 10.4                              | 1 lb AP = 0.80 lb ready-to-serve or -cook raw pepper                   |
|  | Pound                        | 14.7                             | 1/4 cup raw vegetable strips             | 6.9                               | 1 lb AP = 0.73 lb cooked pepper  |
|  | Pound                        | 9.80                             | 1/4 cup cooked, drained vegetable strips | 10.3                              |  |
| <b>Peppers, Bell, frozen</b><br><i>Green or Red Diced</i>                | Pound                        | 12.1                             | 1/4 cup thawed vegetable                 | 8.3                               | 1 lb AP = 1 lb (about 3 cups) thawed peppers                           |
|  | Pound                        | 7.30                             | 1/4 cup cooked, drained vegetable        | 13.7                              |  |

## Section 2—Vegetables/Fruits

| 1 Food As Purchased, AP   | 2 Purchase Unit     | 3 Servings per Purchase Unit, EP | 4 Serving Size per Meal Contribution    | 5 Purchase Units for 100 Servings | 6 Additional Information   |
|---|---------------------|----------------------------------|---|-----------------------------------|--|
| <b>PEPPERS, BELL (continued)</b>  |                     |                                  |   |                                   |  |
| <b>Peppers, Bell, dehydrated</b><br><i>Diced</i>                        | Pound               | 99.2                             | 1/4 cup rehydrated, cooked vegetable    | 1.1                               | 1 lb dry = about 9-1/4 cups dehydrated pepper  |
|   | Pound               | 38.6                             | 1/4 cup dehydrated vegetable            | 2.6                               |  |
| <b>PEPPERS, CHERRY</b>  |                     |                                  |   |                                   |  |
| <b>Peppers, Cherry, fresh</b><br><i>Whole with stem</i>                 | Pound               | 14.4                             | 1/4 cup raw vegetable (about 3 peppers) | 7.0                               | 1 lb AP = 0.95 lb (about 3-1/2 cups) ready-to-serve or -cook raw pepper                        |
| <b>PEPPERS, GREEN CHILIES</b>   |                     |                                  |   |                                   |  |
| <b>Peppers, Green Chilies, fresh</b><br><i>Anaheim Whole with stem</i>  | Pound               | 11.4                             | 1/4 cup chopped, seeded, raw vegetable  | 8.8                               | 1 lb AP = 0.80 lb (about 2-3/4 cups) ready-to-serve raw, stemmed, seeded, chopped chili pepper |
| <b>Peppers, Green Chilies, fresh</b><br><i>Jalapeño Whole with stem</i> | Pound               | 15.6                             | 1/4 cup raw vegetable (about 2 peppers) | 6.5                               | 1 lb AP = 0.98 lb (about 3-7/8 cups) ready-to-serve raw, whole peppers                         |
| <b>Peppers, Green Chilies, canned</b><br><i>Chopped</i>                 | No. 10 can (103 oz) | 51.4                             | 1/4 cup heated vegetable                | 2.0                               | 1 No. 10 can = about 12-7/8 cups drained peppers   |
|   | No. 10 can (99 oz)  | 47.1                             | 1/4 cup unheated vegetable              | 2.2                               | 1 No. 10 can = about 11-3/4 cups peppers   |
|   | Pound               | 7.98                             | 1/4 cup heated vegetable                | 12.6                              |  |
| <b>Peppers, Green Chilies, canned</b><br><i>Jalapeño Slices</i>         | No. 10 can (106 oz) | 46.2                             | 1/4 cup drained vegetable slices        | 2.0                               | 1 No. 10 can = about 64.4 oz (11-1/2 cups) drained peppers                                     |
| <b>Peppers, Green Chilies, canned</b><br><i>Jalapeño Whole</i>          | No. 10 can (96 oz)  | 35.0                             | 1/4 cup drained, whole vegetable        | 2.9                               | 1 No. 10 can = about 60.0 oz (8-3/4 cups) drained peppers                                      |

## Section 2—Vegetables/Fruits

| 1 Food As Purchased, AP  | 2 Purchase Unit                          | 3 Servings per Purchase Unit, EP | 4 Serving Size per Meal Contribution   | 5 Purchase Units for 100 Servings | 6 Additional Information   |
|--|--|----------------------------------|--|-----------------------------------|--|
| <b>PERSIMMONS</b>  |  |                                  |  |                                   |  |
| <b>Persimmons, fresh</b><br><i>Japanese Fuyu Whole</i>   | Pound                                    | 11.7                             | 1/4 cup unpeeled, diced raw fruit  | 8.6                               | 1 lb AP = 0.98 lb (about 2-7/8 cups) ready-to-serve raw, 1/2-inch diced, unpeeled persimmon  |
|  | Pound                                    | 15.7                             | 1/4 cup unpeeled, raw fruit wedges   | 6.4                               | 1 lb AP = 0.98 lb (about 3-7/8 cups) ready-to-serve raw, unpeeled persimmon wedges   |
| <b>PICKLES</b>   |  |                                  |  |                                   |  |
| <b>Pickles, canned</b><br><i>Chips</i>   | 1 Quart (about 20 oz drained weight)     | 13.9                             | 1/4 cup drained vegetable  | 7.2                               | 1 quart container = about 3-1/2 cups drained or 52 pickle chips  |
|  | 1 gal (about 87 oz drained weight)       | 60.3                             | 1/4 cup drained vegetable  | 1.7                               |  |
|  | Pound (drained weight)                   | 11.1                             | 1/4 cup drained vegetable  | 9.1                               |  |
| <b>Pickles, canned</b><br><i>Spears</i><br><i>Medium size</i><br><i>4.75 x 0.75 x 1.5-inches</i> | 24 oz jar (about 15.4 oz drained weight) | 8.80                             | 1/4 cup drained vegetable (about 1-1/4 spears)   | 11.4                              | 24 oz container = about 2-1/4 cups chopped, drained or 11 whole pickle spears  |
| <b>Pickles, canned</b><br><i>Whole</i>   | 1 gal (about 87 oz drained weight)       | 55.2                             | 1/4 cup whole vegetable (about:<br>3-3/4 gherkins-small,<br>1-1/4 gherkins-large,<br>1 small pickle,<br>1/2 medium pickle,<br>1/3 large pickle,<br>1/4 extra large pickle) | 1.9                               | Length of pickles:<br>gherkins = 2 - 2-3/4 inch,<br>small = 2-3/4 - 3-1/2 inch,<br>medium = 3-1/2 - 4 inch,<br>large = 4 - 4-3/4 inch,<br>extra-large = 4-3/4 - 5-1/4 inch |
|  | 1 gal (about 87 oz drained weight)       | 84.4                             | 1/8 cup length-wise sliced vegetable   | 1.2                               |  |
|  | 1 gal (about 87 oz drained weight)       | 108.0                            | 1/8 cup chopped vegetable  | 1.0                               |  |

## Section 2—Vegetables/Fruits

| 1 Food As Purchased, AP                             | 2 Purchase Unit           | 3 Servings per Purchase Unit, EP | 4 Serving Size per Meal Contribution                           | 5 Purchase Units for 100 Servings | 6 Additional Information  |
|---|---------------------------|----------------------------------|--|-----------------------------------|---|
| <b>PIMIENTOS (PIMENTOS)</b>                         |                           |                                  |  |                                   |   |
| <b>Pimientos, canned</b><br><i>Chopped or Diced</i> | No. 10 can (102 oz)       | 40.7                             | 1/4 cup drained vegetable                                      | 2.5                               | 1 No. 10 can = about 74.0 oz (10-1/8 cups) drained pimientos                            |
|   | No. 2-1/2 can (27-1/2 oz) | 8.39                             | 1/4 cup drained vegetable                                      | 12.0                              | 1 No. 2-1/2 can = about 17.6 oz (2 cups) drained pimientos                              |
|   | Pound                     | 6.40                             | 1/4 cup drained vegetable                                      | 15.7                              |   |
| <b>Pimientos, canned</b><br><i>Whole</i>            | No. 10 can (102 oz)       | 38.5                             | 1/4 cup drained, chopped vegetable                             | 2.6                               | 1 No. 10 can = about 71.0 oz (9-3/4 cups) drained pimientos                             |
|   | No. 2-1/2 can (28 oz)     | 11.0                             | 1/4 cup drained, chopped vegetable                             | 9.1                               | 1 No. 2-1/2 can = about 20.2 oz (2-3/4 cups) drained pimientos                          |
|   | No. 300 can (13-3/4 oz)   | 4.97                             | 1/4 cup drained vegetable                                      | 20.2                              | 1 No. 300 can = about 9.2 oz (1-1/8 cups) drained pimientos                             |
|   | 7 oz can                  | 2.80                             | 1/4 cup drained, chopped vegetable                             | 35.8                              | 7 oz can = about 5.2 oz (2/3 cup) drained pimientos                                     |
|   | Pound                     | 6.03                             | 1/4 cup drained, chopped vegetable                             | 16.6                              |   |
| <b>PINEAPPLE</b>                                    |                           |                                  |  |                                   |   |
| <b>Pineapple, fresh</b><br><i>Whole</i>             | Pound                     | 6.40                             | 1/4 cup raw, cubed fruit                                       | 15.7                              | 1 lb AP = 0.54 lb ready-to-serve raw pineapple  |
|   | Pound                     | 4.61                             | 1/4 cup raw sticks (about 3 sticks, 1/2-inch by 3-inch sticks) | 21.7                              | 1 lb AP = 0.57 lb (about 1-1/8 cups) ready-to-serve 1/2-inch by 3-inch pineapple sticks |
|   | Pound                     | 7.50                             | 1/4 cup fruit and juice  | 13.4                              |   |

## Section 2—Vegetables/Fruits

| 1 Food As Purchased, AP  | 2 Purchase Unit     | 3 Servings per Purchase Unit, EP | 4 Serving Size per Meal Contribution       | 5 Purchase Units for 100 Servings | 6 Additional Information   |
|--|---------------------|----------------------------------|--|-----------------------------------|--|
| <b>PINEAPPLE (continued)</b>   |                     |                                  |  |                                   |  |
| <b>Pineapple, canned Chunks</b><br><i>Packed in juice or light syrup</i><br>Includes USDA Commodity  | No. 10 can (106 oz) | 49.9                             | 1/4 cup fruit and syrup                    | 2.1                               | 1 No. 10 can = about 12-3/8 cups pineapple and juice                     |
|  | No. 10 can (106 oz) | 31.8                             | 1/4 cup drained fruit                      | 3.2                               | 1 No. 10 can = about 64.6 oz (8 cups) drained pineapple                  |
|  | No. 2 can (20 oz)   | 9.40                             | 1/4 cup fruit and syrup                    | 10.7                              | 1 No. 2 can = about 12.4 oz (1-7/8 cups) drained pineapple               |
|  | Pound               | 7.53                             | 1/4 cup fruit and juice                    | 13.3                              |  |
| <b>Pineapple, canned Crushed</b><br><i>Packed in juice or light syrup</i><br>Includes USDA Commodity | No. 10 can (106 oz) | 49.5                             | 1/4 cup fruit and juice                    | 2.1                               | 1 No. 10 can = about 12-3/8 cups pineapple and juice                     |
|  | No. 10 can (106 oz) | 36.1                             | 1/4 cup drained fruit                      | 2.8                               | 1 No. 10 can = about 75.6 oz (9 cups) drained pineapple                  |
|  | No. 2 can (20 oz)   | 9.20                             | 1/4 cup fruit and juice                    | 10.9                              | 1 No. 2 can = about 13.8 oz (2 cups) drained pineapple                   |
|  | Pound               | 7.56                             | 1/4 cup fruit and juice                    | 13.3                              |  |
| <b>Pineapple, canned Slices</b><br><i>Packed in juice or light syrup</i><br>Includes USDA Commodity  | No. 10 can (107 oz) | 47.5                             | 1/4 cup fruit and juice                    | 2.2                               | 1 No. 10 can = about 62.0 oz (9-1/3 cups or 60 slices) drained pineapple |
|  | No. 10 can (107 oz) | 37.7                             | 1/4 cup drained fruit (about 1-3/4 slices) | 2.7                               |  |
|  | No. 2 can (20 oz)   | 8.87                             | 1/4 cup fruit and juice                    | 11.3                              | 1 No. 2 can = about 13.0 oz (2 cups) drained pineapple                   |
|  | No. 2 can (20 oz)   | 7.04                             | 1/4 cup drained fruit                      | 14.3                              |  |
|  | Pound               | 7.10                             | 1/4 cup fruit and juice                    | 14.1                              |  |
|  | Pound               | 5.63                             | 1/4 cup drained fruit                      | 17.8                              |  |
| <b>Pineapple, canned Tidbits</b><br><i>Packed in juice or light syrup</i><br>Includes USDA Commodity | No. 10 can (106 oz) | 50.1                             | 1/4 cup fruit and juice                    | 2.0                               | 1 No. 10 can = about 12 cups pineapple and juice                         |
|  | No. 10 can (106 oz) | 33.4                             | 1/4 cup drained fruit                      | 3.0                               | 1 No. 10 can = about 67.3 oz (8-1/4 cups) drained pineapple              |

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| 1 Food As Purchased, AP  | 2 Purchase Unit     | 3 Servings per Purchase Unit, EP | 4 Serving Size per Meal Contribution              | 5 Purchase Units for 100 Servings | 6 Additional Information   |
|--|---------------------|----------------------------------|---|-----------------------------------|--|
| <b>PINEAPPLE (continued)</b>   |                     |                                  |   |                                   |  |
| <b>Pineapple, frozen</b><br><i>Chunks</i>  | Pound               | 7.30                             | 1/4 cup thawed, drained fruit                     | 13.7                              | 1 lb AP = 0.61 lb (about 1-1/3 cups) thawed, drained pineapple                                     |
| <b>PLANTAIN</b>  |                     |                                  |   |                                   |  |
| <b>Plantain, fresh</b><br><i>Green</i>   | Pound               | 7.50                             | 1/4 cup peeled, sliced, cooked fruit              | 13.4                              | 1 lb = 0.62 lb ready-to-cook peeled, sliced plantains  |
| <b>Plantain, fresh</b><br><i>Ripe</i>  | Pound               | 5.60                             | 1/4 cup peeled, sliced, cooked fruit              | 17.9                              | 1 lb = 0.65 lb ready-to-cook peeled, sliced plantains  |
| <b>PLUMS</b>   |                     |                                  |   |                                   |  |
| <b>Plums, fresh</b><br><i>Italian</i><br>1.5-inch by 2-inch<br><i>Whole</i>  | Pound               | 9.32                             | 1/4 cup quartered fruit (about 5 quarters)        | 10.8                              | 1 lb AP = 0.93 lb (about 2-1/3 cups) ready-to-cook or -serve unpeeled, pitted, quartered, raw plum |
| <b>Plums, fresh</b><br><i>Purple, Red, or Black</i><br>Size 45 & 50<br>2-inch diameter<br><i>Whole</i>                               | Pound               | 4.99                             | 1 whole, raw plum (about 1/2 cup fruit and juice) | 20.1                              | 1 lb AP = 0.98 lb (about 2-2/3 cups) ready-to-cook or -serve unpeeled, pitted, raw plum            |
|  | Pound               | 10.7                             | 1/4 cup fruit, quartered (about 2 quarters)       | 9.4                               |  |
| <b>Plums, fresh</b><br><i>Japanese or Hybrid</i><br>Size 60 & 65<br><i>Whole</i>   | Pound               | 6.40                             | 1 whole, raw plum (about 3/8 cup fruit and juice) | 15.7                              | 1 plum = about 1-1/2 inch diameter   |
| <b>Plums, canned</b><br><i>Purple or Red</i><br><i>Halves</i><br><i>Unpeeled</i><br><i>No pits</i><br><i>Includes USDA Commodity</i> | No. 10 can (105 oz) | 49.2                             | 1/4 cup fruit and juice                           | 2.1                               | 1 No. 10 can = about 12-1/8 cups plums and juice without pits                                      |
|  | No. 10 can (105 oz) | 24.7                             | 1/4 cup drained fruit                             | 4.1                               | 1 No. 10 can = about 54.4 oz (6-1/8 cups) drained plums without pits                               |



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|---|-----------------------|----------------------------------|---|-----------------------------------|---|
| <b>PLUMS<sup>8</sup> (continued)</b>  |                       |                                  |   |                                   |   |
| <b>Plums, canned</b><br><i>Purple or Red</i><br><i>Unpeeled</i><br><i>With pits</i><br><i>Whole</i><br><i>Includes USDA Commodity</i> | No. 10 can (106 oz)   | 48.5                             | 1/4 cup pitted fruit and juice                      | 2.1                               | 1 No. 10 can = about 12 cups plums with pits and juice            |
|   | No. 10 can (106 oz)   | 27.8                             | 1/4 cup pitted drained fruit                        | 3.6                               | 1 No. 10 can = about 58.2 oz (6-7/8 cups) drained plums with pits |
|   | No. 2-1/2 can (30 oz) | 14.5                             | 1/4 cup pitted fruit and juice                      | 6.9                               | 1 No. 2-1/2 can = about 16.5 oz (2 cups) drained plums with pits  |
|   | Pound                 | 7.32                             | 1/4 cup pitted fruit and juice                      | 13.7                              | 1 lb AP = 8.8 oz (1 cup) drained plums with pits                  |
|   | Pound                 | 4.19                             | 1/4 cup pitted drained fruit                        | 23.9                              |   |
| <b>Plums, dehydrated (Prunes), canned</b><br><i>With pits</i>   | No. 10 can (108 oz)   | 46.0                             | 1/4 cup fruit and juice (about 4 prunes with juice) | 2.2                               | 1 No. 10 can = about 57.0 oz (7-1/8 cups) drained, pitted prunes  |
|   | 25 oz jar             | 10.6                             | 1/4 cup fruit and juice                             | 9.5                               | 25 oz jar = about 13.2 oz (1-2/3 cups) drained, pitted prunes     |
|   | Pound                 | 6.81                             | 1/4 cup fruit and juice                             | 14.7                              |   |
| <b>Plums, dehydrated (Prunes), canned<sup>8</sup></b><br><i>Paste or Puree</i><br><i>USDA Commodity</i>                               | 1 gal (11 lb)         | 64.0                             | 1/4 cup fruit puree                                 | 1.6                               | 1 gallon (11 lb) = 16 cups dehydrated plum puree                  |
|   | Pound                 | 6.38                             | 1/4 cup fruit puree                                 | 15.7                              | 1 lb AP = about 1-1/2 cups puree                                  |
| <b>Plums, dehydrated (Prunes)</b><br><i>Whole</i><br><i>Regular moisture</i><br><i>With pits</i>                                      | Pound                 | 9.60                             | 1/4 cup dehydrated fruit (about 6 medium prunes)    | 10.5                              | 1 lb dry = about 2-3/8 cups dehydrated plums with pits            |
|   | Pound                 | 12.9                             | 1/4 cup cooked fruit and juice                      | 7.8                               |   |
| <b>Plums, dehydrated (Prunes)</b><br><i>Whole</i><br><i>Without pits</i><br><i>USDA Commodity</i>                                     | Pound                 | 10.6                             | 1/4 cup dehydrated fruit (about 6 medium prunes)    | 9.5                               | 1 lb dry = about 2-2/3 cups dehydrated plums without pits         |
|   | Pound                 | 14.7                             | 1/4 cup cooked fruit and juice                      | 6.9                               |   |

<sup>8</sup> Plum puree cannot count as fruit when it is used to replace fat in a food item.

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| <b>POI</b>   |                 |                                  |   |                                   |  |
| <b>Poi</b><br><i>Undiluted</i>   | Pound           | 5.67                             | 1/2 cup diluted                                       | 17.7                              | add 1 cup water to each 1 lb bag undiluted poi   |
|  | Pound           | 2.83                             | 1 cup diluted   | 35.4                              | 1 lb AP = 1.52 lb (about 2-3/4 cups) diluted ready-to-serve poi  |
| <b>POMEGRANATE</b>   |                 |                                  |   |                                   |  |
| <b>Pomegranate, fresh</b><br><i>Whole</i>  | Pound           | 2.70                             | 1/4 cup juice and pulp (no seeds)                     | 37.1                              | 1 lb AP = 0.35 lb (about 2/3 cups) ready-to-serve peeled, raw pomegranate juice and pulp without seeds |
|  | Pound           | 6.34                             | 1/4 cup fruit kernels                                 | 15.8                              | 1 lb AP = about 1-1/2 cups pomegranate kernels   |
| <b>POTATOES</b>  |                 |                                  |   |                                   |  |
| <b>Potatoes, fresh</b><br><i>Red</i><br><i>Whole</i>   | Pound           | 9.88                             | 1/4 cup diced, cooked vegetable with skin             | 10.2                              | 1 lb AP = 0.97 lb (about 2-3/8 cups) cooked potato   |
| <b>Potatoes, fresh</b><br><i>White or Russet</i><br><i>All sizes</i><br><i>Whole</i><br><i>Includes USDA Commodity</i> | Pound           | 8.90                             | 1/4 cup pared, cooked, diced vegetable                | 11.3                              | 1 lb AP = 0.74 lb baked potato without skin  |
|  | Pound           | 8.40                             | 1/4 cup pared, cooked, mashed vegetable               | 12.0                              | 1 lb AP = 0.81 lb ready-to-cook pared potato   |
|  | Pound           | 9.90                             | 1/4 cup pared, cooked, sliced vegetable               | 10.2                              |  |
|  | Pound           | 5.30                             | 1/4 cup pared, cooked hash browns (1/4 cup vegetable) | 18.9                              |  |
|  | Pound           | 9.70                             | 1/4 cup diced, cooked vegetable with skin             | 10.3                              | 1 lb AP = 0.99 lb (about 2-3/8 cups) cooked, unpeeled, diced potato                                    |
| <b>Potatoes, fresh</b><br><i>White or Russet</i><br><i>120 Count</i><br><i>(approx. 6 oz each)</i><br><i>Whole</i>     | Pound           | 2.66                             | 1 whole, baked potato (about 1/2 cup vegetable)       | 37.6                              | 1 lb AP = 0.82 lb (about 1-2/3 cups) baked potato with skin  |
|  | Pound           | 6.53                             | 1/4 cup baked vegetable with skin                     | 15.4                              |  |

## Section 2—Vegetables/Fruits

| 1 Food As Purchased, AP  | 2 Purchase Unit            | 3 Servings per Purchase Unit, EP | 4 Serving Size per Meal Contribution               | 5 Purchase Units for 100 Servings | 6 Additional Information  |
|--|----------------------------|----------------------------------|--|-----------------------------------|---|
| <b>POTATOES (continued)</b>  |                            |                                  |  |                                   |   |
| <b>Potatoes, fresh</b><br><i>White or Russet</i><br>100 Count<br>(approx. 8 oz each)<br><i>Whole</i> | Pound                      | 2.00                             | 1 whole, baked potato<br>(about 3/4 cup vegetable) | 50.0                              | 1 lb AP = 0.82 lb (about 1-2/3 cups) baked potato with skin         |
|  | Pound                      | 6.76                             | 1/4 cup baked vegetable with skin                  | 14.8                              |   |
| <b>Potatoes, fresh</b><br><i>White or Russet</i><br>80 Count<br>(approx. 10 oz each)<br><i>Whole</i> | Pound                      | 1.60                             | 1 whole baked potato<br>(about 1 cup vegetable)    | 62.5                              | 1 lb AP = 0.82 lb (about 1-2/3 cups) baked potato with skin         |
|  | Pound                      | 7.01                             | 1/4 cup baked vegetable with skin                  | 14.3                              |   |
| <b>Potatoes, canned</b><br><i>Diced</i>  | No. 10 can<br>(102 oz)     | 39.9                             | 1/4 cup drained, unheated vegetable                | 2.6                               | 1 No. 10 can = about 73.7 oz (9-7/8 cups) drained, unheated potato  |
| <b>Potatoes, canned</b><br><i>Sliced</i>   | No. 10 can<br>(102 oz)     | 44.2                             | 1/4 cup drained, unheated vegetable                | 2.3                               | 1 No. 10 can = about 74.6 oz (11 cups) drained, unheated potato     |
|  | No. 300 can<br>(14-1/2 oz) | 5.73                             | 1/4 cup drained, unheated vegetable                | 17.5                              | 1 No. 300 can = about 9.9 oz (1-3/8 cups) drained, unheated potato  |
| <b>Potatoes, canned</b><br><i>Whole</i><br><i>Small</i>  | No. 10 can<br>(102 oz)     | 43.7                             | 1/4 cup heated, drained vegetable                  | 2.3                               | 1 No. 10 can = about 10-7/8 cups heated, drained potato             |
|  | No. 10 can<br>(102 oz)     | 43.4                             | 1/4 cup drained, unheated, vegetable               | 2.4                               | 1 No. 10 can = about 74.0 oz (10-3/4 cups) drained, unheated potato |
|  | No 2-1/2 can<br>(29 oz)    | 10.9                             | 1/4 cup heated, drained vegetable                  | 9.2                               | 1 No. 2-1/2 can = about 17.7 oz (2-3/4 cups) drained potato         |
|  | No. 300 can<br>(14-1/2 oz) | 5.90                             | 1/4 cup heated, drained vegetable                  | 17.0                              |   |
| <b>Potatoes, frozen</b><br><i>Diced</i><br><i>Precooked</i>  | Pound                      | 10.1                             | 1/4 cup tempered, unheated vegetable               | 10.0                              | 1 lb AP = 1 lb (about 2-1/2 cups) tempered potato                   |
|  | Pound                      | 8.97                             | 1/4 cup cooked vegetable                           | 11.2                              | 1 lb AP = 0.83 lb (about 2-1/8 cups) cooked potato                  |

## Section 2—Vegetables/Fruits

| 1 Food As Purchased, AP   | 2 Purchase Unit | 3 Servings per Purchase Unit, EP | 4 Serving Size per Meal Contribution    | 5 Purchase Units for 100 Servings | 6 Additional Information                               |
|---|-----------------|----------------------------------|---|-----------------------------------|--|
| <b>POTATOES (continued)</b>   |                 |                                  |   |                                   |  |
| <b>Potatoes, frozen Shells</b>  | Pound           | 11.1                             | 1/4 cup baked vegetable                 | 9.1                               | 1 lb AP = 0.90 lb baked potato shell                   |
| <b>Potatoes, frozen Wedges</b><br><i>USDA Commodity</i>   | Pound           | 11.9                             | 1/4 cup baked vegetable                 | 8.5                               | 1 lb AP = 0.71 lb (about 2-7/8 cups) baked potato      |
|   | 5 lb pkg        | 59.5                             | 1/4 cup baked vegetable                 | 1.7                               | 5 lb bag = about 14-7/8 cups baked potato              |
| <b>Potatoes, frozen Whole Small</b>   | Pound           | 10.1                             | 1/4 cup cooked vegetable                | 10.0                              |  |
| <b>Potatoes, dehydrated Diced</b><br><i>Low moisture Includes USDA Commodity</i>                          | Pound           | 45.1                             | 1/4 cup reconstituted, heated vegetable | 2.3                               | 1 lb dry = about 5-1/8 cups dehydrated diced potatoes  |
| <b>Potatoes, dehydrated Flake</b><br><i>Low moisture Includes USDA Commodity</i>                          | Pound           | 50.5                             | 1/4 cup reconstituted, heated vegetable | 2.0                               | 1 lb dry = about 7-1/2 cups dehydrated potato flakes   |
| <b>Potatoes, dehydrated, Granules</b><br><i>Low moisture Includes USDA Commodity</i>                      | Pound           | 50.5                             | 1/4 cup reconstituted, heated vegetable | 2.0                               | 1 lb dry = about 2-1/4 cups dehydrated potato granules |
| <b>Potatoes, dehydrated Slices</b><br><i>Low moisture Includes USDA Commodity</i>                         | Pound           | 43.5                             | 1/4 cup reconstituted, heated vegetable | 2.3                               | 1 lb dry = about 9-2/3 cups dehydrated potato slices   |
| <b>POTATOES, FRENCH FRIES</b>   |                 |                                  |   |                                   |  |
| <b>Potatoes, French Fries, frozen Crinkle cut</b><br><i>Low moisture Ovenable Includes USDA Commodity</i> | Pound           | 16.2                             | 1/4 cup cooked vegetable                | 6.2                               | 1 lb AP = 0.92 lb (about 4 cups) baked French fries    |
|   | 4 lb pkg        | 64.9                             | 1/4 cup cooked vegetable                | 1.6                               |  |

## Section 2—Vegetables/Fruits

| 1 Food As Purchased, AP  | 2 Purchase Unit | 3 Servings per Purchase Unit, EP | 4 Serving Size per Meal Contribution            | 5 Purchase Units for 100 Servings | 6 Additional Information                                |
|--|-----------------|----------------------------------|---|-----------------------------------|---|
| <b>POTATOES, FRENCH FRIES (continued)</b>  |                 |                                  |   |                                   |   |
| <b>Potatoes, French Fries, frozen</b><br><i>Crinkle cut</i><br><i>Regular moisture</i>                       | Pound           | 12.6                             | 1/4 cup cooked vegetable                        | 8.0                               | 1 lb AP = 0.81 lb (about 3-1/8 cups) baked French fries |
|  | 4-1/2 lb pkg    | 56.7                             | 1/4 cup cooked vegetable                        | 1.8                               |   |
| <b>Potatoes, French Fries, frozen</b><br><i>Curly</i><br><i>(1/3-inch width)</i>                             | Pound           | 16.2                             | 1/4 cup cooked vegetable                        | 6.2                               | 1 lb AP = 0.66 lb baked French fries (about 4 cups)     |
|  | 4-1/2 lb pkg    | 72.9                             | 1/4 cup cooked vegetable                        | 1.4                               |   |
| <b>Potatoes, French Fries, frozen</b><br><i>Shoestring</i><br><i>Straight cut</i><br><i>Low moisture</i>     | Pound           | 14.2                             | 1/4 cup cooked vegetable                        | 7.1                               | 1 lb AP = 0.59 lb (about 3-1/2 cups) baked French fries |
|  | 4-1/2 lb pkg    | 63.9                             | 1/4 cup cooked vegetable                        | 1.6                               |   |
| <b>Potatoes, French Fries, frozen</b><br><i>Shoestring</i><br><i>Straight cut</i><br><i>Regular moisture</i> | Pound           | 17.5                             | 1/4 cup cooked vegetable                        | 5.8                               |   |
|  | 4-1/2 lb pkg    | 79.0                             | 1/4 cup cooked vegetable                        | 1.3                               |   |
| <b>Potatoes, French Fries, frozen</b><br><i>Straight cut</i><br><i>Regular moisture</i><br><i>Ovenable</i>   | Pound           | 14.0                             | 1/4 cup cooked vegetable                        | 7.2                               | 1 lb AP = 0.63 lb (about 3-1/2 cups) baked French fries |
|  | 5 lb pkg        | 70.0                             | 1/4 cup cooked vegetable                        | 1.5                               | 5 lb bag = about 17-1/2 cups baked French fries         |
| <b>POTATO PRODUCTS</b>   |                 |                                  |   |                                   |   |
| <b>Potato Products, fresh</b><br><i>Raw</i><br><i>Shredded</i><br><i>Pre-portioned</i><br><i>3.0 oz each</i> | Pound           | 5.33                             | 3/8 cup cooked vegetable (about 1 portion)      | 18.8                              | 1 lb AP= 0.94 lb cooked vegetable                       |
|  | Pound           | 8.28                             | 1/4 cup cooked vegetable (about 2/3 portion)    | 12.1                              |   |
|  | Pound           | 10.6                             | 1/8 cup cooked vegetable (about 1/2 portion)    | 9.5                               |   |
| <b>Potato Products, frozen</b><br><i>Hashed patty</i><br><i>Pre-browned</i><br><i>2.25 oz each</i>           | Pound           | 7.11                             | 1 cooked patty (about 1/4 cup cooked vegetable) | 14.1                              |   |

## Section 2—Vegetables/Fruits

| 1 Food As Purchased, AP  | 2 Purchase Unit | 3 Servings per Purchase Unit, EP | 4 Serving Size per Meal Contribution      | 5 Purchase Units for 100 Servings | 6 Additional Information  |
|--|-----------------|----------------------------------|---|-----------------------------------|---|
| <b>POTATO PRODUCTS<sup>9</sup> (continued)</b>   |                 |                                  |   |                                   |   |
| <b>Potato Products, frozen</b><br><i>Hashed browns</i><br><i>Diced</i>   | Pound           | 7.70                             | 1/4 cup cooked vegetable                  | 13.0                              |   |
| <b>Potato Products, frozen</b><br><i>Mashed</i>  | Pound           | 7.37                             | 1/4 cup heated vegetable                  | 13.6                              | 1 lb AP = 1 lb (about 1-3/4 cups) mashed potatoes   |
| <b>Potato Products, frozen</b><br><i>Skins or Pieces or Wedges, etc.</i><br><i>With skin</i><br><i>Cooked</i>        | Pound           | 10.6                             | 1/4 cup heated vegetable                  | 9.5                               |   |
| <b>Potato Products, frozen</b><br><i>Rounds<sup>9</sup></i><br><i>Regular Size</i><br><i>Includes USDA Commodity</i> | Pound           | 12.7                             | 1/4 cup cooked vegetable (about 4 pieces) | 7.9                               | 5 lb bag = about 15-1/4 cups baked potato rounds (about 8.0 grams per piece)                      |
|  | 5 lb pkg        | 61.0                             | 1/4 cup baked vegetable (about 4 pieces)  | 1.7                               | one piece = approx. 3/4 to 1-inch diameter by 1 to 1-1/4-inch length                              |
| <b>Potato Products, frozen</b><br><i>Rounds<sup>9</sup></i><br><i>Mini Size</i>                                      | Pound           | 12.2                             | 1/4 cup baked vegetable (about 8 pieces)  | 8.2                               | 1 lb AP = 0.85 lb (about 3 cups) baked potato rounds (about 4.0 grams per piece)                  |
| <b>Potato Products, frozen</b><br><i>Circles</i>   | Pound           | 12.6                             | 1/4 cup baked vegetable (about 5 circles) | 8.0                               | 1 lb AP = 0.75 lb (about 3-1/8 cups) cooked (about 1-1/4-inch diameter by 9/16-inch height)       |
| <b>Potato Products, dehydrated</b><br><i>Hashed browns</i>   | Pound           | 24.1                             | 1/4 cup reconstituted, cooked vegetable   | 4.2                               | 1 lb dry = 6 cups reconstituted, cooked potato<br><br>1 lb dry = about 4-3/4 cups dry hash browns |

### PRICKLY PEAR, (see CACTUS FRUIT)

### PRUNES (see PLUMS, dehydrated)

<sup>9</sup> Shaped, shredded potatoes available under brand names such as “Tater Tots” or “Tater Gems.”

## Section 2—Vegetables/Fruits

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|--|----------------------------|----------------------------------|--|-----------------------------------|--|
| <b>PUMPKIN</b>   |                            |                                  |  |                                   |  |
| <b>Pumpkin, fresh</b><br><i>Whole</i>  | Pound                      | 4.70                             | 1/4 cup cooked, mashed vegetable                 | 21.3                              | 1 lb AP = 0.70 lb ready-to-cook pumpkin                                    |
| <b>Pumpkin, canned</b>   | No. 10 can (106 oz)        | 51.5                             | 1/4 cup heated vegetable                         | 2.0                               |  |
|  | No 2-1/2 can (29 oz)       | 14.1                             | 1/4 cup heated vegetable                         | 7.1                               |  |
|  | No. 300 can (15 oz)        | 7.04                             | 1/4 cup heated vegetable                         | 14.3                              | 1 No. 300 can = about 15.1 oz (1-3/4 cups) ready-to-serve or -cook pumpkin |
|  | Pound                      | 7.77                             | 1/4 cup heated vegetable                         | 12.9                              |  |
| <b>RADISHES</b>  |                            |                                  |  |                                   |  |
| <b>Radishes, Fresh</b><br><i>Without tops</i>  | Pound                      | 12.8                             | 1/4 cup whole vegetable (about 7 small radishes) | 7.9                               | 1 lb without tops = 0.94 lb ready-to-serve raw radishes                    |
|  | Pound                      | 15.3                             | 1/4 cup raw, sliced vegetable                    | 6.6                               |  |
| <b>RAISINS</b>   |                            |                                  |  |                                   |  |
| <b>Raisins</b><br><i>Regular moisture</i><br><i>Seedless</i><br><i>Includes USDA Commodity</i> | Pound                      | 12.6                             | 1/4 cup fruit                                    | 8.0                               | 1 lb AP = about 3-1/8 cups raisins   |
|  | Package (1.3 oz to 1.5 oz) | 1.00                             | 1/4 cup fruit                                    | 100.0                             |  |
|  | Pound                      | 21.4                             | 1/4 cup cooked fruit                             | 4.7                               |  |
| <b>RASPBERRIES</b>   |                            |                                  |  |                                   |  |
| <b>Raspberries, fresh</b><br><i>Whole</i>  | Pint (11-1/2 oz)           | 8.70                             | 1/4 cup raw, whole fruit                         | 11.5                              | 1 pt AP = 0.69 lb (about 2-1/8 cups) ready-to-serve raw berries            |
|  | Pound                      | 12.1                             | 1/4 cup raw, whole fruit                         | 8.3                               | 1 lb AP = 0.96 lb (about 3 cups) ready-to-serve raw berries                |
| <b>Raspberries, canned</b><br><i>Red</i><br><i>Whole</i>                                       | No. 10 can (103 oz)        | 48.0                             | 1/4 cup fruit and juice                          | 2.1                               | 1 No. 10 can = 53.0 oz drained berries                                     |
|  | Pound                      | 7.45                             | 1/4 cup fruit and juice                          | 13.5                              | 1 lb AP = about 8.25 oz drained berries                                    |



## Section 2—Vegetables/Fruits

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|--|----------------------|----------------------------------|--|-----------------------------------|--|
| <b>RASPBERRIES (continued)</b>   |                      |                                  |  |                                   |  |
| <b>Raspberries, frozen</b><br><i>Fruit and Juice</i>   | Pound                | 7.20                             | 1/4 cup thawed fruit and juice                   | 13.9                              |  |
| <b>Raspberries, frozen</b><br><i>Red Puree</i><br><i>Includes USDA Commodity</i>                                 | Pound                | 7.69                             | 1/4 cup thawed fruit puree                       | 13.1                              | 1 lb AP = about 1-7/8 cups thawed fruit puree                        |
|  | 5 lb 12 oz container | 44.2                             | 1/4 cup thawed fruit puree                       | 2.3                               | 5 lb 12 oz container = about 11 cups thawed fruit puree              |
| <b>Raspberries, frozen</b><br><i>Red Whole Grade A Individually-quick-frozen</i>                                 | Pound                | 12.5                             | 1/4 cup thawed, drained fruit                    | 8.0                               | 1 lb AP = 1 lb (about 3 cups) ready-to-serve thawed, drained berries |
| <b>RHUBARB</b>   |                      |                                  |  |                                   |  |
| <b>Rhubarb, fresh</b><br><i>Without leaves</i>   | Pound                | 6.20                             | 1/4 cup cooked fruit, sugar added                | 16.2                              | 1 lb AP = 0.86 lb ready-to-cook rhubarb                              |
| <b>Rhubarb, frozen</b>   | Pound                | 10.0                             | 1/4 cup cooked fruit, sugar added                | 10.0                              |  |
| <b>RUTABAGAS</b>   |                      |                                  |  |                                   |  |
| <b>Rutabagas, fresh</b><br><i>Whole</i>  | Pound                | 8.30                             | 1/4 cup pared, cubed, cooked vegetable           | 12.1                              | 1 lb AP = 0.85 lb ready-to-cook rutabaga                             |
|  | Pound                | 5.70                             | 1/4 cup pared, cooked, drained, mashed vegetable | 17.6                              |  |
| <b>SALSA<sup>10</sup></b>  |                      |                                  |  |                                   |  |
| <b>Salsa, canned</b><br><i>Includes USDA Commodity (all vegetable ingredients plus a minor amount of spices)</i> | No. 10 can (106 oz)  | 49.3                             | 1/4 cup vegetable                                | 2.1                               | 1 No. 10 can = about 12-1/3 cups vegetable                           |

<sup>10</sup> For salsa products that contain all vegetable ingredients plus a minor amount of spices or flavorings, one hundred percent of the product may be used to meet the volume vegetable/fruit requirement for meal pattern requirements. When products contain non-vegetable ingredients like gums, starches or stabilizers, water or vinegar, only that portion of the product that is a vegetable ingredient may be counted towards the volume requirement.

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| 1 Food As Purchased, AP  | 2 Purchase Unit                     | 3 Servings per Purchase Unit, EP | 4 Serving Size per Meal Contribution          | 5 Purchase Units for 100 Servings | 6 Additional Information   |
|--|-------------------------------------|----------------------------------|---|-----------------------------------|--|
| <b>SALSA<sup>10</sup> (continued)</b>  |                                     |                                  |   |                                   |  |
| <b>Salsa, canned<sup>10</sup></b><br><i>Chunky Commercial (all vegetable ingredients plus a minor amount of spices)</i>  | 1 gal (8 lb 10 oz)                  | 63.9                             | 1/4 cup vegetable                             | 1.6                               | 1 gallon container = 16 cups   |
| <b>SAUERKRAUT</b>  |                                     |                                  |   |                                   |  |
| <b>Sauerkraut, canned</b>  | No. 10 can (99 oz)                  | 36.5                             | 1/4 cup heated, drained vegetable             | 2.8                               | 1 No. 10 can = about 11-7/8 cups drained, unheated vegetable                     |
|  | No. 2-1/2 can (27 oz)               | 15.0                             | 1/4 cup heated, drained vegetable             | 6.7                               | 1 No. 2-1/2 can = about 23.0 oz (4-1/2 cups) drained, unheated vegetable         |
|  | No. 300 can (14-1/2 oz)             | 4.93                             | 1/4 cup heated, drained vegetable             | 20.3                              |  |
| <b>SEAWEED</b>   |                                     |                                  |   |                                   |  |
| <b>Seaweed, dehydrated</b><br><i>Wakame</i>  | Pound                               | 91.0                             | 1/4 cup trimmed, rehydrated vegetable         | 1.1                               | 1 lb dry = 4.3 lb (about 22-2/3 cups) rehydrated ready-to-serve or -cook seaweed |
| <b>SOUPS, CANNED</b>   |                                     |                                  |   |                                   |  |
| <b>Soups, canned</b><br><i>Condensed (1 part soup to 1 part water) Minestrone, Tomato, Tomato with other basic components such as rice, Vegetable (all vegetable), and Vegetable with other basic components such as meat or poultry</i> | No. 3 Can 50 oz (or about 46 fl oz) | 11.5                             | 1 cup reconstituted (about 1/4 cup vegetable) | 8.7                               | Reconstitute 1 part soup with not more than 1 part water                         |
|  | Pound                               | 3.68                             | 1 cup reconstituted (about 1/4 cup vegetable) | 27.2                              |  |
|  | Picnic (about 10-3/4 oz)            | 2.40                             | 1 cup reconstituted (about 1/4 cup vegetable) | 41.7                              |  |

<sup>10</sup> For salsa products that contain all vegetable ingredients plus a minor amount of spices or flavorings, one hundred percent of the product may be used to meet the volume vegetable/fruit requirement for meal pattern requirements. When products contain non-vegetable ingredients like gums, starches or stabilizers, water or vinegar, only that portion of the product that is a vegetable ingredient may be counted towards the volume requirement.

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| 1 Food As Purchased, AP   | 2 Purchase Unit      | 3 Servings per Purchase Unit, EP | 4 Serving Size per Meal Contribution            | 5 Purchase Units for 100 Servings | 6 Additional Information  |
|---|----------------------|----------------------------------|---|-----------------------------------|---|
| <b>SOUPS, CANNED (continued)</b>  |                      |                                  |   |                                   |   |
| <b>Soups, canned</b><br><i>Ready-to-serve</i><br><i>Minestrone,</i><br><i>Tomato, Tomato</i><br><i>with other basic</i><br><i>components such</i><br><i>as rice, Vegetable</i><br><i>(all vegetable), and</i><br><i>Vegetable with other</i><br><i>basic components</i><br><i>such as meat or</i><br><i>poultry</i> | 8 fl oz can          | 1.00                             | 1 cup serving<br>(about 1/4 cup vegetable)      | 100.0                             |   |
| <b>Soups, canned</b><br><i>Bean Soup</i><br><i>Condensed</i><br><i>(1 part soup to</i><br><i>1 part water)</i>  | No. 3 Cyl<br>(54 oz) | 23.0                             | 1/2 cup reconstituted<br>(1/4 cup heated beans) | 4.4                               | Reconstitute 1 part soup with<br>not more than 1 part water                                   |
|   | Pound                | 6.80                             | 1/2 cup reconstituted<br>(1/4 cup heated beans) | 14.8                              |   |
| <b>Soups, canned</b><br><i>Bean Soup</i><br><i>Ready-to-serve</i>   | 8 oz can             | 1.00                             | 1 cup serving<br>(1/2 cup heated beans)         | 100.0                             |   |
| <b>SPINACH</b>  |                      |                                  |   |                                   |   |
| <b>Spinach, fresh</b><br><i>Partly trimmed</i>  | Pound                | 30.7                             | 1/4 cup raw, chopped<br>vegetable               | 3.3                               | 1 lb AP = 0.88 lb ready-to-<br>cook or -serve raw spinach                                     |
|   | Pound                | 20.4                             | 1/4 cup vegetable with<br>dressing              | 5.0                               |   |
|   | Pound                | 7.60                             | 1/4 cup cooked, drained<br>vegetable            | 13.2                              |   |
| <b>Spinach, fresh</b><br><i>Leaves</i><br><i>(4-inch by 9-inch)</i><br><i>Ready-to-use</i>  | Pound                | 25.6                             | 1/4 cup raw, chopped<br>vegetable               | 4.0                               | 1 lb AP = 1 lb (about<br>6-3/8 cups) ready-to-cook<br>or -serve raw spinach                   |
|   | Pound                | 12.6                             | 1/4 cup wilted vegetable                        | 8.0                               | 1 lb AP = 1.03 lb (about<br>3-1/8 cups) wilted (lightly<br>steamed for one minute)<br>spinach |

## Section 2—Vegetables/Fruits

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|---|-------------------------|----------------------------------|---|-----------------------------------|---|
| <b>SPINACH (continued)</b>                    |                         |                                  |   |                                   |   |
| <b>Spinach, canned</b>                        | No. 10 can (98 oz)      | 25.2                             | 1/4 cup heated, drained vegetable         | 4.0                               | 1 No. 10 can = about 55.0 oz drained spinach                        |
|   | No. 2-1/2 can (27 oz)   | 6.90                             | 1/4 cup heated, drained vegetable         | 14.5                              | 1 No. 2-1/2 can = about 17.6 oz (2-1/4 cups) drained spinach        |
|   | No. 300 can (13-1/2 oz) | 3.91                             | 1/4 cup heated, drained vegetable         | 25.6                              | 1 No. 300 can = about 1 cup drained, unheated spinach               |
|   | Pound                   | 4.11                             | 1/4 cup heated, drained vegetable         | 24.4                              |   |
| <b>Spinach, frozen</b><br><i>Chopped</i>      | Pound                   | 5.60                             | 1/4 cup cooked, drained vegetable         | 17.9                              |   |
| <b>Spinach, frozen</b><br><i>Leaf Whole</i>   | Pound                   | 6.50                             | 1/4 cup cooked, drained vegetable         | 15.4                              |   |
| <b>SQUASH, SUMMER</b>                         |                         |                                  |   |                                   |   |
| <b>Squash, Summer, fresh</b><br><i>Yellow</i> | Pound                   | 7.30                             | 1/4 cup cubed, cooked, drained vegetable  | 13.7                              | 1 lb AP = 0.95 lb ready-to-cook squash                              |
|   | Pound                   | 6.30                             | 1/4 cup cooked, drained mashed vegetable  | 15.9                              |   |
|   | Pound                   | 15.5                             | 1/4 cup raw, sliced vegetable             | 6.5                               | 1 lb AP = 0.98 lb (about 3-7/8 cups) ready-to-serve or -cook squash |
|   | Pound                   | 8.42                             | 1/4 cup sliced, cooked, drained vegetable | 11.9                              | 1 lb AP = 0.83 lb (about 2 cups) cooked, sliced squash              |

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|---|---------------------|----------------------------------|--|-----------------------------------|---|
| <b>SQUASH, SUMMER (continued)</b>                       |                     |                                  |  |                                   |   |
| <b>Squash, Summer, fresh</b><br><i>Zucchini Whole</i>   | Pound               | 11.9                             | 1/4 cup raw vegetable sticks (about 3 sticks, 1/2-inch by 3-inch sticks) | 8.5                               | 1 lb AP = 0.95 lb (about 2-7/8 cups) ready-to-serve or -cook raw (1/2-inch by 3-inch) squash sticks |
|   | Pound               | 12.7                             | 1/4 cup raw, cubed vegetable   | 7.9                               | 1 lb AP = 0.95 lb (about 3-1/8 cups) ready-to-cook or -serve raw 3/4-inch cubed zucchini            |
|   | Pound               | 7.60                             | 1/4 cup cubed, cooked, drained vegetable                                 | 13.2                              | 1 lb AP = 0.86 lb cooked, 3/4-inch zucchini cubes   |
|   | Pound               | 13.1                             | 1/4 cup raw, sliced vegetable  | 7.7                               | 1 lb AP = 0.96 lb (about 3-1/4 cups) ready-to-cook or -serve raw, 1/4-inch zucchini slices          |
|   | Pound               | 10.2                             | 1/4 cup sliced, cooked, drained vegetable                                | 9.9                               |   |
| <b>Squash, Summer, canned</b><br><i>Sliced</i>          | No. 10 can (105 oz) | 26.5                             | 1/4 cup heated, drained vegetable  | 3.8                               | 1 No. 10 can = about 61.0 oz (8-3/8 cups) drained, unheated squash                                  |
|   | Pound               | 4.03                             | 1/4 cup heated, drained vegetable  | 24.9                              | 1 lb AP = about 9.2 oz (1-1/2 cups) drained squash  |
| <b>Squash, Summer, frozen</b><br><i>Yellow Sliced</i>   | Pound               | 7.90                             | 1/4 cup cooked, drained vegetable  | 12.7                              |   |
| <b>Squash, Summer, frozen</b><br><i>Zucchini Sliced</i> | Pound               | 7.00                             | 1/4 cup cooked, drained vegetable  | 14.3                              |   |
| <b>SQUASH, WINTER</b>                                   |                     |                                  |  |                                   |   |
| <b>Squash, Winter, fresh</b><br><i>Acorn Whole</i>      | 1 squash (8 oz)     | 2.00                             | 1/2 small squash baked in skin (about 1/4 cup vegetable)                 | 50.0                              | 1 lb AP = 0.87 lb ready-to-cook squash in skin  |
|   | Pound               | 4.70                             | 1/4 cup cooked, drained, pared, mashed vegetable                         | 21.3                              | 1 lb AP = 0.70 lb ready-to-cook pared squash  |

## Section 2—Vegetables/Fruits

| 1 Food As Purchased, AP  | 2 Purchase Unit  | 3 Servings per Purchase Unit, EP | 4 Serving Size per Meal Contribution             | 5 Purchase Units for 100 Servings | 6 Additional Information   |
|--|------------------|----------------------------------|--|-----------------------------------|--|
| <b>SQUASH, WINTER (continued)</b>  |                  |                                  |  |                                   |  |
| <b>Squash, Winter, fresh</b><br><i>Butternut Whole</i>                           | Pound            | 7.50                             | 1/4 cup cooked, drained, pared, cubed vegetable  | 13.4                              | 1 lb AP = 0.84 lb ready-to-cook pared squash   |
|  | Pound            | 5.40                             | 1/4 cup cooked, pared, drained, mashed vegetable | 18.6                              |  |
| <b>Squash, Winter, fresh</b><br><i>Hubbard Whole</i>                             | Pound            | 4.40                             | 1/4 cup cooked, drained, pared, cubed vegetable  | 22.8                              | 1 lb AP = 0.64 lb ready-to-cook pared squash   |
|  | Pound            | 4.30                             | 1/4 cup cooked, drained, pared, mashed vegetable | 23.3                              |  |
| <b>Squash, Winter, frozen</b><br><i>Mashed All varieties</i>                     | Pound            | 7.00                             | 1/4 cup cooked vegetable                         | 14.3                              |  |
| <b>STARFRUIT (CARAMBOLA)</b>   |                  |                                  |  |                                   |  |
| <b>Star Fruit (Carambola), fresh</b><br><i>Whole</i>                             | Pound            | 13.5                             | 1/4 cup sliced fruit                             | 7.5                               | 1 lb AP = 0.97 lb (about 3-7/8 cups) ready-to-serve 1/4-inch sliced (about 46 slices) or about 2-7/8 cups chopped star fruit |
|  | Pound            | 9.50                             | 1/4 cup chopped fruit                            | 10.3                              |  |
| <b>STRAWBERRIES</b>  |                  |                                  |  |                                   |  |
| <b>Strawberries, fresh</b><br><i>Whole</i>                                       | Pint (11-1/2 oz) | 7.90                             | 1/4 cup raw, whole fruit                         | 12.7                              | 1 pt AP = about 0.66 lb ready-to-serve raw berries   |
|  | Pound            | 10.5                             | 1/4 cup raw, whole fruit                         | 9.6                               | 1 lb AP = 0.88 lb ready-to-serve raw berries   |
| <b>Strawberries, frozen</b><br><i>Sliced Unsweetened Includes USDA Commodity</i> | Pound            | 7.28                             | 1/4 cup thawed fruit and juice                   | 13.8                              | 1 lb AP = 1 lb (about 1-3/4 cups) ready-to-serve thawed berries and juice  |
| <b>Strawberries, frozen</b><br><i>Sliced Sweetened Includes USDA Commodity</i>   | Pound            | 7.10                             | 1/4 cup thawed fruit and juice                   | 14.1                              |  |

## Section 2—Vegetables/Fruits

| 1 Food As Purchased, AP  | 2 Purchase Unit     | 3 Servings per Purchase Unit, EP | 4 Serving Size per Meal Contribution            | 5 Purchase Units for 100 Servings | 6 Additional Information  |
|--|---------------------|----------------------------------|---|-----------------------------------|---|
| <b>STRAWBERRIES (continued)</b>  |                     |                                  |   |                                   |   |
| <b>Strawberries, frozen</b><br><i>Whole, Grade A Unsweetened Individually-quick-frozen Includes USDA Commodity</i> | Pound               | 11.9                             | 1/4 cup thawed fruit                            | 8.5                               | 1 lb AP = 1 lb (about 2-7/8 cups) ready-to-serve, thawed berries                    |
| <b>Strawberries, dehydrated</b>  | Pound               | 10.9                             | 1/4 cup dehydrated fruit                        | 9.2                               | 1 lb AP (dried) = 1 lb (about 2-2/3 cups) ready-to-serve dehydrated berries         |
| <b>SUCCOTASH</b>   |                     |                                  |   |                                   |   |
| <b>Succotash, canned</b><br><i>Corn and Green Beans</i>  | No. 10 can (103 oz) | 34.1                             | 1/4 cup heated, drained vegetable               | 3.0                               | 1 No. 10 can = about 65.4 oz (8-1/2 cups) heated, drained succotash                 |
|  | No. 10 can (103 oz) | 37.8                             | 1/4 cup drained vegetable (unheated for salads) | 2.7                               | 1 No. 10 can = about 62.0 oz (9-3/8 cups) drained, unheated succotash               |
|  | Pound               | 5.29                             | 1/4 cup heated, drained vegetable               | 19.0                              |   |
|  | Pound               | 5.87                             | 1/4 cup drained vegetable (unheated for salads) | 17.1                              |   |
| <b>Succotash, canned</b><br><i>Corn and Lima Beans</i>   | No. 10 can (105 oz) | 36.7                             | 1/4 cup heated, drained vegetable               | 2.8                               | 1 No. 10 can = about 75.0 oz (9-1/8 cups) heated, drained succotash                 |
|  | No. 10 can (105 oz) | 40.9                             | 1/4 cup drained vegetable (unheated for salads) | 2.5                               | 1 No. 10 can = about 71.0 oz (about 10-1/8 cups) drained, unheated succotash        |
|  | Pound               | 5.59                             | 1/4 cup heated, drained vegetable               | 17.9                              |   |
|  | Pound               | 6.24                             | 1/4 cup drained vegetable (unheated for salads) | 16.1                              |   |
| <b>Succotash, frozen</b><br><i>Corn and Green Beans</i>  | Pound               | 8.76                             | 1/4 cup cooked, drained vegetable               | 11.5                              | 1 lb AP = 0.95 lb (about 2-1/8 cups) cooked, drained succotash or 2-7/8 cups thawed |
|  | Pound               | 11.6                             | 1/4 cup thawed vegetable (unheated for salads)  | 8.7                               |   |

## Section 2—Vegetables/Fruits

| 1 Food As Purchased, AP   | 2 Purchase Unit         | 3 Servings per Purchase Unit, EP | 4 Serving Size per Meal Contribution           | 5 Purchase Units for 100 Servings | 6 Additional Information  |
|---|-------------------------|----------------------------------|--|-----------------------------------|---|
| <b>SUCCOTASH (continued)</b>  |                         |                                  |  |                                   |   |
| <b>Succotash, frozen</b><br><i>Corn and Lima Beans</i>  | Pound                   | 9.25                             | 1/4 cup cooked, drained vegetable              | 10.9                              | 1 lb AP = 0.95 lb (about 2-1/4 cups) cooked, drained succotash              |
|   | Pound                   | 11.6                             | 1/4 cup thawed vegetable (unheated for salads) | 8.7                               | 1 lb AP = 1 lb (about 2-7/8 cups) ready-to-serve thawed, unheated succotash |
| <b>SWEET POTATOES</b>   |                         |                                  |  |                                   |   |
| <b>Sweet Potatoes, fresh</b><br><i>Whole</i>  | Pound                   | 6.60                             | 1/4 cup baked vegetable                        | 15.2                              | 1 lb AP = 0.61 lb baked sweet potato without skin                           |
|   | Pound                   | 5.50                             | 1/4 cup cooked, mashed vegetable               | 18.2                              | 1 lb AP = 0.80 lb peeled ready-to-cook sweet potato                         |
|   | Pound                   | 9.10                             | 1/4 cup cooked, sliced vegetable               | 11.0                              |   |
| <b>Sweet Potatoes, canned</b><br><i>Cut</i><br><i>Packed in light syrup</i><br><i>Includes USDA Commodity</i> | No. 10 can (108 oz)     | 33.8                             | 1/4 cup heated, drained vegetable              | 3.0                               | 1 No. 10 can = about 60.9 oz (8-3/8 cups) heated, drained sweet potato      |
|   | No. 2-1/2 can (29 oz)   | 12.2                             | 1/4 cup heated, drained vegetable              | 8.2                               | 1 No. 2-1/2 can = about 18.0 oz (3-1/8 cups) heated, drained sweet potato   |
|   | No. 300 can (15-3/4 oz) | 5.16                             | 1/4 cup heated, drained vegetable              | 19.4                              | 1 No. 300 can = about 9.0 oz (1-1/4 cups) heated, drained sweet potato      |
| <b>Sweet Potatoes, canned</b><br><i>Mashed</i><br><i>Includes USDA Commodity</i>                              | No. 10 can (109 oz)     | 49.1                             | 1/4 cup heated vegetable                       | 2.1                               | 1 No. 10 can = about 12-1/4 cups heated, mashed sweet potato                |



## Section 2—Vegetables/Fruits

| 1 Food As Purchased, AP   | 2 Purchase Unit         | 3 Servings per Purchase Unit, EP | 4 Serving Size per Meal Contribution | 5 Purchase Units for 100 Servings | 6 Additional Information  |
|---|-------------------------|----------------------------------|--------------------------------------|-----------------------------------|---|
| <b>SWEET POTATOES (continued)</b>   |                         |                                  |                                      |                                   |   |
| <b>Sweet Potatoes, canned</b><br><i>Whole</i><br><i>Includes USDA Commodity</i>   | No. 10 can (112 oz)     | 39.1                             | 1/4 cup heated, drained vegetable    | 2.6                               | 1 No. 10 can = about 78.6 oz (9-3/4 cups) heated, drained sweet potato    |
|   | No. 2-1/2 can (29 oz)   | 12.3                             | 1/4 cup heated, drained vegetable    | 8.2                               | 1 No. 2-1/2 can = about 18.0 oz (3-1/4 cups) heated, drained sweet potato |
|   | No. 300 can (15-3/4 oz) | 5.16                             | 1/4 cup heated, drained vegetable    | 19.4                              | 1 No. 300 can = about 9.6 oz (1-1/4 cups) heated, drained sweet potato    |
| <b>Sweet Potatoes, frozen</b><br><i>Mashed</i><br><i>Includes USDA Commodity</i>  | Pound                   | 7.55                             | 1/4 cup cooked vegetable             | 13.3                              | 1 lb AP = 0.99 lb (about 1-3/4 cups) cooked sweet potato                  |
| <b>Sweet Potatoes, frozen</b><br><i>Center cuts</i><br><i>Approx. 7/8 to 1-3/8-inch thick by 1-1/4 to 1-3/4 inch diameter</i> | Pound                   | 9.70                             | 1/4 cup cooked vegetable             | 10.4                              | 1 lb AP = 0.98 lb (about 2-3/8 cups) cooked sweet potato                  |
| <b>Sweet Potatoes, frozen</b><br><i>Center cuts</i><br><i>Approx. 1-inch thick by 1-3/4 to 2-inch diameter</i>                | Pound                   | 9.25                             | 1/4 cup cooked vegetable             | 10.9                              | 1 lb AP = 0.93 lb (about 2-1/4 cups) cooked sweet potato                  |
| <b>Sweet Potatoes, frozen</b><br><i>Random cut chunks</i><br><i>Includes USDA Commodity</i>                                   | Pound                   | 9.24                             | 1/4 cup cooked vegetable             | 10.9                              | 1 lb AP = 0.95 lb (about 2-1/4 cups) cooked sweet potato                  |
| <b>Sweet Potatoes, frozen</b><br><i>Packed in syrup</i>   | Pound                   | 7.60                             | 1/4 cup cooked, drained vegetable    | 13.2                              |   |
| <b>Sweet Potatoes, dehydrated</b><br><i>Flakes</i><br><i>Low moisture</i>   | Pound                   | 18.5                             | 1/4 cup reconstituted vegetable      | 5.5                               | 1 lb dry = about 3-3/4 cups dehydrated sweet potato flakes                |

## Section 2—Vegetables/Fruits

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|---|-----------------|----------------------------------|---|-----------------------------------|--|
| <b>SWISS CHARD</b>  |                 |                                  |   |                                   |  |
| <b>Swiss Chard, fresh</b><br><i>Trimmed</i>                       | Pound           | 21.1                             | 1/4 cup raw, chopped vegetable                          | 4.8                               | 1 lb AP = 0.96 lb (about 5-1/4 cups) ready-to-serve raw, chopped Swiss chard     |
| <b>Swiss Chard, fresh</b><br><i>Untrimmed</i>                     | Pound           | 6.30                             | 1/4 cup cooked, drained vegetable                       | 15.9                              | 1 lb AP = about 0.92 lb ready-to-cook trimmed Swiss chard                        |
| <b>TANGELOS</b>   |                 |                                  |   |                                   |  |
| <b>Tangelos, fresh</b><br><i>Whole</i>                            | Pound           | 6.67                             | 1/4 cup peeled fruit sections                           | 15.0                              | 1 lb AP = 0.74 lb (about 1-2/3 cups) ready-to-serve peeled, sectioned tangelo    |
| <b>TANGERINES</b>   |                 |                                  |   |                                   |  |
| <b>Tangerines, fresh</b><br><i>120 count</i><br><i>Whole</i>      | Pound           | 4.00                             | 1 whole, raw tangerine (about 3/8 cup fruit)            | 25.0                              |  |
|   | Pound           | 7.78                             | 1/4 cup peeled fruit sections                           | 12.9                              | 1 lb AP = 0.80 lb (about 1-7/8 cups) ready-to-serve peeled, sectioned tangerine  |
| <b>Tangerines, canned</b><br><i>Mandarin Oranges</i>              | Pound           | 7.30                             | 1/4 cup fruit and juice                                 | 13.7                              | 1 lb AP = about 0.61 lb (about 1-1/2 cups) drained tangerine                     |
| <b>TANNIER (see YAUTIA)</b>                                       |                 |                                  |   |                                   |  |
| <b>TARO (see MALANGA)</b>   |                 |                                  |   |                                   |  |
| <b>TOMATILLOS</b>   |                 |                                  |   |                                   |  |
| <b>Tomatillos, fresh</b><br><i>Whole with stem</i>                | Pound           | 11.9                             | 1/4 cup raw, diced vegetable                            | 8.5                               | 1 lb AP = 0.98 lb (2-7/8 cups) ready-to-serve stemmed, 1/2-inch, diced tomatillo |
|   | Pound           | 6.38                             | 1/4 cup cooked, diced vegetable                         | 15.7                              | 1 lb AP = 0.82 lb (about 1-1/2 cups) diced, cooked tomatillo                     |
| <b>TOMATOES</b>   |                 |                                  |   |                                   |  |
| <b>Tomatoes, fresh</b><br><i>Cherry</i><br><i>Whole with stem</i> | Pound           | 12.1                             | 1/4 cup whole vegetable (about 3 whole cherry tomatoes) | 8.3                               | 1 lb AP = 0.99 lb (about 3 cups) stemmed, whole cherry tomatoes                  |
|   | Pound           | 10.6                             | 1/4 cup vegetable halves (about 5 cherry tomato halves) | 9.5                               | 1 lb AP = 0.99 lb (about 2-2/3 cups) stemmed, halved cherry tomatoes             |

## Section 2—Vegetables/Fruits

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|---|-------------------------|----------------------------------|---|-----------------------------------|--|
| <b>TOMATOES (continued)</b>   |                         |                                  |   |                                   |  |
| <b>Tomatoes, fresh</b><br><i>Whole</i><br><i>All sizes</i>  | Pound                   | 7.60                             | 1/4 cup diced tomato                                      | 13.2                              | 1 lb AP = 0.87 lb ready-to-serve raw, diced tomato                         |
|   | Pound                   | 10.4                             | 1/4 cup vegetable wedges                                  | 9.7                               | 1 lb AP = 0.98 lb (about 2-1/2 cups) ready-to-serve 1/2-inch tomato wedges |
| <b>Tomatoes, fresh</b><br><i>Small or Medium</i><br><i>approx 2-1/8-inch to 2-1/4-inch diameter</i><br><i>Whole</i>       | Pound                   | 8.53                             | 1/4 cup sliced vegetable (about 5 slices, 1/8-inch thick) | 11.8                              | 1 lb AP = 0.87 lb (about 2-1/8 cups) 1/8-inch, sliced tomato               |
| <b>Tomatoes, fresh</b><br><i>Large or Extra large</i><br><i>Approx. 2-1/2-inch to 2-3/4-inch diameter</i><br><i>Whole</i> | Pound                   | 8.70                             | 1/4 cup sliced vegetable (about 4 slices, 1/8-inch thick) | 11.5                              | 1 lb AP = 0.86 lb sliced tomato (1/8-inch, thick slices)                   |
| <b>Tomatoes, fresh</b><br><i>Diced</i><br><i>Ready-to-use</i>   | Pound                   | 8.74                             | 1/4 cup raw vegetable                                     | 11.5                              | 1 lb AP = 1 lb (about 2-1/8 cups) ready-to-serve tomato                    |
|   | Pound                   | 6.67                             | 1/4 cup cooked vegetable                                  | 15.0                              | 1 lb AP = 0.85 lb (about 1-2/3 cups) cooked tomato                         |
| <b>Tomatoes, canned</b><br><i>Whole or Stewed</i><br><i>Includes USDA Commodity</i>                                       | No. 10 can (102 oz)     | 45.5                             | 1/4 cup heated vegetable and juice                        | 2.2                               | 1 No. 10 can = about 66.0 oz drained tomato                                |
|   | No. 10 can (102 oz)     | 48.8                             | 1/4 cup vegetable and juice                               | 2.1                               |  |
|   | No. 2-1/2 can (28 oz)   | 12.5                             | 1/4 cup heated vegetable and juice                        | 8.0                               | 1 No. 2-1/2 can = about 18.5 oz drained tomato                             |
|   | No. 2-1/2 can (28 oz)   | 13.4                             | 1/4 cup vegetable and juice                               | 7.5                               |  |
|   | No. 300 can (14-1/2 oz) | 6.14                             | 1/4 cup heated vegetable and juice                        | 16.3                              |  |
|   | No. 300 can (14-1/2 oz) | 6.59                             | 1/4 cup vegetable and juice                               | 15.2                              |  |
|   | Pound                   | 7.13                             | 1/4 cup heated vegetable and juice                        | 14.1                              |  |

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|---|-------------------------|----------------------------------|---|-----------------------------------|---|
| <b>TOMATOES (continued)</b>   |                         |                                  |   |                                   |   |
| <b>Tomatoes, canned</b><br><i>Crushed</i>   | No. 10 can (102 oz)     | 46.6                             | 1/4 cup heated vegetable and juice      | 2.2                               | 1 No. 10 can = about 12 cups tomato and juice   |
|   | No. 2-1/2 can (28 oz)   | 12.7                             | 1/4 cup heated vegetable and juice      | 7.9                               | 1 No. 2-1/2 can = about 18.5 oz drained tomato  |
|   | Pound                   | 7.30                             | 1/4 cup heated vegetable and juice      | 13.7                              |   |
| <b>Tomatoes, canned</b><br><i>Diced</i><br><i>Includes USDA Commodity</i>   | No. 10 can (102 oz)     | 49.2                             | 1/4 cup heated vegetable and juice      | 2.1                               | 1 No. 10 can = about 12-1/4 cups heated, tomato and juice   |
|   | No. 2-1/2 can (28 oz)   | 13.5                             | 1/4 cup heated vegetable and juice      | 7.5                               | 1 No. 2-1/2 can = about 18.5 oz drained, unheated tomato  |
|   | No. 300 can (14-1/2 oz) | 6.99                             | 1/4 cup heated vegetable and juice      | 14.4                              |   |
|   | Pound                   | 7.71                             | 1/4 cup heated vegetable and juice      | 13.0                              |   |
| <b>TOMATO PRODUCTS</b>  |                         |                                  |   |                                   |   |
| Tomato Products, Canned<br><b>Tomato Paste</b><br><i>24%-28% Natural Tomato Soluble Solids (NTSS)</i><br><i>Includes USDA Commodity</i> | No. 10 can (111 oz)     | 192.0                            | 1 tablespoon paste (1/4 cup vegetable)  | 0.53                              | 1 No. 10 can = about 12 cups tomato paste   |
|   | No. 2-1/2 can (30 oz)   | 52.0                             | 1 tablespoon paste (1/4 cup vegetable)  | 2.0                               | 1 No. 2-1/2 can = about 3-1/4 cups tomato paste   |
|   | Pound                   | 27.6                             | 1 tablespoon paste (1/4 cup vegetable)  | 3.7                               | 1 No. 10 can paste plus 3 cans water = 48 cups single strength tomato juice                                       |
|   | Picnic (12 oz)          | 20.7                             | 1 tablespoon paste (1/4 cup vegetable)  | 4.9                               | 12 oz can = about 1-1/4 cups paste  |
| Tomato Products, canned<br><b>Tomato Puree</b><br><i>Not less than 8% but less than 24% Natural Tomato Soluble Solids (NTSS)</i>        | No. 10 can (106 oz)     | 96.0                             | 2 tablespoons puree (1/4 cup vegetable) | 1.1                               | 1 No. 10 can = 12 cups puree, 1 No. 10 can tomato puree plus one can water = 24 cups single strength tomato juice |
|   | No. 2-1/2 can (29 oz)   | 26.2                             | 2 tablespoons puree (1/4 cup vegetable) | 3.9                               |   |
|   | Pound                   | 14.4                             | 2 tablespoons puree (1/4 cup vegetable) | 7.0                               |   |

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|--|-------------------------|----------------------------------|---|-----------------------------------|--|
| <b>TOMATO PRODUCTS (continued)</b>   |                         |                                  |   |                                   |  |
| Tomato Products, canned<br><b>Tomato Sauce</b><br><i>Includes USDA Commodity</i>     | No. 10 can (106 oz)     | 50.7                             | 1/4 cup vegetable   | 2.0                               |  |
|  | No. 300 can (15 oz)     | 6.85                             | 1/4 cup vegetable   | 14.6                              |  |
|  | Pound                   | 7.65                             | 1/4 cup vegetable   | 13.1                              |  |
| Tomato Products, canned<br><b>Spaghetti Sauce, Meatless</b><br><i>USDA Commodity</i> | No. 10 can (106 oz)     | 47.9                             | 1/4 cup heated vegetable  | 2.1                               | 1 No. 10 can = about 12 cups heated spaghetti sauce                          |
| <b>TURNIPS</b>   |                         |                                  |   |                                   |  |
| <b>Turnips, fresh</b><br><i>Whole</i>  | Pound                   | 10.8                             | 1/4 cup raw, pared vegetable sticks (about 7 sticks, 1/2-inch by 2-inch sticks) | 9.3                               | 1 lb AP = 0.83 lb (about 2-2/3 cups) ready-to-serve raw, pared turnip sticks |
| <b>Turnips, fresh</b><br><i>Without tops</i>   | Pound                   | 11.2                             | 1/4 cup raw, pared, cubed or diced vegetable                                    | 9.0                               | 1 lb AP = 0.79 lb ready-to-cook or -serve raw pared turnip                   |
|  | Pound                   | 8.70                             | 1/4 cup pared, cubed, cooked, drained vegetable                                 | 11.5                              | 1 lb AP = 0.78 lb (about 2-1/8 cups) pared, cubed, cooked turnip             |
|  | Pound                   | 5.60                             | 1/4 cup cooked, drained, pared, mashed vegetable                                | 17.9                              |  |
| <b>TURNIP GREENS</b>   |                         |                                  |   |                                   |  |
| <b>Turnip Greens, fresh</b><br><i>Untrimmed</i>                                      | Pound                   | 6.50                             | 1/4 cup cooked, drained vegetable   | 15.4                              | 1 lb AP = 0.70 lb ready-to-cook turnip greens                                |
| <b>Turnip Greens, canned</b>   | No. 10 can (98 oz)      | 27.6                             | 1/4 cup heated, drained vegetable   | 3.7                               | 1 No. 10 can = 58.0 oz drained turnip greens                                 |
|  | No. 2-1/2 can (27 oz)   | 7.60                             | 1/4 cup heated, drained vegetable   | 13.2                              |  |
|  | No. 300 can (14-1/2 oz) | 3.72                             | 1/4 cup heated, drained vegetable   | 26.9                              |  |
|  | Pound                   | 4.50                             | 1/4 cup heated, drained vegetable   | 22.3                              |  |

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|--|-----------------------|----------------------------------|--|-----------------------------------|--|
| <b>TURNIP GREENS (continued)</b>   |                       |                                  |  |                                   |  |
| <b>Turnip Greens, frozen</b><br><i>Chopped or Whole Leaf</i>   | Pound                 | 9.60                             | 1/4 cup cooked, drained vegetable              | 10.5                              |  |
| <b>TURTLE BEANS (see BLACK BEANS)</b>  |                       |                                  |  |                                   |  |
| <b>UGLI FRUIT</b>  |                       |                                  |  |                                   |  |
| <b>Ugli Fruit, fresh</b><br><i>Whole</i>   | Pound                 | 6.33                             | 1/4 cup peeled, chopped fruit                  | 15.8                              | 1 lb AP = 0.67 lb (about 1-1/2 cups) ready-to-serve raw, peeled, chopped ugli fruit. One 32-count ugli fruit = about 14.6 oz |
| <b>VEGETABLES, MIXED</b>   |                       |                                  |  |                                   |  |
| <b>Vegetables, Mixed, canned</b><br><i>Seven vegetables: Carrots, Celery, Corn, Green Beans, Green Peas, Lima Beans and Potatoes</i><br><i>Includes USDA Commodity</i> | No. 10 can (106 oz)   | 36.1                             | 1/4 cup heated, drained vegetable              | 2.8                               | 1 No. 10 can = about 66.5 oz (9-1/4 cups) drained vegetable  |
|  | No. 2-1/2 can (29 oz) | 11.5                             | 1/4 cup heated, drained vegetable              | 8.7                               | 1 No. 2-1/2 can = about 19.4 oz (3-3/8 cups) drained vegetable   |
|  | No. 300 can (15 oz)   | 4.64                             | 1/4 cup heated, drained vegetable              | 21.6                              | 1 No. 300 can = about 8.6 oz (1-1/2 cup) drained, unheated vegetable   |
| <b>Vegetables, Mixed, frozen</b><br><i>Seven vegetables: Carrots, Celery, Corn, Green Beans, Green Peas, Lima Beans, and Potatoes</i>                                  | Pound                 | 8.10                             | 1/4 cup cooked, drained vegetable              | 12.4                              |  |
| <b>Vegetables, Mixed, frozen</b><br><i>Broccoli and Cauliflower blend</i>  | Pound                 | 11.9                             | 1/4 cup thawed vegetable (unheated for salads) | 8.5                               | 1 lb AP = 0.98 lb (about 2-7/8 cups) ready-to-serve thawed, mixed vegetables for salad bar                                   |
|  | Pound                 | 10.7                             | 1/4 cup cooked, drained vegetable              | 9.4                               | 1 lb AP = 0.95 lb (about 2-2/3 cups) cooked, drained, mixed vegetables   |

## Section 2—Vegetables/Fruits

| 1 Food As Purchased, AP  | 2 Purchase Unit       | 3 Servings per Purchase Unit, EP | 4 Serving Size per Meal Contribution           | 5 Purchase Units for 100 Servings | 6 Additional Information  |
|--|-----------------------|----------------------------------|--|-----------------------------------|---|
| <b>VEGETABLES, MIXED (continued)</b>   |                       |                                  |  |                                   |   |
| <b>Vegetables, Mixed, frozen</b><br><i>Broccoli, Cauliflower, and Carrot Blend</i> | Pound                 | 11.9                             | 1/4 cup thawed vegetable (unheated for salads) | 8.5                               | 1 lb AP = 0.98 lb (about 2-7/8 cups) ready-to-serve thawed, mixed vegetables for salad bar      |
|  | Pound                 | 10.6                             | 1/4 cup cooked, drained vegetable              | 9.5                               | 1 lb AP = 0.94 lb (about 2-2/3 cups) cooked, drained mixed vegetables                           |
| <b>Vegetables, Mixed, frozen</b><br><i>Carrot, Corn, and Green Bean blend</i>      | Pound                 | 9.84                             | 1/4 cup thawed vegetable (unheated for salads) | 10.2                              | 1 lb AP = 0.99 lb (about 2-3/8 cups) ready-to-serve thawed, mixed vegetables for salad bar      |
|  | Pound                 | 9.20                             | 1/4 cup cooked, drained vegetable              | 10.9                              | 1 lb AP = 0.96 lb (about 2-1/4 cups) cooked, drained, mixed vegetables                          |
| <b>Vegetables, Mixed, frozen</b><br><i>Peppers and Onions</i>                      | Pound                 | 7.71                             | 1/4 cup cooked, drained vegetable              | 13.0                              | 1 lb AP = 0.86 lb (about 1-7/8 cups) cooked, drained, mixed vegetables                          |
| <b>WATER CHESNUTS</b>  |                       |                                  |  |                                   |   |
| <b>Water Chestnuts, canned</b>   | Pound                 | 6.70                             | 1/4 cup drained fruit                          | 15.0                              |   |
| <b>WATERCRESS</b>  |                       |                                  |  |                                   |   |
| <b>Watercress, fresh</b>   | Pound                 | 50.5                             | 1/4 cup raw vegetable sprigs or pieces         | 2.0                               | 1 lb AP = 0.92 lb ready-to-serve raw watercress   |
| <b>WATERMELON<sup>11</sup></b>   |                       |                                  |  |                                   |   |
| <b>Watermelon, fresh<sup>11</sup></b><br><i>Whole</i>                              | 1 Melon (about 27 lb) | 168.9                            | 1/4 cup fruit                                  | 0.60                              |   |
|  | Pound                 | 6.10                             | 1/4 cup diced fruit without rind               | 16.4                              | 1 lb AP = 0.61 lb (about 1-1/2 cups) ready-to-serve raw, 1/2-inch diced watermelon without rind |
| <b>YAM BEAN (see JICAMA)</b>   |                       |                                  |  |                                   |   |

<sup>11</sup> In response to Salmonella outbreaks associated with raw melon, the Food and Drug Administration has provided guidance for safe handling practices for melons that include washing the outer surface of the melon thoroughly with cool tap water to remove surface dirt.

## Section 2—Vegetables/Fruits

| 1 Food As Purchased, AP                    | 2 Purchase Unit | 3 Servings per Purchase Unit, EP | 4 Serving Size per Meal Contribution | 5 Purchase Units for 100 Servings | 6 Additional Information  |
|--|-----------------|----------------------------------|--------------------------------------|-----------------------------------|---|
| <b>YAUTIA (TANNIER)</b>                    |                 |                                  |                                      |                                   |   |
| Yautia (Tannier),<br>fresh<br><i>Whole</i> | Pound           | 8.84                             | 1/4 cup peeled, diced, raw vegetable | 11.4                              | 1 lb AP = 0.74 lb (about 2-1/8 cups) ready-to-serve, peeled, 1-inch, diced yautia (tannier) |
|  | Pound           | 8.84                             | 1/4 cup diced, cooked vegetable      | 11.4                              | 1 lb AP = 0.80 lb peeled, diced, cooked yautia (tannier) (absorbs water during cooking)     |
| <b>YUCCA (CASSAVA)</b>                     |                 |                                  |                                      |                                   |   |
| Yucca, (Cassava),<br>fresh<br><i>Whole</i> | Pound           | 8.01                             | 1/4 cup peeled, cooked chunks        | 12.5                              | 1 lb AP = 0.76 lb peeled, cooked, 4 to 5-inch yucca chunks                                  |