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**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 as a serving 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 the Food Guide Pyramid.
- 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> 125-138 count 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> 100 count 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> Slices Solid pack 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> Sliced, IQF 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> Slices or Rings 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> <i>Smooth or Chunky</i> 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> <i>Medium</i> (approx. 1-3/8 inch diameter) <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> <i>Diced</i> 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> <i>Halves</i> <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> <i>Slices</i> <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> <i>Whole</i> <i>With pits</i> <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> <i>Whole</i> <i>With pits</i> <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> <i>Halves</i> <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> <i>Sliced</i> <i>Unpeeled</i> <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> <i>Halves</i> <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> <i>36 count (large)</i> <i>Untrimmed</i> <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> <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> <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> <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> <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> <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> <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> <i>Cuts and Tips</i>	Pound	8.10	1/4 cup cooked vegetable	12.4	
<b>Asparagus, frozen</b> <i>Spears</i>	Pound	10.7	1/4 cup cooked vegetable	9.4	
<b>AVOCADOS</b>					
<b>Avocados, fresh</b> <i>All sizes</i> <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> <i>California</i> 48 count (approx. 2.5-inch width by 3.5-inch length) 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> <i>Florida</i> (approx. 3.5-inch width by 4.75-inch length) 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> <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> 150 count <i>Petite</i> 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> 100-120 count <i>Regular</i> 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> <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> <i>Slices</i> 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> <i>Whole</i> <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> <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> <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> <i>Whole</i> <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> <i>Whole</i>	Pound	11.2	1/4 cup cooked, drained vegetable	9.0	
<b>Beans, Black-eyed (or Peas), dry</b> <i>Whole</i> <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> <i>Whole</i> <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> <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> <i>Whole</i> <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> <i>Whole</i> <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> <i>Trimmed</i> <i>Whole</i> <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> <i>Untrimmed</i> <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> <i>Cut</i> <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> <i>French style</i> <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> <i>Whole</i> <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> <i>Cut</i> <i>Includes USDA Commodity</i>	Pound	11.6	1/4 cup cooked, drained vegetable	8.7	
<b>Beans, Green, frozen</b> <i>French style</i> <i>Includes USDA Commodity</i>	Pound	12.0	1/4 cup cooked, drained vegetable	8.4	
<b>Beans, Green, frozen</b> <i>Whole</i> <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 vegetable
<b>BEANS, GREEN, FLAT ITALIAN</b>					
<b>Beans, Green, Flat Italian, canned</b> <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 Whole</b>	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 Whole</b> <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 Whole</b> <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 Shelled Whole</b>	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 Green Whole</b> <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> <i>Baby Whole</i>	Pound	10.9	1/4 cup cooked, drained vegetable	9.2	
<b>Beans, Lima, frozen</b> <i>Fordhook Whole</i>	Pound	11.1	1/4 cup cooked, drained vegetable	9.1	
<b>Beans, Lima, dry</b> <i>Baby Whole</i> <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> <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> <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> <i>Whole</i> <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> <i>Whole</i> <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> <i>Whole</i> <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> <i>Whole</i> <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> <i>Whole</i> <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 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 <b>Beans Baked or In Sauce</b> <b>Vegetarian</b> <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 <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	
<b>BEANS, REFRIED</b>					
<b>Beans, Refried, canned</b> <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

<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 (continued)</b>					
<b>Beans, Refried, dehydrated</b>	Pound	20.5	1/4 cup cooked vegetable	4.9	1 lb AP = about 3-1/2 cups dehydrated 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> <i>Whole</i> <i>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> <i>Whole</i> <i>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> <i>Shelled</i>	Pound	10.7	1/4 cup cooked, drained vegetable	9.4	1 lb in pod = 0.65 lb (about 1-3/4 cups) blanched, shelled beans
<b>Beans, Soy, fresh (Edamame)</b> <i>Whole</i> <i>In shell</i>	Pound	6.90	1/4 cup cooked, drained, shelled vegetable	14.5	
<b>Beans, Soy, dry, canned</b> <i>Shelled</i>	Pound	7.30	1/4 cup heated, drained vegetable	13.7	
<b>Beans, Soy, dry</b> <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> <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> <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> <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> 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

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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>BEETS (continued)</b>					
<b>Beets, canned</b> <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> <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> <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> <i>Untrimmed</i>	Pound	3.50	1/4 cup cooked vegetable	28.6	1 lb AP = 0.48 lb ready-to-cook



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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>BLACKBERRIES (BOYSENBERRIES)</b>					
<b>Blackberries (Boysenberries), fresh</b> <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> <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> <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> <i>Puree</i> <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> <i>Whole</i> <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> <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	

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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>BLUEBERRIES (continued)</b>					
<b>Blueberries, frozen</b> <i>Whole</i>	Pound	7.80	1/4 cup cooked fruit, sugar added	12.9	
<b>Blueberries, frozen</b> <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> <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> <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> <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> <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> <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

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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>BROCCOLI (continued)</b>					
<b>Broccoli, fresh</b> <i>Spears</i> <i>Trimmed</i> <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> <i>Slaw</i> <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> <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> <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> <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> <i>Trimmed</i> <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> <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> <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	

## 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>CABBAGE, GREEN</b>					
<b>Cabbage, fresh</b> <i>Green</i> <i>Untrimmed</i> <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> <i>Green</i> <i>Shredded</i> <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> <i>Whole</i> <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> <i>Shredded</i> <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

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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>CACTUS (NOPALES)</b>					
<b>Cactus (Nopales), fresh</b> <i>Leaves (or petals)</i> <i>Unpeeled</i> <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> <i>Leaves (or Petals)</i> <i>Unpeeled</i> <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 1 lb AP = about 1-2/3 cups diced, cooked, drained cactus
<b>Cactus (Nopalitos), canned</b> <i>Leaves (or Petals)</i> <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> <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> <i>Whole</i> <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, 1 melon = about 14 oz EP
<b>Cantaloupe, fresh<sup>4</sup></b> <i>Whole</i> <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, 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.

## 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>CANTALOUPE<sup>4</sup> (continued)</b>					
<b>Cantaloupe, frozen</b> <i>Melon balls Packed in syrup</i>	Pound	7.80	1/4 cup fruit and juice	12.9	
<b>Cantaloupe, frozen</b> <i>Melon balls 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> <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> <i>Shredded 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> <i>Sliced</i> <i>Peeled</i> <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 = 1 lb (about 3-3/4 cups) carrot sticks
<b>Carrots, fresh</b> <i>Baby</i> <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> <i>Diced</i> <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> <i>Sliced</i> <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

## 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, frozen</b> <i>Sliced</i> <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> <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> <i>Whole</i> <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> <i>Florets</i> <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> <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	



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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>CELERY (continued)</b>					
<b>Celery, fresh</b> <i>Sticks</i> <i>Ready-to-use</i> <i>(1/2-inch by 4-inch)</i>	Pound	14.0	1/4 cup raw vegetables (about 3 sticks)	7.2	1 lb AP = 1 lb (about 3-1/2 cups) ready-to-serve raw celery
<b>Celery, fresh</b> <i>Diced</i> <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> <i>Diced</i>	No. 10 can (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 (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 (drained weight)	8.27	1/4 cup heated, drained vegetable	12.1	
	Pound (drained weight)	10.5	1/4 cup drained vegetable	9.6	
<b>Celery, canned</b> <i>Diced</i> <i>In sauce</i>	No. 10 can (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> <i>Whole</i> <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> <i>Large</i>	Pound	6.20	1/4 cup drained fruit	16.2	

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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>CHERRIES, MARASCHINO (continued)</b>					
<b>Cherries, Maraschino, canned</b> <i>Small</i>	Pound	5.70	1/4 cup drained fruit	17.6	
<b>CHERRIES, RED TART</b>					
<b>Cherries, Red Tart, fresh</b> <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> <i>Pitted</i> <i>Water packed</i> <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> <i>Pitted</i> <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	

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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>CHERRIES, RED TART (continued)</b>					
<b>Cherries, Red Tart, dehydrated</b> <i>Whole</i> <i>Without pits</i> <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> <i>Whole</i> <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
<b>Cherries, Sweet, canned</b> <i>Whole</i> <i>With pits</i>	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
	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> <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

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<b>COLLARD GREENS</b>					
<b>Collard Greens, fresh</b> <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> <i>Chopped or Whole leaf</i>	Pound	9.20	1/4 cup cooked, drained vegetable	10.9	
<b>CORN</b>					
<b>Corn, fresh</b> <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> <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> <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

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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>CORN (continued)</b>					
<b>Corn, canned</b> <i>Whole kernel</i> <i>Vacuum packed</i> <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> <i>Whole kernel</i> <i>Liquid pack</i> <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> <i>Whole Kernel</i> <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> <i>Corn on the cob</i> <i>3-inch ear (cobbette)</i> <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> <i>Corn on the cob</i> <i>5-1/4-inch ear (medium)</i> <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

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<b>CRANBERRIES</b>					
<b>Cranberries, fresh Whole</b>	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 Sweetened Whole</b> <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 Whole</b> <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 Strained</b> <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> <i>Whole</i> <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	1 lb AP = 0.84 lb ready-to-serve raw, unpared, sliced cucumber
	Pound	10.5	1/4 cup pared, diced or sliced vegetable	9.6	
	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> <i>Moisturized</i> <i>With pits</i> <i>Whole</i>	Pound	10.0	1/4 cup pitted, dehydrated fruit	10.0	
	<b>Dates, dehydrated</b> <i>Pieces</i> <i>Regular moisture</i> <i>Includes USDA Commodity</i>	Pound	12.7	1/4 cup dehydrated fruit	7.9
<b>Dates, dehydrated</b> <i>Pitted</i> <i>Regular moisture</i> <i>Includes USDA Commodity</i>	30 lb pkg	383.6	1/4 cup dehydrated fruit	0.27	30 lb box = about 95-7/8 cups dried dates
	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> <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

## 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>ENDIVE, ESCAROLE</b>					
<b>Endive or Escarole, fresh</b> <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> <i>Small</i> <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> <i>Puree</i> <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> <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> <i>Whole</i> <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> <i>Diced and Sugared</i> <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> <i>may include:</i> <i>honeydew melon,</i> <i>cantaloupe,</i> <i>watermelon,</i> <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



## 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>FRUIT, MIXED (continued)</b>					
<b>Fruit, Mixed, canned</b> <i>Fruit Cocktail</i> (peaches, pears, pineapple, grapes, cherries) 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> may include: apricots, peaches, pears, pineapple, cherries, grapes, etc. 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> may include: peaches, grapes, apricots, pears, pineapple, cherries, etc.	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> <i>Regular moisture</i>	Pound	9.70	1/4 cup dehydrated fruit	10.4	
<b>GRAPEFRUIT</b>					
<b>Grapefruit, fresh</b> 27-32 Count (large) Whole	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	
	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

## 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>GRAPES (continued)</b>					
<b>Grapes, canned</b> <i>Seedless</i> <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> <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> <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> <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> <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> <i>Concentrated, any fruit (such as Apple, Grape, Grapefruit, Grapefruit-Orange, and Orange. (1 part juice to 3 parts water) Includes USDA Commodity</i>	32 fl oz can (about 30 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 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> <i>Trimmed</i> <i>With stem</i> <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> <i>Trimmed</i> <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> <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> <i>Chopped</i>	Pound	12.1	1/4 cup cooked, drained vegetable	8.3	
<b>Kale, frozen</b> <i>Whole leaf</i>	Pound	9.50	1/4 cup cooked, drained vegetable	10.6	

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<b>KIWI</b>					
<b>Kiwi, fresh</b> 33-39 Count 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> 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> Whole 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> Whole	Pound	3.10	1/4 cup fruit juice	32.3	1 lb AP = 0.43 lb (about 3/4) cup juice
<b>LETTUCE</b>					
<b>Lettuce, fresh</b> Iceberg Head 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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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>LETTUCE (continued)</b>					
<b>Lettuce, fresh</b> <i>Leaf</i> <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> <i>Iceberg</i> <i>Head</i> <i>Cleaned and cored</i> <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> <i>Salad mix (mostly</i> <i>Iceberg, some</i> <i>Romaine with</i> <i>shredded Carrot</i> <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> <i>Mixed greens (equal</i> <i>amounts of Iceberg</i> <i>and Romaine with</i> <i>shredded Carrots</i> <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> <i>Romaine</i> <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> <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> <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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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>MANGOES</b>					
<b>Mangoes, fresh Whole</b>	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 Whole</b>	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 Slices Ready-to-use</b>	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 Slices</b>	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 Trimmed Without stems</b>	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 Untrimmed</b>	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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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>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> <i>Chopped</i>	Pound	11.6	1/4 cup cooked, drained vegetable	8.7	
<b>Mustard Greens, frozen</b> <i>Leaf</i>	Pound	12.3	1/4 cup cooked, drained vegetable	8.2	
<b>NECTARINES</b>					
<b>Nectarines, fresh</b> <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> Size 88-96 (2-1/4 inch diameter) <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> Size 56-64 (2-3/4 inch diameter) <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>					

## 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>OKRA</b>					
<b>Okra, fresh</b> <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> <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> <i>Cut</i>	Pound	9.10	1/4 cup cooked, drained vegetable	11.0	
<b>Okra, frozen</b> <i>Whole</i>	Pound	11.8	1/4 cup cooked, drained vegetable	8.5	
<b>OLIVES</b>					
<b>Olives, canned</b> <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> <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> <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> <i>Ripe</i> <i>Pitted</i> <i>Large</i> <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> <i>Ripe</i> <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> <i>Ripe</i> <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> <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> <i>All sizes</i> <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> <i>Yellow</i> <i>Jumbo</i> <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 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
		12.7	1/4 cup sliced, raw vegetable	7.9	1 lb AP = 1 lb ready-to-serve or -cook onion
<b>Onions, Mature, fresh</b> <i>Sliced</i> <i>Ready-to-use</i>	Pound	12.7	1/4 cup sliced, raw vegetable	7.9	1 lb AP = 1 lb ready-to-serve or -cook onion
	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
<b>Onions, Mature, canned</b> <i>Whole</i>	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
	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
<b>Onions, Mature, frozen</b> <i>Chopped</i>	Pound	5.94	1/4 cup cooked vegetable	16.9	1 lb AP = 0.67 lb (about 1-3/8 cups) cooked onion
	Pound	49.9	1/4 cup rehydrated, cooked vegetable	2.1	1 lb dry = about 4-2/3 cups dehydrated onion
18.7		1/4 cup uncooked, rehydrated vegetable	5.4		
<b>ORANGES</b>					
<b>Oranges, fresh</b> <i>All sizes</i> <i>Whole</i> <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> 138 count Arizona or California 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> 125 count Florida or Texas 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> 113 count Arizona or California 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> Mandarin	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> 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> 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> Curly	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> 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> <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> Size 84 ( <i>small</i> ) (2-1/8 inch diameter) <i>Whole</i>	Pound	5.50	1 whole, raw, small peach (about 3/8 cup fruit)	18.2	
	Pound	11.0	1/4 cup fruit (about 1/2 peach)	9.1	
<b>Peaches, fresh</b> Size 80 <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> Size 64 & 60 ( <i>medium</i> ) (2-1/2 inch diameter) <i>Whole</i>	Pound	2.70	1 whole raw peach (about 2/3 cup fruit)	37.1	1 lb AP = 0.76 lb ready-to-cook or -serve unpeeled, pitted raw peach
	Pound	5.40	1/4 cup fruit (about 1/3 peach)	18.6	
	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> Size 56 Whole	Pound	2.89	1 whole raw peach (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 (about 1/3 peach)	11.6	
<b>Peaches, canned</b> <i>Cling</i> <i>Diced</i> Light syrup pack 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> <i>Cling or Freestone Halves</i> Includes USDA Commodity	No. 10 can (106 oz)	47.1	1/4 cup fruit and juice (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> <i>Cling Sliced</i> <i>Packed in light syrup</i> <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> <i>Cling Quarters</i> <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> <i>Freestone Sliced</i> <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> <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> <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> <i>Sliced</i> <i>Sweetened or Unsweetened</i> <i>Includes USDA 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> <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> <i>All sizes</i> <i>Whole</i> <i>Includes USDA 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> <i>150 count</i> <i>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> <i>120 count</i> <i>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> <i>100 count</i> <i>D'Anjou or Bosc or Bartlett</i> <i>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> <i>Diced</i> <i>Packed in juice or light syrup</i> <i>Includes USDA Commodity</i>	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> <i>Halves</i> <i>Packed in juice or light syrup</i> <i>Includes USDA Commodity</i>	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> <i>Sliced</i> <i>Packed in juice or light syrup</i> <i>Includes USDA Commodity</i>	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> <i>Regular moisture</i> <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, BLACKKEYED (see BEANS, BLACKKEYED)</b>					
<b>PEAS, CHINESE SNOW</b>					
<b>Peas, Chinese Snow, frozen</b> <i>Edible podded</i> <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> <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> <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> <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> <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> <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> <i>Split</i> <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> <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> <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> <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> <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> <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> <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> <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> <i>Anaheim</i> <i>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> <i>Jalapeño</i> <i>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> <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> <i>Jalapeño</i> <i>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> <i>Jalapeño</i> <i>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> <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> <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> <i>Spears</i> <i>Medium size</i> <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> <i>Whole</i>	1 gal (about 87 oz drained weight)	55.2	1/4 cup whole vegetable (about: 3-3/4 gherkins-small, 1-1/4 gherkins-large, 1 small pickle, 1/2 medium pickle, 1/3 large pickle, 1/4 extra large pickle)	1.9	Length of pickles: gherkins = 2 - 2-3/4 inch, small = 2-3/4 - 3-1/2 inch, medium = 3-1/2 - 4 inch, large = 4 - 4-3/4 inch, 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> <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> <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> <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> <i>Packed in juice or light syrup</i> 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
<b>Pineapple, canned Crushed</b> <i>Packed in juice or light syrup</i> 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> <i>Packed in juice or light syrup</i> 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 66 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> <i>Packed in juice or light syrup</i> 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



## 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, frozen</b> <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> <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> <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> <i>Italian</i> 1.5-inch by 2-inch <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> <i>Purple, Red, or Black</i> Size 45 & 50 2-inch diameter <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> <i>Japanese or Hybrid</i> Size 60 & 65 <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> <i>Purple or Red</i> <i>Halves</i> <i>Unpeeled</i> <i>No pits</i> <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

## 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>PLUMS<sup>8</sup> (continued)</b>					
<b>Plums, canned</b> <i>Purple or Red</i> <i>Unpeeled</i> <i>With pits</i> <i>Whole</i> <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> <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> <i>Paste or Puree</i> <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> <i>Whole</i> <i>Regular moisture</i> <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> <i>Whole</i> <i>Without pits</i> <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.

## 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>POI</b>					
<b>Poi</b> <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> <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> <i>Red</i> <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> <i>White or Russet</i> <i>All sizes</i> <i>Whole</i> <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> <i>White or Russet</i> <i>120 Count</i> <i>(approx. 6 oz each)</i> <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> <i>White or Russet</i> 100 Count (approx. 8 oz each) <i>Whole</i>	Pound	2.00	1 whole, baked potato (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> <i>White or Russet</i> 80 Count (approx. 10 oz each) <i>Whole</i>	Pound	1.60	1 whole baked potato (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> <i>Diced</i>	No. 10 can (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> <i>Sliced</i>	No. 10 can (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 (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> <i>Whole</i> <i>Small</i>	No. 10 can (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 (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 (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 (14-1/2 oz)	5.90	1/4 cup heated, drained vegetable	17.0	
<b>Potatoes, frozen</b> <i>Diced</i> <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

<b>1</b> Food As Purchased, AP	<b>2</b> Purchase Unit	<b>3</b> Servings per Purchase Unit, EP	<b>4</b> Serving Size per Meal Contribution	<b>5</b> Purchase Units for 100 Servings	<b>6</b> 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> <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> <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> <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> <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> <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> <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> <i>Crinkle cut</i> <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> <i>Curly</i> <i>(1/3-inch width)</i>	Pound	21.8	1/4 cup cooked vegetable	4.6	1 lb AP = 0.66 lb baked French fries
	4-1/2 lb pkg	79.2	1/4 cup cooked vegetable	1.3	
<b>Potatoes, French Fries, frozen</b> <i>Shoestring</i> <i>Straight cut</i> <i>Low moisture</i>	Pound	14.2	1/4 cup cooked vegetable	7.1	1 lb AP = 0.66 lb (about 3-1/2 cups) baked French fries
	4-1/2 lb pkg	72.0	1/4 cup cooked vegetable	1.4	
<b>Potatoes, French Fries, frozen</b> <i>Shoestring</i> <i>Straight cut</i> <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> <i>Straight cut</i> <i>Regular moisture</i> <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> <i>Raw</i> <i>Shredded</i> <i>Pre-portioned</i> <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> <i>Hashed patty</i> <i>Pre-browned</i> <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> <i>Hashed browns</i> <i>Diced</i>	Pound	7.70	1/4 cup cooked vegetable	13.0	
<b>Potato Products, frozen</b> <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> <i>Skins or Pieces or Wedges, etc.</i> <i>With skin</i> <i>Cooked</i>	Pound	10.6	1/4 cup heated vegetable	9.5	
<b>Potato Products, frozen</b> <i>Rounds<sup>9</sup></i> <i>Regular Size</i> <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> <i>Rounds<sup>9</sup></i> <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> <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> <i>Hashed browns</i>	Pound	24.1	1/4 cup reconstituted, cooked vegetable	4.2	1 lb dry = 6 cups reconstituted, cooked potato

### 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

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>PUMPKIN</b>					
<b>Pumpkin, fresh</b> <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> <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> <i>Regular moisture</i> <i>Seedless</i> <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> <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> <i>Red</i> <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

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>RASPBERRIES (continued)</b>					
<b>Raspberries, frozen</b> <i>Fruit and Juice</i>	Pound	7.20	1/4 cup thawed fruit and juice	13.9	
<b>Raspberries, frozen</b> <i>Red Puree</i> <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> <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> <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> <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> <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.

## 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>SALSA<sup>10</sup> (continued)</b>					
<b>Salsa, canned<sup>10</sup></b> <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> <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> <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.

## 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>SOUPS, CANNED (continued)</b>					
<b>Soups, canned</b> <i>Ready-to-serve</i> <i>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>	8 fl oz can	1.00	1 cup serving (about 1/4 cup vegetable)	100.0	
<b>Soups, canned</b> <i>Bean Soup Condensed</i> <i>(1 part soup to 1 part water)</i>	No. 3 Cyl (54 oz)	23.0	1/2 cup reconstituted (1/4 cup heated beans)	4.4	Reconstitute 1 part soup with not more than 1 part water
	Pound	6.80	1/2 cup reconstituted (1/4 cup heated beans)	14.8	
<b>Soups, canned</b> <i>Bean Soup</i> <i>Ready-to-serve</i>	8 oz can	1.00	1 cup serving (1/2 cup heated beans)	100.0	
<b>SPINACH</b>					
<b>Spinach, fresh</b> <i>Partly trimmed</i>	Pound	30.7	1/4 cup raw, chopped vegetable	3.3	1 lb AP = 0.88 lb ready-to-cook or -serve raw spinach
	Pound	20.4	1/4 cup vegetable with dressing	5.0	
	Pound	7.60	1/4 cup cooked, drained vegetable	13.2	
<b>Spinach, fresh</b> <i>Leaves</i> <i>(4-inch by 9-inch)</i> <i>Ready-to-use</i>	Pound	25.6	1/4 cup raw, chopped vegetable	4.0	1 lb AP = 1 lb (about 6-3/8 cups) ready-to-cook or -serve raw spinach
	Pound	12.6	1/4 cup wilted vegetable	8.0	1 lb AP = 1.03 lb (about 3-1/8 cups) wilted (lightly steamed for one minute) spinach

## 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>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 Chopped</b>	Pound	5.60	1/4 cup cooked, drained vegetable	17.9	
<b>Spinach, frozen Leaf Whole</b>	Pound	6.50	1/4 cup cooked, drained vegetable	15.4	
<b>SQUASH, SUMMER</b>					
<b>Squash, Summer, fresh Yellow</b>	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

## 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, SUMMER (continued)</b>					
<b>Squash, Summer, fresh</b> <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> <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> <i>Yellow Sliced</i>	Pound	7.90	1/4 cup cooked, drained vegetable	12.7	
<b>Squash, Summer, frozen</b> <i>Zucchini Sliced</i>	Pound	7.00	1/4 cup cooked, drained vegetable	14.3	
<b>SQUASH, WINTER</b>					
<b>Squash, Winter, fresh</b> <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> <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> <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> <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> <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> <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> <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> <i>Sliced Sweetened Includes USDA Commodity</i>	Pound	7.10	1/4 thawed fruit and juice	14.1	

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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>STRAWBERRIES (continued)</b>					
<b>Strawberries, frozen</b> <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> <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> <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> <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	

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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>SUCCOTASH (continued)</b>					
<b>Succotash, frozen</b> <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> <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> <i>Cut</i> <i>Packed in light syrup</i> <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> <i>Mashed</i> <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



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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>SWEET POTATOES (continued)</b>					
<b>Sweet Potatoes, canned</b> <i>Whole</i> <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> <i>Mashed</i> <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> <i>Center cuts</i> <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> <i>Center cuts</i> <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> <i>Random cut chunks</i> <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> <i>Packed in syrup</i>	Pound	7.60	1/4 cup cooked, drained vegetable	13.2	
<b>Sweet Potatoes, dehydrated</b> <i>Flakes</i> <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

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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>SWISS CHARD</b>					
<b>Swiss Chard, fresh</b> <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> <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> <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> <i>120 count</i> <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> <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> <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> <i>Cherry</i> <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

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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>TOMATOES (continued)</b>					
<b>Tomatoes, fresh</b> <i>Whole</i> <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> <i>Small or Medium</i> <i>approx 2-1/8-inch to 2-1/4-inch diameter</i> <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> <i>Large or Extra large</i> <i>Approx. 2-1/2-inch to 2-3/4-inch diameter</i> <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> <i>Diced</i> <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> <i>Whole or Stewed</i> <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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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>TOMATOES (continued)</b>					
<b>Tomatoes, canned</b> <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> <i>Diced</i> <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 <b>Tomato Paste</b> <i>24%-28% Natural Tomato Soluble Solids (NTSS)</i> <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 <b>Tomato Puree</b> <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	

## 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>TOMATO PRODUCTS (continued)</b>					
Tomato Products, canned <b>Tomato Sauce</b> <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 <b>Spaghetti Sauce, Meatless</b> <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> <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> <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> <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> <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> <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> <i>Seven vegetables: Carrots, Celery, Corn, Green Beans, Green Peas, Lima Beans and Potatoes</i> <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> <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> <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

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<b>VEGETABLES, MIXED (continued)</b>					
<b>Vegetables, Mixed, frozen</b> <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> <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> <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> <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.

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<b>YAUTIA (TANNIER)</b>					
Yautia (Tannier), fresh <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), fresh <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