Food Buying Guide for Child Nutrition Programs

**VEGETABLES and FRUITS**

| Section 2 – Vegetables (All Vegetable Subgroups) | | | | | | | | | |
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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** | |
| **ARTICHOKES – Other Subgroup** | | | | | | | | | |
| **Artichokes, fresh**  *36 count (large)*  *Untrimmed*  *Whole* | Pound  Pound  Pound | | 1.49  1.38  2.84 | 1/4 cup cooked, drained vegetable from leaves  1/4 cup cooked, drained vegetable (bottoms only)  1/4 cup cooked, drained vegetable (bottoms & leaves) | | 67.2  72.5  35.3 | | 1 lb AP = 0.23 lb (about 1/3 cup) cooked, drained artichoke  1 lb AP= about 1/3 cup cooked artichoke from bottoms only  1 lb AP = about 2/3 cup cooked, drained artichoke bottoms and leaves | |
| **Artichokes, canned**  *Bottoms* | 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 | |
| **Artichokes, canned**  *Hearts* | 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 | |
| **Artichokes, frozen**  *Hearts* | Pound | | 10.00 | 1/4 cup cooked, drained vegetable | | 10.0 | | 1 lb AP = 0.99 lb (about 2-1/2 cups) cooked, drained artichoke | |
| **ASPARAGUS – Other Subgroup** | | | | | | | | | |
| **Asparagus, fresh**  Whole | 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 | |
| **Asparagus, canned**  *Cuts and Tips* | No. 10 can  (103 oz) | | 27.80 | 1/4 cup heated, drained vegetable | | 3.6 | | 1 No. 10 can = about 57.3 oz (6-7/8 cups) heated, drained asparagus | |
| **ASPARAGUS – Other Subgroup (continued)** | | | | | | | | | |
| **Asparagus, canned**  *Cuts and Tips* | No. 10 can  (103 oz) | | 32.40 | 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 | |  | |
| **Asparagus, canned**  *Spears* | No. 5 squat can (64 oz) | | 26.40 | 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 | |  | |
| **Asparagus, frozen**  *Spears* | Pound | | 10.70 | 1/4 cup cooked vegetable | | 9.4 | |  | |
| **AVOCADOS – Other Subgroup** | | | | | | | | | |
| **Avocados, fresh**  All sizes  Whole | Pound  Pound | | 8.20  5.10 | 1/4 cup raw, diced vegetable  1/4 cup raw, mashed vegetable | | 12.2  19.7 | | 1 lb AP = 0.67 lb ready-to-serve raw avocado | |
| **AVOCADOS – Other Subgroup (continued)** | | | | | | | | | |
| **Avocados, fresh**  California  *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] | |
| **Avocados, fresh**  *Florida*  *(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] | |
| **BAMBOO SHOOTS – Other Subgroup** | | | | | | | | | |
| **Bamboo Shoots, canned**  Sliced | No. 10 can  (104 oz) | | 47.40 | 1/4 cup drained vegetable | | 2.2 | | 1 No. 10 can = about 72.7 oz (11-3/4 cups) drained, unheated bamboo shoots | |
| **BEANS, BLACK (TURTLE BEANS) – Beans and Peas (Legumes) Subgroup** | | | | | | | | | |
| **Beans, Black (Turtle beans), dry, canned**  *Whole*  *Includes USDA Foods* | No. 10 can  (110 oz)  No. 300 can  (15-1/2 oz) | | 27.80  5.91 | 1/4 cup heated, drained vegetable  1/4 cup heated, drained vegetable | | 3.6  17.0 | | 1 No. 10 can = about 62.0 oz (6-7/8 cups) heated, drained beans  1 No. 300 can = about 10.5 oz (1-3/8 cups) heated, drained beans | |
| **Beans, Black (Turtle beans), dry**  *Whole* | Pound | | 18.30 | 1/4 cup cooked vegetable | | 5.5 | | 1 lb dry = 2-1/4 cups dry beans | |
| **BEANS, BLACK-EYED (or PEAS) – Starchy Subgroup** | | | | | | | | | |
| **Beans, Black-eyed (or Peas), fresh**  Shelled | Pound | | 10.30 | 1/4 cup cooked, drained vegetable | | 9.8 | | 1 lb in pod = 0.51 lb ready-to-cook beans | |
| **Beans, Black-eyed (or Peas), frozen**  Whole | Pound | | 11.20 | 1/4 cup cooked, drained vegetable | | 9.0 | |  | |
| **BEANS, BLACK-EYED (or PEAS) - Beans and Peas (Legumes) Subgroup** | | | | | | | | | |
| **Beans, Black-eyed (or Peas), dry**  Whole  *Includes USDA Foods* | Pound | | 28.30 | 1/4 cup cooked vegetable | | 3.6 | | 1 lb dry = about 2-3/4 cups dry beans | |
| **Beans, Black-eyed (or Peas), dry, canned**  Whole  *Includes USDA Foods* | No. 10 can  (108 oz)  No. 300 can  (15 oz) | | 37.70  4.91 | 1/4 cup heated, drained vegetable  1/4 cup heated, drained vegetable | | 2.7  20.4 | | 1 No. 10 can = about 65.0 oz (9-3/8 cups) heated, drained beans | |
| **BEANS, GARBANZO OR CHICKPEAS - Beans and Peas (Legumes) Subgroup** | | | | | | | | | |
| **Beans, Garbanzo or Chickpeas, dry, canned**  Whole  Includes USDA Foods | No. 10 can  (105 oz)  No. 300 can  (15 oz)  Pound | | 42.00  6.70  6.31 | 1/4 cup drained vegetable  1/4 cup drained vegetable  1/4 cup drained vegetable | | 2.4  15.0  15.9 | | 1 No. 10 can = about 68.4 oz (10-1/2 cups) unheated, drained beans  1 No. 300 can = about 9.6 oz (1-2/3 cups) unheated, drained beans | |
| **Beans, Garbanzo or Chickpeas, dry**  Whole | Pound | | 24.60 | 1/4 cup cooked vegetable | | 4.1 | | 1 lb dry = about 2-1/2 cups dry beans | |
| **BEANS, GREAT NORTHERN - Beans and Peas (Legumes) Subgroup** | | | | | | | | | |
| **Beans, Great Northern, dry, canned**  *Whole*  *Includes USDA Foods* | No. 10 can  (110 oz)  No. 300 can  (14 oz) | | 32.40  4.37 | 1/4 cup heated, drained vegetable  1/4 cup heated, drained vegetable | | 3.1  22.9 | | 1 No. 10 can = about 68.5 oz (about 8-1/8 cups) heated, drained beans | |
| **BEANS, GREAT NORTHERN - Beans and Peas (Legumes) Subgroup (continued)** | | | | | | | | | |
| **Beans, Great Northern, dry**  *Whole*  *Includes USDA Foods* | Pound | | 25.50 | 1/4 cup cooked vegetable | | 4.0 | | 1 lb dry = about 2-1/2 cups dry beans | |
| **BEANS, GREEN – Other Subgroup** | | | | | | | | | |
| **Beans, Green, fresh**  *Trimmed*  *Whole* | Pound | | 22.00 | 1/4 cup whole, raw vegetable | | 4.6 | | 1 lb AP = 1 lb (about 5-3/8 cups) ready-to-cook beans | |
| *Ready-to-use* | Pound | | 12.40 | 1/4 cup whole, cooked, drained vegetable | | 8.1 | | 1 lb AP = 0.86 lb (about 3 cups) cooked, drained beans | |
|  | Pound | | 16.40 | 1/4 cup cut, raw vegetable | | 6.1 | | 1 lb AP = 1 lb (about 4 cups) ready-to-cook beans | |
|  | Pound | | 11.20 | 1/4 cup cut, cooked, drained vegetable | | 9.0 | | 1 lb AP = 0.89 lb (about 2-3/4 cups) cooked, drained, cut beans | |
| **Beans, Green, fresh**  *Untrimmed*  *Whole* | Pound | | 11.10 | 1/4 cup whole, cooked vegetable | | 9.1 | | 1 lb AP = 0.88 lb ready-to-cook beans | |
| **Beans, Green, canned**  *Cut*  *Includes USDA*  *Foods* | No. 10 can  (101 oz) | | 45.30 | 1/4 cup heated, drained vegetable | | 2.3 | |  | |
| No. 10 can  (101 oz) | | 51.10 | 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) | | 12.50 | 1/4 cup heated, drained vegetable | | 8.0 | |  | |
|  | 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 | |
| **BEANS, GREEN – Other Subgroup (continued)** | | | | | | | | | |
| **Beans, Green, canned**  *Cut*  *Includes USDA*  *Foods* | Pound | | 7.17 | 1/4 cup heated, drained vegetable | | 14.0 | |  | |
| Pound | | 8.10 | 1/4 cup drained vegetable | | 12.4 | |  | |
| **Beans, Green, canned**  *French style*  *Includes USDA* | No. 10 can  (101 oz) | | 36.50 | 1/4 cup heated, drained vegetable | | 2.8 | | 1 No. 10 can = about 59.0 oz (12 cups) drained, unheated beans | |
| *Foods* | No. 2-1/2 can (28 oz) | | 10.10 | 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 5.70 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 | |
| **Beans, Green, canned**  Whole  *Includes USDA Foods* | No. 10 can  (101 oz)  No. 10 can  (101 oz) | | 39.50  52.20 | 1/4 cup heated, drained vegetable  1/4 cup drained vegetable | | 2.6  2.0 | | 1 No. 10 can = about 58.0 oz (13 cups) drained, unheated beans | |
| **Beans, Green, canned**  Whole  *Includes USDA Foods* | No. 2-1/2 can (28 oz) | | 14.40 | 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 | |  | |
| **BEANS, GREEN – Other Subgroup (continued)** | | | | | | | | | |
| **Beans, Green, frozen**  *Cut*  *Includes USDA Foods* | Pound | | 11.60 | 1/4 cup cooked, drained vegetable | | 8.7 | |  | |
| **Beans, Green, frozen**  *French style*  *Includes USDA Foods* | Pound | | 12.00 | 1/4 cup cooked, drained vegetable | | 8.4 | |  | |
| **Beans, Green, frozen**  *Whole*  *Includes USDA Foods* | Pound | | 10.70 | 1/4 cup cooked, drained vegetable | | 9.4 | | 1 lb AP = 0.88 lb (about 2-5/8 cups) cooked drained vegetable | |
| **BEANS, GREEN, FLAT ITALIAN - Other Subgroup** | | | | | | | | | |
| **Beans, Green, Flat Italian, canned**  Whole | No. 10 can  (103 oz) | | 35.10 | 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) | | 42.70 | 1/4 cup drained vegetable | | 2.4 | | 1 No. 10 can = about 63.3 oz (10-5/8 cups) drained, unheated beans | |
| **Beans, Green, Flat Italian, frozen**  Whole | 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 | |
| BEANS, KIDNEY - Beans and Peas (Legumes) Subgroup | | | | | | | | | |
| **Beans, Kidney, dry, canned**  *Whole*  *Includes USDA Foods* | No. 10 can  (108 oz)  No. 10 can  (108 oz) | | 38.90  43.40 | 1/4 cup heated, drained vegetable  1/4 cup drained vegetable | | 2.6  2.4 | | 1 No. 10 can = about 65.0 oz (9-5/8 cups) heated, drained beans  1 No. 10 can = about 71.0 oz (10-3/4 cups) drained, unheated beans | |
|  | No. 2-1/2 can (30 oz) | | 11.60 | 1/4 cup heated, drained vegetable | | 8.7 | |  | |
| **BEANS, KIDNEY - Beans and Peas (Legumes) Subgroup (continued)** | | | | | | | | | |
| **Beans, Kidney, dry, canned**  *Whole*  *Includes USDA Foods* | No. 2-1/2 can (30 oz) | | 12.60 | 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 | |
| **Beans, Kidney, dry**  Whole  *Includes USDA Foods* | Pound | | 24.80 | 1/4 cup cooked vegetable | | 4.1 | | 1 lb dry = about 2-1/2 cups dry beans | |
| **BEANS, LIMA – Beans and Peas (Legumes) Subgroup** | | | | | | | | | |
| **Beans, Lima, dry**  Baby  Whole  *Includes USDA Foods* | Pound | | 23.40 | 1/4 cup cooked vegetable | | 4.3 | | 1 lb dry = about 2-3/8 cups dry beans | |
| **Beans, Lima, dry**  Fordhook  Whole | Pound | | 27.00 | 1/4 cup cooked vegetable | | 3.8 | | 1 lb dry = about 2-5/8 cups dry beans | |
| **BEANS, LIMA – Starchy Subgroup** | | | | | | | | | |
| **Beans, Lima, canned**  *Green*  *Whole*  *Includes USDA Foods* | No. 10 can  (105 oz)  No. 2-1/2 can (40 oz) | | 42.40  15.70 | 1/4 cup heated, drained vegetable  1/4 cup heated, drained vegetable | | 2.4  6.4 | | 1 No. 10 can = about 70.9 oz (11-3/4 cup) drained, unheated beans  1 No. 2-1/2 can = about 27.0 oz (4-1/2 cups) drained, unheated beans | |
| **Beans, Lima, canned**  *Green*  *Whole*  *Includes USDA Foods* | 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 | |
| **Beans, Lima, fresh**  Shelled  Whole | Pound | | 10.80 | 1/4 cup cooked, drained vegetable | | 9.3 | | 1 lb in pod = 0.44 lb ready-to-cook beans | |
| **Beans, Lima, frozen**  Baby  Whole | Pound | | 10.90 | 1/4 cup cooked, drained vegetable | | 9.2 | |  | |
| **Beans, Lima, frozen**  Fordhook  Whole | Pound | | 11.10 | 1/4 cup cooked, drained vegetable | | 9.1 | |  | |
| **BEANS, MUNG - Beans and Peas (Legumes) Subgroup** | | | | | | | | | |
| **Beans, Mung, dry**  Whole | Pound | | 28.10 | 1/4 cup cooked vegetable | | 3.6 | | 1 lb dry = about 2-1/4 cups dry beans | |
| **BEANS, NAVY or PEA - Beans and Peas (Legumes) Subgroup** | | | | | | | | | |
| **Beans, Navy or Pea, dry**  *Whole*  *Includes USDA Foods* | Pound | | 23.90 | 1/4 cup cooked vegetable | | 4.2 | | 1 lb dry = about 2-1/4 cups dry beans | |
| **BEANS, PINK - Beans and Peas (Legumes) Subgroup** | | | | | | | | | |
| Beans, Pink, dry, canned Whole  *Includes USDA Foods* | No. 10 can  (110 oz) | | 34.00 | 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 | |
| **Beans, Pink, dry**  *Whole*  *Includes USDA Foods* | Pound | | 19.30 | 1/4 cup cooked vegetable | | 5.2 | | 1 lb dry = about 2-1/4 cups dry beans | |
| **BEANS, PINTO - Beans and Peas (Legumes) Subgroup** | | | | | | | | | |
| **Beans, Pinto, dry, canned**  Whole  *Includes USDA Foods* | No. 10 can  (108 oz)  Pound | | 37.20  5.51 | 1/4 cup heated, drained vegetable  1/4 cup heated, drained vegetable | | 2.7  18.2 | | 1 No. 10 can = about 67.4 oz (9-1/4 cups) heated, drained beans | |
| **Beans, Pinto, dry**  Whole  *Includes USDA Foods* | Pound | | 21.00 | 1/4 cup cooked vegetable | | 4.8 | | 1 lb dry = about 2-3/8 cups dry beans | |
| **Beans, Pinto, dehydrated** | Pound | | 21.70 | 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 water to dry beans = 2:1 ratio | |
| **BEAN PRODUCTS - Beans and Peas (Legumes) Subgroup** | | | | | | | | | |
| Bean Products, dry beans, canned  ***Beans Baked or***  ***In Sauce***  **Vegetarian**  Includes USDA Foods | No. 10 can  (108 oz)  No. 300 can  (16 oz) | | 47.10  6.94 | 1/4 cup heated vegetable with sauce  1/4 cup heated vegetable with sauce | | 2.2  14.4 | | No. 10 can = about 11-3/4 cups heated beans with sauce  1 No. 300 can = about 1-3/4 cups heated beans with sauce | |
| **BEAN PRODUCTS - Beans and Peas (Legumes) Subgroup** | | | | | | | | | |
| Bean Products, dry beans, canned  ***Beans Baked or in Sauce* *with Pork*** | No. 10 can  (110 oz) | | 48.90 | 1/4 cup heated vegetable | | 2.1 | |  | |
| No. 2-1/2 can (30 oz) | | 13.30 | 1/4 cup heated vegetable | | 7.6 | |  | |
| No. 300 can  (16 oz) | | 7.10 | 1/4 cup heated vegetable | | 14.1 | |  | |
| Bean Products, dry beans, canned  **Beans with Bacon in Sauce** | Pound  Pound | | 4.70  3.13 | 3/8 cup serving (about 1/4 cup heated vegetable)  1/2-cup plus 1 Tbsp serving (about 3/8-cup heated vegetable) | | 21.3  32.0 | |  | |
| **BEANS, REFRIED - Beans and Peas (Legumes) Subgroup (continued)** | | | | | | | | | |
| **Beans, Refried, canned**  Includes USDA Foods | No. 10 can  (115 oz) | | 49.60 | 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 | |
| **Beans, Refried, dehydrated** | Pound | | 20.50 | 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 water to dry beans ratio = 2:1 | |
| **BEANS, RED, SMALL - Beans and Peas (Legumes) Subgroup** | | | | | | | | | |
| Beans, Red, Small, dry, canned Whole  *Includes USDA Foods* | No. 10 can  (111 oz)  No. 300 can  (15-1/2 oz) | | 31.90  4.94 | 1/4 cup heated, drained vegetable  1/4 cup heated, drained vegetable | | 3.2  20.3 | | 1 No. 10 can = about 71.2 oz (8 cups) heated, drained beans  1 No. 300 can = about 8.5 oz (1-1/8 cups) heated, drained beans | |
| **Beans, Red, Small, dry**  Whole  *Includes USDA Foods* | Pound | | 20.40 | 1/4 cup cooked, drained vegetable | | 5.0 | | 1 lb dry = about 2-1/8 cups dry beans | |
| **BEANS, SOY – Beans and Peas (Legumes)** | | | | | | | | | |
| **Beans, Soy, fresh (Edamame)** *Shelled* | Pound | | 10.70 | 1/4 cup cooked, drained vegetable | | 9.4 | |  | |
| **Beans, Soy, fresh (Edamame)**  Whole  In shell | Pound | | 6.90 | 1/4 cup cooked, drained, shelled vegetable | | 14.5 | | 1 lb in pod = 0.65 lb (about 1-3/4 cups) blanched, shelled beans | |
| **Beans, Soy, dry, canned**  Shelled | Pound | | 7.30 | 1/4 cup heated, drained vegetable | | 13.7 | |  | |
| **BEANS, SOY – Beans and Peas (Legumes) Subgroup (continued)** | | | | | | | | | |
| **Beans, Soy, dry**  Shelled | Pound | | 25.90 | 1/4 cup cooked vegetable | | 3.9 | | 1 lb dry = about 2-1/2 cups dry beans | |
| **BEAN SPROUTS[[1]](#footnote-1) - Other Subgroup** | | | | | | | | | |
| Bean Sprouts, fresh1 Mung | Pound | | 14.60 | 1/4 cup parboiled, drained vegetable | | 6.9 | | 1 lb AP = 0.89 lb parboiled bean sprouts | |
| **Bean Sprouts, fresh1**  *Soybean* | Pound | | 17.20 | 1/4 cup parboiled, drained vegetable | | 5.9 | | 1 lb AP = 0.95 lb parboiled bean sprouts | |
| **Bean Sprouts, canned** | No. 10 can  (102 oz) | | 29.10 | 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) | | 42.20 | 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 | |
| **BEANS, WAX - Other Subgroup** | | | | | | | | | |
| **Beans, Wax, fresh**  Whole  *Untrimmed* | Pound | | 10.50 | 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 | |
| **BEANS, WAX - Other Subgroup (continued)** | | | | | | | | | |
| **Beans, Wax, canned** | No. 10 can  (101 oz) | | 34.30 | 1/4 cup heated, drained vegetable | | 3.0 | | 1 No. 10 can = about 53.7 oz (8-1/2 cups) heated, drained beans | |
| **Beans, Wax, canned** | No. 10 can  (101 oz) | | 43.20 | 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) | | 12.90 | 1/4 cup heated, drained vegetable | | 7.8 | |  | |
|  | No. 2-1/2 can (28 oz) | | 14.00 | 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 beans | |
|  | 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 | |  | |
| **BEETS - Other Subgroup** | | | | | | | | | |
| **Beets, fresh**  *Without tops* | Pound | | 11.60 | 1/4 cup raw, pared vegetable sticks | | 8.7 | | 1 lb AP = 0.77 lb pared beets | |
|  | 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 sliced beets | |
| **Beets, canned**  *Baby*  *Whole* | No. 10 can  (103 oz) | | 36.70 | 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) | | 40.20 | 1/4 cup drained vegetable | | 2.5 | | 1 No. 10 can = about 64.0 oz (10 cups) drained, unheated beets | |
| **BEETS - Other Subgroup (continued)** | | | | | | | | | |
| **Beets, canned**  *Baby*  *Whole* | Pound  Pound | | 5.70  6.24 | 1/4 cup heated, drained vegetable  1/4 cup drained vegetable | | 17.6  16.1 | |  | |
| **Beets, canned**  *Diced* | No. 10 can  (104 oz) | | 37.60 | 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) | | 40.90 | 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 | |  | |
| **Beets, canned**  *Sliced* | No. 10 can  (104 oz) | | 36.40 | 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) | | 38.80 | 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 | |
| **BEET GREENS – Dark Green Subgroup** | | | | | | | | | |
| **Beet Greens, fresh**  *Untrimmed* | Pound | | 3.50 | 1/4 cup cooked vegetable | | 28.6 | | 1 lb AP = 0.48 lb ready-to-cook beet greens | |
| **BOK CHOY – Dark Green Subgroup** | | | | | | | | | |
| **Bok Choy, Fresh**  *Whole* | Pound | | 14.40 | 1/4 cup raw, shredded vegetable | | 7.0 | | 1 lb AP = 0.77 lb (about 3-1/2 cups)ready-to-serve bok choy | |
| **BREADFRUIT - Other Subgroup** | | | | | | | | | |
| **Breadfruit, fresh**  *Guatemalan* | Pound | | 5.69 | 1/4 cup baked, mashed vegetable | | 17.6 | | 1 lb AP = 0.60 lb (about 1-3/8 cups) cooked mashed vegetable, 1 breadfruit = about 2.6 lb | |
| **BROCCOLI - Dark Green Subgroup** | | | | | | | | | |
| **Broccoli, fresh**  *Untrimmed* | 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 broccoli | |
|  | Pound | | 10.20 | 1/4 cup cut, cooked, drained vegetable | | 9.9 | |  | |
| **Broccoli, fresh**  *Florets*  *Trimmed*  *Ready-to-use* | Pound | | 28.80 | 1/4 cup cut raw vegetable | | 3.5 | | 1 lb AP = 1 lb (about 7-1/8 cups)ready-to-cook broccoli | |
| **Broccoli, fresh**  *Spears*  *Trimmed*  *Ready-to-use* | Pound | | 17.10 | 1/4 cup raw vegetable spears | | 5.9 | | 1 lb AP = 1 lb (about 4-1/4 cups)ready-to-cook broccoli | |
|  | Pound | | 13.00 | 1/4 cup cooked, drained vegetable spears | | 7.7 | | 1 lb AP = 1 lb (about 3-1/4 cups) cooked broccoli | |
| **Broccoli, fresh**  *Slaw*  *Ready-to-use* | Pound | | 21.10 | 1/4 cup raw vegetable | | 4.8 | | 1 lb AP = 1 lb (about 5-1/4 cups) ready-to-serve or -cook broccoli slaw | |
| **Broccoli, frozen**  *Spears* | Pound | | 10.90 | 1/4 cup cooked, drained vegetable | | 9.2 | | 1 lb AP = 0.90 lb (about 2-5/8 cups) cooked broccoli | |
| **Broccoli, frozen**  Cut or chopped | Pound | | 9.60 | 1/4 cup cooked, drained vegetable | | 10.5 | |  | |
| **BRUSSELS SPROUTS - Other Subgroup** | | | | | | | | | |
| **Brussels Sprouts, fresh**  Whole | Pound | | 8.50 | 1/4 cup cooked, drained vegetable | | 11.8 | | 1 lb AP = 0.76 lb ready-to-cook Brussels sprouts | |
| **Brussels Sprouts, fresh**  *Trimmed*  *Ready-to-use* | Pound | | 16.10 | 1/4 cup raw vegetable | | 6.3 | | 1 lb AP = 1 lb (about 4 cups) ready-to-serve Brussels sprouts | |
|  | Pound | | 13.40 | 1/4 cup cooked, drained vegetable | | 7.5 | | 1 lb AP = 1 lb (about 3-1/3 cups)steamed Brussels sprouts | |
| **Brussels Sprouts, frozen**  Ready-to-use | Pound | | 10.40 | 1/4 cup cooked, drained vegetable | | 9.7 | |  | |
| **CABBAGE, CHINESE OR CELERY - Dark Green Subgroup** | | | | | | | | | |
| **Cabbage, Chinese, or Celery fresh**  *Untrimmed* | Pound | | 20.40 | 1/4 cup raw vegetable strips | | 5.0 | | 1 lb AP = 0.93 lb (about 5 cups) ready-to-serve, raw cabbage | |
|  | Pound | | 10.60 | 1/4 cup cooked, drained vegetable strips | | 9.5 | |  | |
| **CABBAGE, GREEN - Other Subgroup** | | | | | | | | | |
| **Cabbage, fresh**  *Green*  *Untrimmed*  *Whole* | Pound | | 17.70 | 1/4 cup raw, chopped vegetable | | 5.7 | | 1 lb AP = 0.87 lb ready-to-cook or -serve raw cabbage | |
| Pound | | 11.20 | 1/4 cup raw, chopped vegetable with dressing | | 9.0 | |  | |
|  | Pound | | 26.40 | 1/4 cup raw, shredded vegetable | | 3.8 | |  | |
|  | Pound | | 13.80 | 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 | |
| **Cabbage, fresh**  *Green*  *Untrimmed*  *Whole* | 1 head | | 7.00 | 1 medium cooked leaf  (3/8 cup vegetable) | | 14.3 | | 1 medium leaf = 6 to 8 inches in diameter | |
| **Cabbage, fresh**  *Green*  *Shredded*  *Ready-to-use* | Pound | | 27.00 | 1/4 cup raw vegetable | | 3.8 | | 1 lb AP = 1 lb (about 6-3/4 cups) ready-to-serve raw, shredded cabbage | |
| **CABBAGE, RED - Other Subgroup** | | | | | | | | | |
| **Cabbage, Red, fresh**  *Whole*  *Untrimmed* | Pound | | 13.00 | 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 | | 24.60 | 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 | | 13.30 | 1/4 cup cooked, shredded vegetable | | 7.6 | |  | |
| **Cabbage, Red, fresh**  *Shredded*  *Ready-to-use* | Pound | | 22.80 | 1/4 cup raw vegetable | | 4.4 | | 1 lb AP = 1 lb (about 5-2/3 cups)ready-to-serve raw, shredded cabbage | |
| **CACTUS (NOPALES) - Other Subgroup** | | | | | | | | | |
| **Cactus (Nopales), fresh**  *Leaves (or petals)*  *Unpeeled*  *With thorns* | 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 | |
| **Cactus (Nopales), fresh**  *Leaves (or Petals)*  *Unpeeled*  *Without thorns* | 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 | |
| **CACTUS (NOPALES) - Other Subgroup (continued)** | | | | | | | | | |
| **Cactus (Nopalitos), canned**  *Leaves (or Petals)*  *Cut* | 14 oz jar | | 3.04 | 1/4 cup heated, drained vegetable | | 32.9 | | 14-oz jar = about 5.7 oz (about 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 | |
| **CARROTS – Red/Orange Subgroup** | | | | | | | | | |
| **Carrots, fresh**  *Without tops* | Pound | | 10.30 | 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 | | 10.60 | 1/4 cup raw, chopped vegetable | | 9.5 | |  | |
| Pound  Pound | | 15.40  8.10 | 1/4 cup raw, shredded vegetable  1/4 cup raw shredded vegetable with dressing | | 6.5  12.4 | | 1 lb AP = 0.83 lb (about 3-3/4 cups) trimmed, peeled, shredded carrots | |
| 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 carrots | |
| Pound | | 10.90 | 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 | |
| **Carrots, fresh**  Shredded  Ready-to-use | Pound | | 19.90 | 1/4 cup raw vegetable | | 5.1 | | 1 lb AP = 1 lb shredded carrots ready-to-use (about 4-7/8 cups) | |
| Pound | | 11.20 | 1/4 cup cooked, drained vegetable | | 9.0 | | 1 lb AP = 0.92 lb (about 2-3/4 cups) cooked carrots | |
| **Carrots, fresh**  Sliced  Peeled  *Ready-to-use* | Pound | | 12.60 | 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 carrots | |
| **Carrots, fresh**  *Sticks, Ready-to-use (1/2-inch by 4-inch)* | Pound | | 15.40 | 1/4 cup raw vegetable (about 3 sticks) | | 6.5 | | 1 lb AP = 1 lb (about 3-3/4 cups) carrot sticks | |
| **Carrots, fresh**  *Baby*  *Ready-to-use* | Pound | | 12.90 | 1/4 cup raw vegetable | | 7.8 | | 1 lb AP = 1 lb (about 3-1/8 cups) ready-to-serve raw carrots | |
|  | Pound | | 11.40 | 1/4 cup cooked, drained vegetable | | 8.8 | | 1 lb AP = 0.97 lb (about 2-3/4 cups) cooked carrots | |
| **Carrots, canned**  *Diced*  *Includes USDA Foods* | No. 10 can  (105 oz) | | 34.30 | 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) | | 40.00 | 1/4 cup drained vegetable | | 2.5 | | 1 No. 10 can = about 67.0 oz (10 cups) drained, unheated carrots | |
|  | Pound  Pound | | 5.22  6.09 | 1/4 cup heated, drained vegetable  1/4 cup drained vegetable | | 19.2  16.5 | |  | |
| **Carrots, canned**  *Sliced*  *Includes USDA Foods* | No. 10 can  (105 oz) | | 37.20 | 1/4 cup heated, drained vegetable | | 2.7 | | 1 No. 10 can = about 65.0 oz (9-1/4 cups) heated, drained carrots | |
|  | No. 10 can  (105 oz) | | 43.40 | 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 | |
| **CARROTS – Red/Orange Subgroup (continued)** | | | | | | | | | |
| **Carrots, frozen**  *Sliced*  *Includes USDA Foods* | Pound | | 9.87 | 1/4 cup cooked, drained vegetable | | 10.2 | | 1 lb AP = 0.95 lb (about 2-3/8 cups) cooked, drained carrots | |
| **Carrots, frozen**  *Baby* | Pound | | 10.90 | 1/4 cup cooked, drained vegetable | | 9.2 | |  | |
| **CASSAVA (see YUCCA) – Starchy Subgroup** | | | | | | | | | |
| **CAULIFLOWER - Other Subgroup** | | | | | | | | | |
| **Cauliflower, fresh**  *Whole*  *Trimmed* | Pound | | 12.50 | 1/4 cup raw, sliced vegetable | | 8.0 | | 1 lb AP = 0.62 lb ready-to-cook or -serve raw cauliflower | |
|  | Pound | | 12.30 | 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 | |
| **Cauliflower, fresh**  *Florets*  *Ready-to-use* | Pound  Pound | | 18.30  14.10 | 1/4 cup raw vegetable florets  1/4 cup cooked, drained vegetable florets | | 5.5  7.1 | | 1 lb AP = 1 lb (about 4-1/2 cups)ready-to-cook or -serve cauliflower | |
| **Cauliflower, frozen** | Pound | | 9.20 | 1/4 cup cooked, drained vegetable | | 10.9 | |  | |
| **CELERY - Other Subgroup** | | | | | | | | | |
| **Celery, fresh**  *Trimmed* | Pound | | 12.20 | 1/4 cup raw vegetable sticks or strips (about 3 sticks, 1/2-inch by 4-inch sticks) | | 8.2 | |  | |
|  | Pound | | 12.50 | 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 | | 12.30 | 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 | |
| **Celery, fresh**  *Trimmed* | Pound | | 8.10 | 1/4 cup sliced, cooked, drained vegetable | | 12.4 | |  | |
| **Celery, fresh**  *Sticks*  *Ready-to-use*  *(1/2-inch by 4-inch)* | Pound | | 14.00 | 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 | |
| **Celery, fresh**  *Diced*  *Ready-to-use* | Pound | | 12.90 | 1/4 cup raw vegetable | | 7.8 | | 1 lb AP = 1 lb (about 3-1/8 cups)ready-to-cook or -serve raw celery | |
| **Celery, canned**  *Diced* | No. 10 can  (102 oz) | | 38.40 | 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) | | 49.00 | 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) | | 10.50 | 1/4 cup drained vegetable | | 9.6 | |  | |
| **Celery, canned**  *Diced*  *In sauce* | No. 10 can  (104 oz) | | 49.70 | 1/4 cup heated, drained vegetable | | 2.1 | | 1 No. 10 can = about 100.0 oz (12-3/8 cups) heated, drained celery | |
| **CHARD, SWISS (see SWISS CHARD) - Dark Green Subgroup** | | | | | | | | | |
| **CHAYOTE (MIRLITON) - Other Subgroup** | | | | | | | | | |
| **Chayote (Mirliton), fresh**  Whole  Unpeeled | Pound | | 12.60 | 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, slicedcooked chayote | |
| **CHICKPEAS (see BEANS, GARBANZO) - Beans and Peas (Legumes) Subgroup** | | | | | | | | | |
| **CHICORY - Dark Green Subgroup** | | | | | | | | | |
| **Chicory, fresh** | Pound | | 47.40 | 1/4 cup raw vegetable pieces (credits as 1/8 cup in NSLP/SBP) | | 2.2 | | 1 lb AP = 0.89 lb ready-to-serve raw chicory | |
| Pound | | 31.60 | 1/4 cup raw vegetable pieces with dressing (credits as 1/8 cup in NSLP/SBP) | | 3.2 | |  | |
| **COLLARD GREENS - Dark Green Subgroup** | | | | | | | | | |
| **Collard Greens, fresh**  *Untrimmed* | Pound | | 6.20 | 1/4 cup cooked, drained vegetable leaves | | 16.2 | | 1 lb AP = 0.57 lb ready-to-cook collard leaves | |
| Pound | | 10.50 | 1/4 cup cooked, drained vegetable leaves and stems | | 9.6 | | 1 lb AP = 0.74 lb ready-to-cook collard leaves and stems | |
| **Collard Greens, canned** | No. 10 can  (101 oz) | | 27.20 | 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) | | 35.90 | 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 | |  | |
| **Collard Greens, frozen**  *Chopped or*  *Whole leaf* | Pound | | 9.20 | 1/4 cup cooked, drained vegetable | | 10.9 | |  | |
| **CORN – Starchy Subgroup** | | | | | | | | | |
| **Corn, fresh**  *With husks*  *(5 to 6-inch length)*  *Medium* | 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 | |
| **Corn, fresh**  *Without husks*  *(5 to 6-inch length)*  *Medium* | 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 | |
| **Corn, canned**  *Cream style*  *Includes USDA Foods* | No. 10 can  (106 oz) | | 46.40 | 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 | |
| **Corn, canned**  *Whole kernel*  *Vacuum packed*  *Includes USDA*  *Foods* | No. 10 can  (75 oz) | | 34.10 | 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) | | 36.80 | 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 | |
| **Corn, canned**  Whole kernel  *Liquid pack*  Includes USDA Foods | No. 10 can  (106 oz)  No. 10 can  (106 oz) | | 39.60  40.70 | 1/4 cup heated, drained vegetable  1/4 cup drained vegetable | | 2.6  2.5 | | 1 No. 10 can = about 66.0 oz (9-7/8 cups) heated, drained corn  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 | |
| **CORN – Starchy Subgroup (continued)** | | | | | | | | | |
| **Corn, canned**  Whole kernel  *Liquid pack*  Includes USDA Foods | 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 | |
| **Corn, frozen**  Whole Kernel  *Includes USDA Foods* | Pound  Pound | | 11.10  11.00 | 1/4 cup tempered vegetable (unheated for salads)  1/4 cup cooked vegetable | | 9.1  9.1 | | 1 lb AP = 0.99 lb (about 2-3/4 cups) ready-to-serve raw tempered corn | |
| **Corn, frozen**  *Corn on the cob*  *3-inch ear (cobbette)*  *Includes USDA Foods* | 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 | |
| **Corn, frozen**  *Corn on the cob*  *5-1/4-inch ear (medium)*  *Includes USDA Foods* | 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 | |
| **CUCUMBERS - Other Subgroup** | | | | | | | | | |
| **Cucumbers, fresh**  *Whole*  *Unpared* | Pound | | 11.10 | 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 cucumbers | |
| Pound | | 12.40 | 1/4 cup unpared, sliced vegetable | | 8.1 | |  | |
| Pound | | 10.50 | 1/4 cup pared, diced or sliced vegetable | | 9.6 | | 1 lb AP = 0.84 lb ready-to-serve raw, pared, sliced cucumbers | |
| 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 | |
| **CUCUMBERS - Other Subgroup (continued)** | | | | | | | | | |
| **Cucumbers, fresh**  *Whole*  *Unpared* | Pound | | 11.80 | 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 | |
| **EGGPLANT - Other Subgroup** | | | | | | | | | |
| **Eggplant, fresh**  Whole | Pound | | 6.70 | 1/4 cup pared, cubed, cooked vegetable | | 15.0 | | 1 lb AP = 0.81 lb ready-to-cook eggplant | |
| **ENDIVE, ESCAROLE - Dark Green Subgroup** | | | | | | | | | |
| **Endive or Escarole, fresh**  Whole | Pound | | 19.90 | 1/4 cup raw vegetable pieces | | 5.1 | | 1 lb AP = 0.78 lb ready-to-serve raw endive (escarole) | |
| **GRAPE LEAVES - Dark Green Subgroup** | | | | | | | | | |
| **Grape Leaves, fresh**  Whole with stem | Pound | | 27.40 | 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 | |
| **Grape Leaves, canned**  *Pickled* | 14 oz jar | | 17.00 | 1/4 cup drained vegetable  (about 3 leaves) | | 5.9 | | 14 oz jar = about 8.0 oz (4-1/4 cups) drained leaves | |
| **JICAMA (YAM BEAN) – Starchy Subgroup** | | | | | | | | | |
| **Jicama (Yam Bean), fresh**  Whole | Pound  Pound | | 11.90  9.61 | 1/4 cup raw peeled, julienned vegetable strips  1/4 cup peeled, cooked, julienned vegetable strips | | 8.5  10.5 | | 1 lb AP = 0.89 lb (about 2-7/8 cups) ready-to- serve raw peeled, julienned jicama strips  1 lb AP = 0.87 lb (about 2-3/8 cups) cooked jicama strips | |
| **KALE - Dark Green Subgroup** | | | | | | | | | |
| **Kale, fresh**  Trimmed  With stem  Ready-to-use | Pound | | 35.70 | 1/4 cup raw, chopped vegetable (no stem, credits as 1/8 cup in NSLP/SBP) | | 2.9 | | 1 lb AP = 0.73 lb ready-to-cook, stemmed kale leaves | |
| Pound | | 10.00 | 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 | |
| **Kale, fresh**  Trimmed  Without stem | Pound  Pound | | 48.80 | 1/4 cup raw, chopped vegetable (credits as 1/8 cup in NSLP/SBP) | | 2.1 | | 1 lb AP = 1 lb ready-to-cook kale | |
| 13.70 | 1/4 cup cooked, drained vegetable | | 7.3 | | 1 lb AP = 1.15 lb (about 3-3/8 cups) cooked, drained kale | |
| **Kale, fresh**  Untrimmed | Pound | | 11.80 | 1/4 cup cooked, drained vegetable | | 8.5 | | 1 lb AP = 0.67 lb ready-to-cook kale | |
| **Kale, canned** | No. 10 can  (98 oz)  No. 10 can  (98 oz)  No 2-1/2 can (27 oz)  No 2-1/2 can (27 oz)  Pound  Pound | | 26.70  40.20  7.35  11.00  4.35  6.56 | 1/4 cup heated, drained vegetable  1/4 cup drained vegetable  1/4 cup heated, drained vegetable  1/4 cup drained vegetable  1/4 cup heated, drained vegetable  1/4 cup drained vegetable | | 3.8  2.5  13.7  9.1  23.0  15.3 | | 1 No. 10 can = about 49.6 oz (6-2/3 cups) heated, drained kale  1 No. 10 can = about 58.0 oz (10 cups) drained kale  1 No. 2-1/2 can = about 1-3/4 cups heated, drained kale  1 No. 2-1/2 can = about 15.9 oz (2-3/4 cups) drained, unheated kale | |
| **KALE - Dark Green Subgroup (continued)** | | | | | | | | | |
| **Kale, frozen**  Chopped | Pound | | 12.10 | 1/4 cup cooked, drained vegetable | | 8.3 | |  | |
| **Kale, frozen**  Whole leaf | Pound | | 9.50 | 1/4 cup cooked, drained vegetable | | 10.6 | |  | |
| **KOHLRABI - Other Subgroup** | | | | | | | | | |
| **Kohlrabi, fresh**  Untrimmed | Pound | | 5.10 | 1/4 cup cooked, drained vegetable | | 19.7 | | 1 lb AP = 0.45 lb ready-to-cook, pared kohlrabi | |
| **Kohlrabi, fresh**  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 | | 10.10 | 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 | |
| **LENTILS, DRY - Beans and Peas (Legumes) Subgroup** | | | | | | | | | |
| Lentils, dry | Pound  Pound | | 29.60  19.70 | 1/4 cup cooked lentils  3/8 cup cooked lentils | | 3.4  5.1 | | 1 lb dry = about 2-3/8 cups dry lentils | |
| **LETTUCE - Other Subgroup** | | | | | | | | | |
| **Lettuce, fresh**  Iceberg  Head  Untrimmed | Pound | | 22.20 | 1/4 cup raw, shredded vegetable pieces (credits as 1/8 cup in NSLP/SBP) | | 4.6 | | 1 lb AP = 0.76 lb (about 5-1/2 cups) ready-to-serve shredded lettuce | |
|  | Pound | | 20.80 | 1/4 cup raw vegetable pieces (credits as 1/8 cup in NSLP/SBP) | | 4.9 | |  | |
|  | Pound | | 13.90 | 1/4 cup raw vegetable pieces with dressing (credits as 1/8 cup in NSLP/SBP) | | 7.2 | |  | |
| **Lettuce, fresh**  Iceberg, Head  Cleaned and cored  Ready-to-use | Pound | | 29.20 | 1/4 cup raw vegetable pieces (credits as 1/8 cup in NSLP/SBP) | | 3.5 | | 1 lb AP = 1 lb (about 7-1/3 cups) ready-to-serve lettuce | |
| **LETTUCE - Other Subgroup** | | | | | | | | | |
| **Lettuce, fresh**  Salad mix (mostly iceberg, some romaine with shredded carrot and red cabbage) | Pound | | 26.40 | 1/4 cup raw vegetable pieces (credits as 1/8 cup in NSLP/SBP) | | 3.8 | | 1 lb AP = 1 lb (about 6-1/2 cups) ready-to-serve lettuce | |
| **Lettuce, fresh**  Mixed greens (equal amounts of iceberg and romaine with shredded carrots and red cabbage) | Pound | | 25.70 | 1/4 cup raw vegetable pieces (credits as 1/8 cup in NSLP/SBP) | | 3.9 | | 1 lb AP = 1 lb (about 6-3/8 cups) ready-to-serve lettuce | |
| **LETTUCE – Dark Green Subgroup** | | | | | | | | | |
| **Lettuce, fresh**  Dark Green Leafy (loose lettuce)  Untrimmed | Pound | | 21.70 | 1/4 cup raw vegetable pieces (credits as 1/8 cup in NSLP/SBP) | | 4.7 | | 1 lb AP = 0.66 lb ready-to-serve raw lettuce | |
| Pound | | 14.50 | 1/4 cup raw vegetable pieces with dressing (credits as 1/8 cup in NSLP/SBP) | | 6.9 | |
| **Lettuce, fresh**  Romaine  Untrimmed | Pound | | 31.30 | 1/4 cup raw vegetable pieces (credits as 1/8 cup in NSLP/SBP) | | 3.2 | | 1 lb AP = 0.64 lb ready-to-serve raw lettuce | |
|  | Pound | | 20.90 | 1/4 cup raw vegetable pieces with dressing (credits as 1/8 cup in NSLP/SBP) | | 4.8 | |  | |
| **MALANGA (TARO) – Starchy Subgroup** | | | | | | | | | |
| **Malanga (Taro), fresh**  Whole | Pound | | 11.20 | 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 | |
| **MIRLITON (see CHAYOTE) - Other Subgroup** | | | | | | | | | |
| **MUSHROOMS - Other Subgroup** | | | | | | | | | |
| **Mushrooms, fresh**  Whole | Pound | | 18.70 | 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 | |
| **Mushrooms, fresh**  Slices  Ready-to-use | Pound | | 18.50 | 1/4 cup sliced vegetable (about 7 slices) | | 5.5 | | 1 lb AP = 1 lb (about 4-5/8 cups) ready-to-serve mushrooms | |
| **Mushrooms, canned** | No. 10 can  (68 oz drained weight) | | 49.40 | 1/4 cup drained vegetable | | 2.1 | | 1 No. 10 can = 12-1/3 cups drained mushrooms | |
| Pound  (drained weight) | | 11.60 | 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 | |
| **Mushrooms, frozen**  Slices | Pound | | 12.20 | 1/4 cup tempered vegetable | | 8.2 | | 1 lb AP = 0.90 lb (about 3 cups) ready-to-serve, tempered mushrooms | |
| **MUSTARD GREENS or MUSTARD CABBAGE GREENS - Dark Green Subgroup** | | | | | | | | | |
| **Mustard greens, fresh**  *Trimmed*  *Without Stems* | Pound  Pound | | 49.20  14.10 | 1/4 cup raw vegetable pieces (credits as 1/8 cup in NSLP/SBP)  1/4 cup cooked, drained vegetable | | 2.1  7.1 | | 1 lb AP = 0.99 lb (about 12-1/8 cups) ready-to-serve or -cook greens | |
| **Mustard greens, fresh**  Untrimmed | Pound | | 13.20 | 1/4 cup cooked, drained vegetable | | 7.6 | | 1 lb AP = 0.93 lb ready-to-cook greens | |
| **Mustard Greens, canned** | No. 10 can  (101 oz) | | 31.00 | 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) | | 20.30 | 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) | | 11.80 | 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 | |  | |
| **Mustard Greens, frozen**  Chopped | Pound | | 11.60 | 1/4 cup cooked, drained vegetable | | 8.7 | |  | |
| **Mustard Greens, frozen**  Leaf | Pound | | 12.30 | 1/4 cup cooked, drained vegetable | | 8.2 | |  | |
| **NOPALES (see CACTUS) - Other Subgroup** | | | | | | | | | |
| **OKRA - Other Subgroup** | | | | | | | | | |
| **Okra, fresh**  Whole | 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 | |  | |
| **Okra, canned**  Cut | No. 10 can  (99 oz) | | 38.80 | 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 | |
| **Okra, frozen**  Cut | Pound | | 9.10 | 1/4 cup cooked, drained vegetable | | 11.0 | |  | |
| **Okra, frozen**  Whole | Pound | | 11.80 | 1/4 cup cooked, drained vegetable | | 8.5 | |  | |
| **OLIVES - Other Subgroup** | | | | | | | | | |
| **Olives, canned**  Green  Stuffed | No. 10 can  (72 oz drained weight) | | 55.50 | 1/4 cup drained vegetable | | 1.9 | |  | |
|  | Pound  (drained weight) | | 12.30 | 1/4 cup drained vegetable | | 8.2 | |  | |
| **Olives, canned**  Green  Whole  With pits | Gallon  (65 oz drained weight) | | 60.40 | 1/4 cup whole, pitted vegetable (about 14 small olives) | | 1.7 | | 1 gallon = about 848 olives | |
|  | Pound  (drained weight) | | 14.80 | 1/4 cup pitted vegetable | | 6.8 | |  | |
| **Olives, canned**  Green  Whole  Pitted | Gallon  (69 oz drained weight) | | 63.90 | 1/4 cup whole vegetable (about 14 small olives) | | 1.6 | | 1 gallon container = about 16 cups drained or 847 olives | |
| **Olives, canned**  Ripe  Pitted  Large  Whole | No. 10 can  (50 oz drained weight) | | 48.00 | 1/4 cup whole vegetable (about 8 large olives) | | 2.1 | | 1 No. 10 can = about 380 olives | |
| **OLIVES - Other Subgroup (continued)** | | | | | | | | | |
| **Olives, canned**  Ripe  Pitted  Large  Whole | No. 10 can  (50 oz drained weight) | | 42.00 | 1/4 cup chopped vegetable | | 2.4 | |  | |
| Pound (drained weight) | | 15.30 | 1/4 cup whole vegetable | | 6.6 | |  | |
| Pound (drained weight) | | 12.90 | 1/4 cup chopped vegetable | | 7.8 | |  | |
| **Olives, canned**  Ripe  Sliced | No. 10 can  (103 oz) | | 47.90 | 1/4 cup sliced vegetable | | 2.1 | | 1 No. 10 can = about 56.0 oz (11-7/8 cups) drained olives | |
| **Olives, frozen**  Ripe  1/4-inch slices | Pound | | 14.90 | 1/4 cup tempered vegetable slices | | 6.8 | | 1 lb AP = 0.99 lb (about 3-2/3 cups) ready-to-serve tempered olives | |
| **ONIONS, GREEN - Other Subgroup** | | | | | | | | | |
| **Onions, Green, fresh**  *Whole* | Pound | | 15.00 | 1/4 cup raw vegetable, with tops | | 6.7 | | 1 lb AP = 0.83 lb ready-to-serve, raw onions with tops | |
|  | Pound | | 13.80 | 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 | |
| **ONIONS, MATURE - Other Subgroup** | | | | | | | | | |
| **Onions, Mature, fresh**  All sizes | Pound | | 9.30 | 1/4 cup raw, chopped vegetable | | 10.8 | | 1 lb AP = 0.88 lb ready-to-cook or -serve raw onion | |
| Whole | Pound | | 14.20 | 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 | |  | |
| **Onions, Mature, fresh**  *Yellow, Jumbo*  Whole | 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 | |
| **Onions, Mature, fresh**  *Diced*  *Ready-to-use* | Pound | | 12.60 | 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 | |
| **Onions, Mature, fresh**  Sliced  *Ready-to-use* | Pound | | 12.70 | 1/4 cup sliced, raw vegetable | | 7.9 | | 1 lb AP = 1 lb ready-to-serve or -cook onion | |
| **Onions, Mature, canned**  Whole | No. 10 can  (105 oz) | | 26.60 | 1/4 cup heated vegetable | | 3.8 | | 1 No. 10 can = about 55.8 oz (6-2/3 cups) heated, drained onion | |
| Pound | | 4.90 | 1/4 cup heated, drained vegetable | | 20.5 | |  | |
| 15 oz jar | | 5.10 | 1/4 cup vegetable  (about 5 onions) | | 19.7 | | 15-oz jar = about 9.0 oz (1-1/4 cups) drained or about 23 onions | |
| **Onions, Mature, frozen**  Chopped | Pound | | 7.92 | 1/4 cup thawed vegetable | | 12.7 | | 1 lb AP = 0.80 lb (about 1-7/8 cups) ready-to-cook, thawed onion | |
| Pound | | 5.94 | 1/4 cup cooked vegetable | | 16.9 | | 1 lb AP = 0.67 lb (about 1-3/8 cups) cooked onion | |
| **Onions, Mature, Dehydrated**  Chopped | Pound | | 49.90 | 1/4 cup rehydrated, cooked vegetable | | 2.1 | | 1 lb dry = about 4-2/3 cups dehydrated onion | |
|  | Pound | | 18.70 | 1/4 cup uncooked, rehydrated vegetable | | 5.4 | |  | |
| **PARSLEY - Dark Green Subgroup** | | | | | | | | | |
| **PARSLEY, fresh**  Curly | Pound | | 83.40 | 1/4 cup chopped, raw vegetable (credits as 1/8 cup in NSLP/SBP) | | 1.2 | | 1 lb AP = 0.92 lb ready-to-serve raw parsley | |
| **PARSNIPS – Starchy Subgroup** | | | | | | | | | |
| **Parsnips, fresh**  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 | |  | |
| **PEAS, BLACKEYED (see BEANS, BLACKEYED) - Beans and Peas (Legumes) Subgroup** | | | | | | | | | |
| **PEAS, CHINESE SNOW - Other Subgroup** | | | | | | | | | |
| **Peas, Chinese Snow, frozen**  *Edible podded*  *Whole* | Pound | | 11.40 | 1/4 cup cooked, drained vegetable | | 8.8 | |  | |
| **PEAS, FIELD - Starchy Subgroup** | | | | | | | | | |
| **Peas, Field, canned**  *With snaps* | No. 10 can  (111 oz) | | 37.60 | 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) | | 46.30 | 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 | |
| **PEAS, GREEN - Starchy Subgroup** | | | | | | | | | |
| **Peas, Green, fresh**  Shelled | Pound | | 10.60 | 1/4 cup cooked, drained vegetable | | 9.5 | | 1 lb in pod = 0.38 lb ready-to-cook peas | |
| **Peas, Green, canned**  Includes USDA Foods | No. 10 can  (106 oz) | | 36.70 | 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) | | 42.00 | 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)  No. 300 can  (15-1/4 oz) | | 4.95  5.67 | 1/4 cup heated, drained vegetable  1/4 cup drained vegetable (unheated, for salads) | | 20.3  17.7 | |  | |
| **Peas, Green, frozen**  Includes USDA Foods | 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 | |
| **PEAS, GREEN – Beans and Peas (Legumes) Subgroup** | | | | | | | | | |
| **Peas, Green, dry**  Whole | Pound | | 25.60 | 1/4 cup cooked vegetable | | 4.0 | | 1 lb dry = about 2-1/3 cups dry peas | |
| **Peas, Green, dry**  Split  *Includes USDA Foods* | Pound | | 23.10 | 1/4 cup cooked vegetable | | 4.4 | | 1 lb dry = about 2-1/4 cups dry split peas | |
| **PEAS, PIGEON, GREEN - Starchy Subgroup** | | | | | | | | | |
| **Peas, Pigeon, Green, frozen**  *Immature* | Pound | | 10.60 | 1/4 cup cooked, drained vegetable | | 9.5 | | 1 lb AP = 0.96 lb (about 2-2/3 cups) cooked, drained peas | |
| **PEAS, SUGAR SNAP - Other Subgroup** | | | | | | | | | |
| **Peas, Sugar Snap, frozen**  Whole | Pound | | 9.78 | 1/4 cup cooked, drained vegetable | | 10.3 | | 1 lb AP = 1 lb (about 2-3/8 cups) cooked, drained peas | |
| **PEAS AND CARROTS - Additional Subgroup** | | | | | | | | | |
| **Peas and Carrots, canned** | No. 10 can  (105 oz)  Pound | | 41.30  6.30 | 1/4 cup heated, drained vegetable  1/4 cup heated, drained vegetable | | 2.5  15.9 | | 1 No. 10 can = about 66.0 oz (11-1/2 cups) drained, unheated peas and carrots | |
| **Peas and Carrots, frozen** | Pound | | 10.90 | 1/4 cup cooked, drained vegetable | | 9.2 | |  | |
| PEPPERONCINI - Other Subgroup | | | | | | | | | |
| **Pepperoncini, canned**  *Whole* | Gallon  (72 oz drained weight) | | 64.00 | 1/4 cup drained vegetable | | 1.6 | | 1 gallon container = about 207 pepperoncini | |
| **PEPPERS, GREEN BELL - Other Subgroup** | | | | | | | | | |
| **Peppers, Bell, fresh**  Green or Yellow  Medium or Large  Whole | Pound  Pound  Pound | | 9.70  14.70  9.80 | 1/4 cup chopped or diced raw vegetable  1/4 cup raw vegetable strips  1/4 cup cooked, drained vegetable strips | | 10.4  6.9  10.3 | | 1 lb AP = 0.80 lb ready-to-serve or -cook raw pepper  1 lb AP = 0.73 lb cooked pepper | |
| **Peppers, Bell, frozen**  Green or Yellow  Diced | Pound | | 12.10 | 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 | |  | |
| **Peppers, Bell, dehydrated**  Green or Yellow  Diced | Pound | | 99.20 | 1/4 cup rehydrated, cooked vegetable | | 1.1 | | 1 lb dry = about 9-1/4 cups dried pepper | |
| Pound | | 38.60 | 1/4 cup dried vegetable | | 2.6 | |  | |
| **PEPPERS, ORANGE OR RED – Red/Orange Subgroup** | | | | | | | | | |
| **Peppers, Bell, fresh**  Orange or Red  Medium or Large  Whole | | Pound | 9.70 | 1 /4 cup chopped or diced raw vegetable | 10.4  6.9  10.3 | | | 1 lb AP = 0.80 lb ready-to-serve or –cook raw pepper  1 lb AP = 0.73 lb cooked pepper | |
|  | Pound  Pound | | 14.70  9.80 | 1/4 cup raw vegetable strips  1/4 cup cooked, drained vegetable strips |
| **Peppers, Bell, frozen**  Orange or Red  Diced | Pound | | 12.10 | 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 | | |  | |
| **Peppers, Bell, dehydrated**  Orange or Red | Pound | | 99.20 | 1/4 cup rehydrated, cooked vegetable | 1.1 | | | 1 lb dry = about 9-1/4 cups dried pepper | |
| *Diced* | Pound | | 38.60 | 1/4 cup dehydrated vegetable | 2.6 | | |  | |
| **PEPPERS, CHERRY – Red/Orange Subgroup** | | | | | | | | | |
| **Peppers, fresh**  Cherry  Whole with stem | Pound | | 14.40 | 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 | |
| **PEPPERS, GREEN CHILIES - Other Subgroup** | | | | | | | | | |
| **Peppers, Green Chilies, fresh**  Anaheim  Whole with stem | Pound | | 11.40 | 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 | |
| **Peppers, Green, Chilies, fresh**  Jalapeño  Whole with stem | Pound | | 15.60 | 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 | |
| **Peppers, Green Chilies, canned**  Chopped | No. 10 can  (103 oz) | | 51.40 | 1/4 cup heated vegetable | | 2.0 | | 1 No. 10 can = about 12-7/8 cups drained peppers | |
| **PEPPERS, GREEN CHILIES - Other Subgroup (continued)** | | | | | | | | | |
| **Peppers, Green Chilies, canned**  Chopped | No. 10 can  (99 oz) | | 47.10 | 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 | |  | |
| **Peppers, Green, Chilies, canned**  Jalapeño  Slices | No. 10 can  (106 oz) | | 46.20 | 1/4 cup drained vegetable slices | | 2.0 | | 1 No. 10 can = about 64.4 oz (11-1/2 cups) drained peppers | |
| **Peppers, Green, Chilies, canned**  Jalapeño  Whole | No. 10 can  (96 oz) | | 35.00 | 1/4 cup drained, whole vegetable | | 2.9 | | 1 No. 10 can = about 60.0 oz (8-3/4 cups) drained peppers | |
| **PICKLES - Other Subgroup** | | | | | | | | | |
| **Pickles, canned**  Chips | Quart  (about 20 oz drained weight)  1 gal  (about 87 oz drained weight)  Pound (drained weight) | | 13.90  60.30  11.10 | 1/4 cup drained vegetable  1/4 cup drained vegetable  1/4 cup drained vegetable | | 7.2  1.7  9.1 | | 1 quart container = 3-1/2 cups drained or 52 pickle chips | |
| **Pickles, canned**  Spears  Medium size  *4.75 x 0.75 x 1.5-inches* | 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 | |
| **Pickles, canned**  Whole | Gallon  (about 87 oz drained) | | 55.20 | 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 to 2-3/4 inch, small = 2-3/4 to 3-1/2 inch, medium = 3-1/2 to 4 inch, large = 4 to 4-3/4 inch, extra-large = 4-3/4 to 5-1/4 inch | |
| **PICKLES - Other Subgroup (continued)** | | | | | | | | | |
| **Pickles, canned**  Whole | Gallon  (about 87 oz drained) | | 84.40 | 1/8 cup length-wise sliced vegetable | | 1.2 | |  | |
| Gallon  (about 87 oz drained) | | 108.00 | 1/8 cup chopped vegetable | | 1.0 | |  | |
| **PIMIENTOS (PIMENTOS) - Red/Orange Subgroup** | | | | | | | | | |
| **Pimientos, canned**  Chopped or Diced | No. 10 can  (102 oz) | | 40.70 | 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 | |  | |
| **Pimientos, canned**  Whole | No. 10 can  (102 oz) | | 38.50 | 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) | | 11.00 | 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 | |  | |
| **PLANTAIN - Starchy Subgroup** | | | | | | | | | |
| **Plantain, fresh**  *Green* | Pound | | 7.50 | 1/4 cup peeled, sliced, cooked vegetable | | 13.4 | | 1 lb = 0.62 lb ready-to-cook peeled, sliced plantains | |
| **PLANTAIN - Starchy Subgroup (continued)** | | | | | | | | | |
| **Plantain, fresh**  Ripe | Pound | | 5.60 | 1/4 cup peeled, sliced, cooked vegetable | | 17.9 | | 1 lb = 0.65 lb ready-to-cook peeled, sliced plantains | |
| POI – Starchy Subgroup | | | | | | | | |
| **Poi**  Undiluted | Pound  Pound | | 5.67  2.83 | 1/2 cup diluted  1 cup diluted | | 17.7  35.4 | Add 1 cup water to each 1 lb bag undiluted poi  1 lb AP = 1.52 lb (about 2-3/4 cups) diluted ready-to-serve poi | |
| POTATOES - Starchy Subgroup | | | | | | | | | |
| **Potatoes, fresh**  Red  Whole | 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 potatoes | |
| **Potatoes, fresh**  White or Russet  All sizes  Whole  *Includes USDA Foods* | Pound  Pound | | 8.90  8.40 | 1/4 cup pared, cooked, diced vegetable  1/4 cup pared, cooked, mashed vegetable | | 11.3  12.0 | | 1 lb AP = 0.74 lb baked potato without skin  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 | |
| **Potatoes, fresh**  *White or Russet*  *120 Count*  *(approx. 6 oz each)*  *Whole* | Pound  Pound | | 2.66  6.53 | 1 whole, baked potato  (about 1/2 cup vegetable)  1/4 cup baked vegetable with skin | | 37.6  15.4 | | 1 lb AP = 0.82 lb (about 1-2/3 cups) baked potato with skin | |
| **POTATOES - Starchy Subgroup (continued)** | | | | | | | | | |
| **Potatoes, fresh**  *White or Russet*  *100 Count*  *(approx. 8 oz each)*  *Whole* | Pound  Pound | | 2.00  6.76 | 1 whole, baked potato  (about 3/4 cup vegetable)  1/4 cup baked vegetable with skin | | 50.0  14.8 | | 1 lb AP = 0.82 lb (about 1-2/3 cups) baked potato with skin | |
| **Potatoes, fresh**  *White or Russet*  *80 Count*  *(approx. 10 oz each)*  *Whole* | Pound  Pound | | 1.60  7.01 | 1 whole baked potato  (about 1 cup vegetable)  1/4 cup baked vegetable with skin | | 62.5  14.3 | | 1 lb AP = 0.82 lb (about 1-2/3 cups) baked potato with skin | |
| **Potatoes, canned**  Diced | No. 10 can  (102 oz) | | 39.90 | 1/4 cup drained, unheated vegetable | | 2.6 | | 1 No. 10 can = about 73.7 oz (9-7/8 cups) drained, unheated potato | |
| **Potatoes, canned**  Sliced | No. 10 can  (102 oz) | | 44.20 | 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 | |
| **Potatoes, canned**  Whole  Small | No. 10 can  (102 oz) | | 43.70 | 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) | | 43.40 | 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) | | 10.90 | 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 | |  | |
| **Potatoes, frozen**  Diced  *Precooked* | Pound | | 10.10 | 1/4 cup tempered, unheated vegetable | | 10.0 | | 1 lb AP = 1 lb (about 2-1/2 cups) tempered potato | |
| **POTATOES - Starchy Subgroup (continued)** | | | | | | | | | |
| **Potatoes, frozen**  Diced  *Precooked* | Pound | | 8.97 | 1/4 cup cooked vegetable | | 11.2 | | 1 lb AP = 0.83 lb (about 2-1/8 cups) cooked potato | |
| **Potatoes, frozen**  Shells | Pound | | 11.10 | 1/4 cup baked vegetable | | 9.1 | | 1 lb AP = 0.90 lb baked potato shell | |
| **Potatoes, frozen**  Wedges  USDA Foods | Pound | | 11.90 | 1/4 cup baked vegetable | | 8.5 | | 1 lb AP = 0.71 lb (about 2-7/8 cups) baked potato | |
|  | 5 lb pkg | | 59.50 | 1/4 cup baked vegetable | | 1.7 | | 5 lb bag = about 14-7/8 cups baked potato | |
| **Potatoes, frozen**  Whole  Small | Pound | | 10.10 | 1/4 cup cooked vegetable | | 10.0 | |  | |
| **Potatoes, dehydrated**  Diced  Low moisture  *Includes USDA Foods* | Pound | | 45.10 | 1/4 cup reconstituted, heated vegetable | | 2.3 | | 1 lb dry = about 5-1/8 cups dehydrated diced potatoes | |
| **Potatoes, dehydrated**  Flake  Low moisture  *Includes USDA Foods* | Pound | | 50.50 | 1/4 cup reconstituted, heated vegetable | | 2.0 | | 1 lb dry = about 7-1/2 cups dehydrated potato flakes | |
| **Potatoes, dehydrated,**  Granules  Low moisture  *Includes USDA Foods* | Pound | | 50.50 | 1/4 cup reconstituted, heated vegetable | | 2.0 | | 1 lb dry = about 2-1/4 cups dehydrated potato granules | |
| **Potatoes, dehydrated**  Slices  Low moisture  *Includes USDA Foods* | Pound | | 43.50 | 1/4 cup reconstituted, heated vegetable | | 2.3 | | 1 lb dry = about 9-2/3 cups dehydrated potato slices | |
| **POTATOES, FRENCH FRIES – Starchy Subgroup** | | | | | | | | | |
| **Potatoes, French Fries, frozen**  *Crinkle cut*  *Low moisture Ovenable*  *Includes USDA Foods* | Pound  4 lb pkg | | 16.20  64.90 | 1/4 cup cooked vegetable  1/4 cup cooked vegetable | | 6.2  1.6 | | 1 lb AP = 0.92 lb (about 4 cups) baked French fries | |
| **Potatoes, French Fries, Frozen**  Crinkle cut  Regular moisture | Pound  4-1/2 lb pkg | | 12.60  56.70 | 1/4 cup cooked vegetable  1/4 cup cooked vegetable | | 8.0  1.8 | | 1 lb AP = 0.81 lb (about 3-1/8 cups) baked French fries | |
| **Potatoes, French Fries, frozen**  *Curly (1/3-inch width)* | Pound  4-1/2 lb pkg | | 16.20  72.90 | 1/4 cup cooked vegetable  1/4 cup cooked vegetable | | 6.2  1.4 | | 1 lb AP = 0.66 lb baked French fries (about 4 cups) | |
| **Potatoes, French Fries, frozen**  *Shoestring*  *Straight cut*  *Low moisture* | Pound  4-1/2 lb pkg | | 14.20  63.90 | 1/4 cup cooked vegetable  1/4 cup cooked vegetable | | 7.1  1.6 | | 1 lb AP = 0.59 lb (about 3-1/2 cups) baked French fries | |
| **Potatoes, French Fries, frozen**  Shoestring  Straight cut  Regular moisture | Pound  4-1/2 lb pkg | | 17.50  79.00 | 1/4 cup cooked vegetable  1/4 cup cooked vegetable | | 5.8  1.3 | |  | |
|  |  | |  |  | |  | |  | |
| **Potatoes, French Fries, frozen**  *Straight cut*  *Regular moisture*  *Ovenable* | Pound  5 lb pkg | | 14.00  70.00 | 1/4 cup cooked vegetable  1/4 cup cooked vegetable | | 7.2  1.5 | | 1 lb AP = 0.63 lb (about 3-1/2 cups) baked French fries  5 lb bag = about 17-1/2 cups baked French fries | |
| **POTATO PRODUCTS[[2]](#footnote-2) - Starchy Subgroup** | | | | | | | | | |
| **Potato Products, fresh**  *Raw*  *Shredded*  *Pre-portioned*  *3.0 oz* | Pound  Pound  Pound | | 5.33  8.28  10.60 | 3/8 cup cooked vegetable (about 1 portion)  1/4 cup cooked vegetable  (about 2/3 portion)  1/8 cup cooked vegetable (about 1/2 portion) | | 18.8  12.1  9.5 | | 1 lb AP = 0.94 lb cooked vegetable | |
| **Potato Products, frozen**  Hashed patty  Pre-browned  2.25 oz each | Pound | | 7.11 | 1 cooked patty (about 1/4 cup cooked vegetable) | | 14.1 | |  | |
| **Potato Products, frozen**  Hash browns  Diced | Pound | | 7.70 | 1/4 cup cooked vegetable | | 13.0 | |  | |
| **Potato Products, frozen**  Mashed | Pound | | 7.37 | 1/4 cup heated vegetable | | 13.6 | | 1 lb AP = 1 lb (about 1-3/4 cups) mashed potatoes | |
| **Potato Products, frozen**  *Skins or Pieces or Wedges, etc.*  *With skin*  *Cooked* | Pound | | 10.60 | 1/4 cup heated vegetable | | 9.5 | |  | |
| **Potato Products, frozen**  *Rounds[[3]](#footnote-3)2*  Regular Size  Includes USDA Foods | Pound  5 lb pkg | | 12.70  61.00 | 1/4 cup cooked vegetable (about 4 pieces)  1/4 cup baked vegetable (about 4 pieces) | | 7.9  1.7 | | 5 lb bag = about 15-1/4 cups baked potato rounds (about 8.0 grams per piece)  one piece = approx. 3/4 to 1-inch diameter by 1 to 1-1/4-inch length | |
| **POTATO PRODUCTS – Starchy Subgroup** | | | | | | | | | |
| **Potato Products, frozen**  Rounds[[4]](#footnote-4)2  Mini Size | Pound | | 12.20 | 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) | |
| **Potato Products, frozen**  Circles | Pound | | 12.60 | 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) | |
| **Potato Products, dehydrated**  Hashed  Browns | Pound | | 24.10 | 1/4 cup reconstituted, cooked vegetable | | 4.2 | | 1 lb dry = 6 cups reconstituted, cooked potato  1 lb dry = about 4-3/4 cups dry hashed browns | |
| **PUMPKIN - Red/Orange Subgroup** | | | | | | | | | |
| **Pumpkin, fresh**  Whole | Pound | | 4.70 | 1/4 cup cooked, mashed vegetable | | 21.3 | | 1 lb AP = 0.70 lb ready-to-cook pumpkin | |
| **Pumpkin, canned** | No. 10 can  (106 oz) | | 51.50 | 1/4 cup heated vegetable | | 2.0 | |  | |
|  | No. 2-1/2 can (29 oz) | | 14.10 | 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 | |  | |
| **RADISHES - Other Subgroup** | | | | | | | | | |
| **Radishes, Fresh**  Without tops | Pound | | 12.80 | 1/4 cup whole vegetable, about 7 small radishes | | 7.9 | | 1 lb without tops = 0.94 lb ready-to-serve raw radishes | |
|  | Pound | | 15.30 | 1/4 cup raw, sliced vegetable | | 6.6 | |  | |
| **RUTABAGAS - Other Subgroup** | | | | | | | | | |
| **Rutabagas, fresh**  *Whole* | 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 | |  | |
| **SALSA3 – Red/Orange Subgroup** | | | | | | | | | |
| **Salsa, canned**  *USDA Foods*  *(all vegetable ingredients plus a minor amount of spices)* | No. 10 can  (106 oz) | | 49.30 | 1/4 cup vegetable | | 2.1 | | 1 No. 10 can = about 12-1/3 cups vegetable | |
| **Salsa, canned[[5]](#footnote-5)**  Chunky  *Commercial*  *(all vegetable ingredients plus a minor amount of spices)* | Gallon  (8 lb 10 oz) | | 63.90 | 1/4 cup vegetable | | 1.6 | | 1 gallon container = 16 cups | |
| **SAUERKRAUT - Other Subgroup** | | | | | | | | | |
| **Sauerkraut, canned** | No. 10 can  (99 oz) | | 36.50 | 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) | | 15.00 | 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 | |  | |
| **SEAWEED - Other Subgroup** | | | | | | | | | |
| **Seaweed, dehydrated**  *Wakame* | Pound | | 91.00 | 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 | |
| **SOUPS, CANNED – Additional Subgroup[[6]](#footnote-6)4** | | | | | | | | | |
| **Soups, canned4**  *Condensed*  *(1 part soup to 1 part water)*  *minestrone, tomato,*  *tomato with other* | No. 3 Can  50 oz (or about 46 fl oz) | | 11.50 | 1 cup reconstituted (about 1/4 cup vegetable) | | 8.7 | | Reconstitute 1 part soup with not more than 1 part water | |
| *basic components such as rice, vegetable (all vegetable), and* | Pound | | 3.68 | 1 cup reconstituted (about 1/4 cup vegetable) | | 27.2 | |  | |
| *vegetable with other basic components such as meat or poultry* | Picnic (about  10-3/4 oz) | | 2.40 | 1 cup reconstituted (about 1/4 cup vegetable) | | 41.7 | |  | |
| **Soups, canned4**  *Ready-to-serve (minestrone, tomato, tomato with other basic components such as rice, vegetable (all vegetable), and vegetable with other basic components such as meat or poultry* | 8 fl oz can | | 1.00 | 1 cup serving  (about 1/4 cup vegetable) | | 100.0 | |  | |
| **SOUPS, CANNED – Other Subgroup** | | | | | | | | | |
| **Soups, canned**  *Bean Soup*  *Condensed*  *(1 part soup to 1 part water)* | No. 3 Cyl  (54 oz)  Pound | | 23.00  6.80 | 1/2 cup reconstituted (1/4 cup heated beans)  1/2 cup reconstituted  (1/4 cup heated beans) | | 4.4  14.8 | | Reconstitute 1 part soup with not more than 1 part water | |
| **Soups, canned**  *Bean Soup*  *Ready-to-serve* | 8 oz can | | 1.00 | 1 cup serving  (1/2 cup heated beans) | | 100.0 | |  | |
| **SPINACH - Dark Green Subgroup** | | | | | | | | | |
| **Spinach, fresh**  Partly trimmed | Pound | | 30.70 | 1/4 cup raw, chopped vegetable (credits as 1/8 cup in NSLP/SBP) | | 3.3 | | 1 lb AP = 0.88 lb ready-to-cook or -serve raw spinach | |
|  | Pound | | 20.40 | 1/4 cup raw vegetable with dressing (credits as 1/8 cup in NSLP/SBP) | | 5.0 | |  | |
|  | Pound | | 7.60 | 1/4 cup cooked, drained vegetable | | 13.2 | |  | |
| **Spinach, fresh**  *Leaves*  *(4-inch by 9-inch)*  *Ready-to-use* | Pound | | 25.60 | 1/4 cup raw, chopped vegetable (credits as 1/8 cup in NSLP/SBP) | | 4.0 | | 1 lb AP = 1 lb (about 6-3/8 cups) ready-to-cook or -serve raw spinach | |
|  | Pound | | 12.60 | 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 | |
| **Spinach, canned** | No. 10 can  (98 oz) | | 25.20 | 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 | |
| **SPINACH - Dark Green Subgroup (continued)** | | | | | | | | | |
| **Spinach, canned** | Pound | | 4.11 | 1/4 cup heated, drained vegetable | | 24.4 | |  | |
| **Spinach, frozen**  Chopped | Pound | | 5.60 | 1/4 cup cooked, drained vegetable | | 17.9 | |  | |
| **Spinach, frozen**  Leaf, Whole | Pound | | 6.50 | 1/4 cup cooked, drained vegetable | | 15.4 | |  | |
| **SQUASH, SUMMER - Other Subgroup** | | | | | | | | | |
| **Squash, Summer, fresh**  Yellow | 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 | | 15.50 | 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 | |
| **Squash, Summer, fresh**  *Zucchini*  *Whole* | Pound | | 11.90 | 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 | | 12.70 | 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 | | 13.10 | 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 | |
| **SQUASH, SUMMER - Other Subgroup (continued)** | | | | | | | | | |
| **Squash, Summer, fresh**  *Zucchini*  *Whole* | Pound | | 10.20 | 1/4 cup sliced, cooked, drained vegetable | | 9.9 | |  | |
| **Squash, Summer, canned**  Sliced | No. 10 can  (105 oz)  Pound | | 26.50  4.03 | 1/4 cup heated, drained vegetable  1/4 cup heated, drained vegetable | | 3.8  24.9 | | 1 No. 10 can = about 61.0 oz (8-3/8 cups) drained, unheated squash  1 lb AP = about 9.2 oz (1-1/2 cups) drained squash | |
| **Squash, Summer, frozen**  Yellow  Sliced | Pound | | 7.90 | 1/4 cup cooked, drained vegetable | | 12.7 | |  | |
| **Squash, Summer, frozen**  Zucchini  Sliced | Pound | | 7.00 | 1/4 cup cooked, drained vegetable | | 14.3 | |  | |
| **SQUASH, WINTER – Red/Orange Subgroup** | | | | | | | | | |
| **Squash, Winter, fresh**  Acorn  Whole | 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 | |
| **Squash, Winter, fresh**  Butternut  Whole | 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 | |
| **Squash, Winter, fresh**  Hubbard  Whole | 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 | |  | |
| **SQUASH, WINTER – Red/Orange Subgroup (continued)** | | | | | | | | | |
| **Squash, Winter, frozen**  Mashed  All varieties | Pound | | 7.00 | 1/4 cup cooked vegetable | | 14.3 | |  | |
| **SUCCOTASH – Additional Subgroup[[7]](#footnote-7)** | | | | | | | | | |
| **Succotash, canned**  *Corn and Green Beans* | No. 10 can  (103 oz) | | 34.10 | 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)  Pound  Pound | | 37.80  5.29  5.87 | 1/4 cup drained vegetable (unheated for salads)  1/4 cup heated, drained vegetable  1/4 cup drained vegetable (unheated for salads) | | 2.7  19.0  17.1 | | 1 No. 10 can = about 62.0 oz (9-3/8 cups) drained, unheated succotash | |
| **Succotash, frozen**  **Corn and Green Beans** | Pound  Pound | | 8.76  11.60 | 1/4 cup cooked, drained vegetable  1/4 cup thawed vegetable (unheated for salads) | | 11.5  8.7 | | 1 lb AP = 0.95 lb (about 2-1/8 cups) cooked, drained succotash or 2-7/8 cups thawed | |
| **SUCCOTASH – Starchy Subgroup** | | | | | | | | | |
| **Succotash, canned**  Corn and Lima Beans | No. 10 can  (105 oz) | | 36.70 | 1/4 cup heated, drained vegetable | | 2.8 | | 1 No. 10 can = about 75.0 oz (9-1/8 cups) heated, drained succotash | |
| **SUCCOTASH – Starchy Subgroup (continued)** | | | | | | | | | |
| **Succotash, canned**  Corn and Lima Beans | No. 10 can  (105 oz)  Pound  Pound | | 40.90  5.59  6.24 | 1/4 cup drained vegetable (unheated for salads)  1/4 cup heated, drained vegetable  1/4 cup drained vegetable (unheated for salads) | | 2.5  17.9  16.1 | | 1 No. 10 can = about 71.0 oz (10-1/8 cups) drained, unheated succotash | |
| **Succotash, frozen**  *Corn and Lima Beans* | 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 | | 11.60 | 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 | |
| **SWEET POTATOES – Red/Orange Subgroup** | | | | | | | | | |
| **Sweet Potatoes, fresh**  Whole | 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 | |  | |
| Sweet Potatoes, canned  *Cut*  Packed in light syrup  *Includes USDA Foods* | No. 10 can  (108 oz)  No. 2-1/2 can (29 oz) | | 33.80  12.20 | 1/4 cup heated, drained vegetable  1/4 cup heated, drained vegetable | | 3.0  8.2 | | 1 No. 10 can = about 60.9 oz (8-3/8 cups) heated, drained sweet potato  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 oz (1-1/4 cups) heated, drained sweet potato | |
| **SWEET POTATOES – Red/Orange Subgroup (continued)** | | | | | | | | | |
| **Sweet Potatoes, canned**  Mashed  Includes USDA Foods | No. 10 can  (109 oz) | | 49.10 | 1/4 cup heated vegetable | | 2.1 | | 1 No. 10 can = about 12-1/4 cups heated, mashed sweet potato | |
| **Sweet Potatoes, canned**  Whole  *Includes USDA Foods* | No. 10 can  (112 oz) | | 39.10 | 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) | | 12.30 | 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 | |
| **Sweet Potatoes, frozen**  Mashed  Includes USDA Foods | Pound | | 7.55 | 1/4 cup cooked vegetable | | 13.3 | | 1 lb AP = 0.99 lb (about 1-3/4 cups) cooked sweet potato | |
| **Sweet Potatoes, frozen**  Center cuts  Approx. 7/8 to 1-3/8-inch thick by 1-1/4 to 1-3/4 inch diameter | Pound | | 9.70 | 1/4 cup cooked vegetable | | 10.4 | | 1 lb AP = 0.98 lb (about 2-3/8 cups) cooked sweet potato | |
| **Sweet Potatoes, frozen**  Center cuts  *Approx. 1-inch thick by 1-3/4 to 2-inch diameter* | Pound | | 9.25 | 1/4 cup cooked vegetable | | 10.9 | | 1 lb AP = 0.93 lb (about 2-1/4 cups) cooked sweet potato | |
| **SWEET POTATOES – Red/Orange Subgroup (continued)** | | | | | | | | | |
| **Sweet Potatoes, frozen**  Random cut chunks  *Includes USDA Foods* | Pound | | 9.24 | 1/4 cup cooked vegetable | | 10.9 | | 1 lb AP = 0.95 lb (about 2-1/4 cups) cooked sweet potato | |
| **Sweet Potatoes, frozen**  Packed in syrup | Pound | | 7.60 | 1/4 cup cooked, drained vegetable | | 13.2 | |  | |
| **Sweet Potatoes, dehydrated**  Flakes  Low moisture | Pound | | 18.50 | 1/4 cup reconstituted vegetable | | 5.5 | | 1 lb dry = about 3-3/4 cups dehydrated sweet potato flakes | |
| **SWISS CHARD - Dark Green Subgroup** | | | | | | | | | |
| **Swiss Chard, fresh**  Trimmed | Pound | | 21.10 | 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 | |
| **Swiss Chard, fresh**  Untrimmed | Pound | | 6.30 | 1/4 cup cooked, drained vegetable | | 15.9 | | 1 lb AP = 0.92 lb ready-to-cook Swiss chard | |
| **TANNIER (see YAUTIA) – Starchy Subgroup** | | | | | | | | | |
| **TARO (see MALANGA) – Starchy Subgroup** | | | | | | | | | |
| **TOMATILLOS - Other Subgroup** | | | | | | | | | |
| **Tomatillos, fresh**  Whole with stem | Pound | | 11.90 | 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 | |
| **TOMATOES – Red/Orange Subgroup** | | | | | | | | | |
| **Tomatoes, fresh**  Cherry  Whole with stem | Pound | | 12.10 | 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 | |
| **TOMATOES – Red/Orange Subgroup (continued)** | | | | | | | | | |
| **Tomatoes, fresh**  Cherry  Whole with stem |  | |  |  | |  | |  | |
| Pound | | 10.60 | 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 | |
| **Tomatoes, fresh**  Whole  All sizes | Pound | | 7.60 | 1/4 cup diced vegetable | | 13.2 | | 1 lb AP = 0.87 lb ready-to-serve raw diced tomato | |
|  | Pound | | 10.40 | 1/4 cup vegetable wedges | | 9.7 | | 1 lb AP = 0.98 lb (about 2-1/2 cups) ready-to-serve tomato 1/2-inch wedges | |
| **Tomatoes, fresh**  *Small or Medium approx 2-1/8-inch to 2-1/4-inch diameter*  *Whole* | 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 | |
| **Tomatoes, fresh**  *Large or Extra large*  *Approx. 2-1/2-inch to 2-3/4-inch diameter*  *Whole* | 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) | |
| **Tomatoes, fresh**  Diced  Ready-to-use | 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 | |
| **Tomatoes, canned**  Whole or Stewed  *Includes USDA Foods* | No. 10 can  (102 oz) | | 45.50 | 1/4 cup heated vegetable and juice | | 2.2 | | 1 No. 10 can = about 66.0 oz drained tomato | |
| **TOMATOES – Red/Orange Subgroup (continued)** | | | | | | | | | |
| **Tomatoes, canned**  Whole or Stewed  *Includes USDA Foods* | No. 10 can  (102 oz) | | 48.80 | 1/4 cup vegetable and juice | | 2.1 | |  | |
| No. 2-1/2 can (28 oz) | | 12.50 | 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) | | 13.40 | 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 | |  | |
| **Tomatoes, canned**  *Crushed* | No. 10 can  (102 oz) | | 46.60 | 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)  Pound | | 12.70  7.30 | 1/4 cup heated vegetable and juice  1/4 cup heated vegetable and juice | | 7.9  13.7 | | 1 No. 2-1/2 can = about 18.5 oz drained tomato | |
| **Tomatoes, canned**  *Diced*  *Includes USDA Foods* | No. 10 can  (102 oz) | | 49.20 | 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)  No. 300 can  (14-1/2 oz)  Pound | | 13.50  6.99  7.71 | 1/4 cup heated vegetable and juice  1/4 cup heated vegetable and juice  1/4 cup heated vegetable and juice | | 7.5  14.4  13.0 | | 1 No. 2-1/2 can = about 18.5 oz drained, unheated tomato | |
| **TOMATO PRODUCTS – Red/Orange Subgroup** | | | | | | | | | |
| Tomato Products,  Canned  ***Tomato Paste***  *24%-28% Natural Tomato Soluble*  Solids (NTSS)  *Includes USDA Foods* | No. 10 can  (111 oz)  No. 2-1/2 can (30 oz)  Pound  Picnic  (12 oz) | | 192.00  52.00  27.60  20.70 | 1 tablespoon paste  (1/4 cup vegetable)  1 tablespoon paste  (1/4 cup vegetable)  1 tablespoon paste (1/4 cup vegetable)  1 tablespoon paste (1/4 cup vegetable) | | 0.53  2.0  3.7  4.9 | | 1 No. 10 can = about 12 cups tomato paste  1 No. 2-1/2 can = about 3-1/4 cups tomato paste  1 No. 10 can paste plus 3 cans water = 48 cups single strength tomato juice  12 oz can = about 1-1/4 cups tomato paste | |
| Tomato Products, canned  **Tomato Puree**  *Not less than 8% but less than 24% Natural Tomato Soluble Solids (NTSS)* | No. 10 can  (106 oz)  No. 2-1/2 can (29 oz)  Pound | | 96.00  26.20  14.40 | 2 tablespoons puree  (1/4 cup vegetable)  2 tablespoons puree  (1/4 cup vegetable)  2 tablespoons puree  (1/4 cup vegetable) | | 1.1  3.9  7.0 | | 1 No. 10 can = 12 cups puree, 1 No. 10 can tomato puree plus one can water = 24 cups single strength tomato juice | |
| Tomato Products, canned  ***Tomato Sauce***  *Includes USDA Foods* | No. 10 can (106 oz)  No. 300 can (15 oz)  Pound | | 50.70  6.85  7.65 | 1/4 cup vegetable  1/4 cup vegetable  1/4 cup vegetable | | 2.0  14.6  13.1 | |  | |
| Tomato Products, canned  ***Spaghetti Sauce, Meatless***  *Includes USDA Foods* | No. 10 can  (106 oz) | | 47.90 | 1/4 cup heated vegetable | | 2.1 | | 1 No. 10 can = about 12 cups heated spaghetti sauce | |
| **TURNIPS - Other Subgroup** | | | | | | | | | |
| **Turnips, fresh**  *Whole* | Pound | | 10.80 | 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 | |
| **Turnips, fresh**  Without tops | Pound | | 11.20 | 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 | |  | |
| **TURNIP GREENS - Dark Green Subgroup** | | | | | | | | | |
| **Turnip Greens, fresh**  Untrimmed | Pound | | 6.50 | 1/4 cup cooked, drained vegetable | | 15.4 | | 1 lb AP = 0.70 lb ready-to-cook turnip greens | |
| **Turnip Greens, canned** | No. 10 can  (98 oz) | | 27.60 | 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 | |  | |
| **Turnip Greens, frozen**  Chopped or Whole Leaf | Pound | | 9.60 | 1/4 cup cooked, drained vegetable | | 10.5 | |  | |
| **TURTLE BEANS (see BLACK BEANS) - Beans and Peas (Legumes) Subgroup** | | | | | | | | | |
| **VEGETABLES, MIXED – Additional Subgroup[[8]](#footnote-8)** | | | | | | | | | |
| **Vegetables, Mixed,**  **canned**  *Seven vegetables: celery, carrots, corn,* | No. 10 can  (106 oz) | | 36.10 | 1/4 cup heated, drained vegetable | | 2.8 | | 1 No. 10 can = about 66.5 oz (9-1/4 cups) drained mixed vegetable | |
| *green beans, green peas, lima beans and potatoes*  *Includes USDA Foods* | No. 2-1/2 can (29 oz)  No. 300 can  (15 oz) | | 11.50  4.64 | 1/4 cup heated, drained vegetable  1/4 cup heated, drained vegetable | | 8.7  21.6 | | 1 No. 2-1/2 can = about 19.4 oz (3-3/8 cups) drained mixed vegetable  1 No. 300 can = about 8.6 oz (1-1/2 cups) drained, unheated mixed vegetable | |
| **Vegetables, Mixed, frozen**  *Seven vegetables: celery, carrots, corn, green beans, green peas, lima beans and potatoes* | Pound | | 8.10 | 1/4 cup cooked, drained vegetable | | 12.4 | |  | |
| **Vegetables, Mixed, frozen**  *Carrots, Corn, Green Bean Blend* | 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 | |
|  | 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 | |
| **VEGETABLES, MIXED - Other Subgroup[[9]](#footnote-9)** | | | | | | | | | |
| **Vegetables, Mixed, frozen**  *Broccoli and Cauliflower Blend* | Pound | | 11.90 | 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 | |
|  | Pound | | 10.70 | 1/4 cup cooked, drained vegetable | | 9.4 | | 1 lb AP = 0.95 lb (about 2-2/3 cups) cooked, drained mixed vegetables | |
| **Vegetables, Mixed, frozen**  *Broccoli, Carrots, and Cauliflower Blend* | Pound | | 11.90 | 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 | |
|  | Pound | | 10.60 | 1/4 cup cooked, drained vegetable | | 9.5 | | 1 lb AP = 0.94 lb (about 2-2/3 cups) cooked, drained mixed vegetables | |
| **Vegetables, Mixed, frozen**  Peppers and Onions | 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 | |
| **WATER CHESNUTS - Starchy Subgroup** | | | | | | | | | |
| Water Chestnuts, canned | Pound | | 6.70 | 1/4 cup drained vegetable | | 15.0 | |  | |
| **WATERCRESS - Dark Green Subgroup** | | | | | | | | | |
| **Watercress, fresh** | Pound | | 50.50 | 1/4 cup raw vegetable sprigs or pieces | | 2.0 | | 1 lb AP = 0.92 lb ready-to-serve raw watercress | |
| **YAM BEAN (see JICAMA) – Starchy Subgroup** | | | | | | | | | |
| **YAUTIA (TANNIER) – Starchy Subgroup** | | | | | | | | | |
| **Yautia (Tannier), fresh**  Whole | 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) | |
| **YAUTIA (TANNIER) – Starchy Subgroup (continued)** | | | | | | | | | |
| **Yautia (Tannier), fresh**  Whole | 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) | |
| **YUCCA (CASSAVA) – Starchy Subgroup** | | | | | | | | | |
| **Yucca, (Cassava), fresh**  *Whole* | Pound | | 8.01 | 1/4 cup peeled, cooked chunks | | 12.5 | | 1 lb AP = 0.76 lb peeled, cooked, 4 to 5-inch chunks | |

| Section 2 – 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** |
| **APPLES** | | | | | |
| **Apples, fresh**  *125-138 count*  *Whole* | Pound | 14.80 | 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 apples |
|  | Pound | 3.00 | 1 baked apple (about 1/2 cup cooked fruit) | 33.4 |  |
|  | Pound | 11.40 | 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 apples |
|  | 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 apples |
|  | Pound | 5.80 | 1/4 cup cooked sieved unsweetened fruit | 17.3 |  |
| **Apples, fresh**  *100 count*  *Whole* | Pound | 15.60 | 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 apples |
| **Apples, canned**  *Slices*  *Solid pack*  *Includes USDA Foods* | No. 10 can  (100 oz)  Pound | 50.40  8.06 | 1/4 cup fruit and juice  1/4 cup fruit and juice | 2.0  12.5 | 1 No. 10 can = about 89.0 oz (11-7/8 cups) drained apples |
| **Apples, frozen**  *Unsweetened*  *Sliced, IQF*  *Includes USDA Foods* | Pound  Pound | 12.70  8.80 | 1/4 cup tempered fruit  1/4 cup heated fruit | 7.9  11.4 | 1 lb AP = 0.99 lb (about 3-1/8 cups) tempered ready to-cook or -serve apples |
| **Apples,** **dried**  *Slices or Rings Regular moisture* | Pound  Pound | 21.10  28.70 | 1/4 cup dried fruit  1/4 cup cooked fruit | 4.8  3.5 | 1 lb AP = about 5-1/4 cups dried apples |
| **APPLESAUCE[[10]](#footnote-10)** | | | | | |
| **Applesauce, canned7**  *Smooth or Chunky*  *Includes USDA Foods* | No. 10 can  (108 oz)  No. 2-1/2 can (29 oz) | 47.60  12.80 | 1/4 cup fruit  1/4 cup fruit | 2.2  7.9 | 1 No. 10 can = about 12 cups applesauce  1 No. 2-1/2 can = about 3-1/8 cups applesauce |
|  | 23 oz jar | 10.10 | 1/4 cup fruit | 10.0 |  |
| **APRICOTS** | | | | | |
| **Apricots, fresh**  *Medium (approx. 1-3/8 inch diameter)*  *Whole* | Pound  Pound | 11.90  10.80 | 1/4 cup fruit (about 1 whole, medium, raw apricot)  1/4 cup raw, seeded and unpeeled fruit halves | 8.5  9.3 | 1 lb AP = 0.93 lb ready-to-serve raw apricots |
| **Apricots, canned**  Diced  *Includes USDA Foods* | 1 No. 10 can  (108 oz) | 48.00 | 1/4 cup fruit and juice | 2.1 | 1 No. 10 can = about 12 cups fruit and juice |
| **Apricots, canned**  *Halves*  *Unpeeled* | No. 10 can  (106 oz) | 48.00 | 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) | 13.20 | 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)  No. 300 can  (15-1/4 oz) | 6.54  6.08 | 1/4 cup fruit and juice  1/4 cup heated, drained fruit | 15.3  16.5 |  |
| **Apricots, canned**  *Slices*  *Peeled* | No. 10 can  (106 oz) | 45.70 | 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) | 12.50 | 1/4 cup fruit and juice | 8.0 | 1 No. 2-1/2 can = about 17.2 oz (2 cups) drained apricots |
| **APRICOTS (continued)** | | | | | |
| **Apricots, canned**  *Slices*  *Peeled* | Pound | 6.90 | 1/4 cup fruit and juice | 14.5 | 1 lb AP = about 8.9 oz (1-1/8 cups) drained apricots |
| **Apricots, canned**  *Whole*  *With pits*  *Peeled* | No. 10 can  (106 oz) | 44.20 | 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) | 12.10 | 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 |
| **Apricots, canned**  *Whole*  *With pits*  *Unpeeled* | No. 10 can  (106 oz) | 43.60 | 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. 2-1/2 can (29 oz) | 11.90 | 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 |
| **Apricots, frozen**  *Unsweetened*  Halves  Unpeeled | 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 |
| **Apricots, frozen**  *Unsweetened*  *Sliced*  *Unpeeled*  *Includes USDA Foods* | 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 |
| **APRICOTS (continued)** | | | | | |
| **Apricots, frozen**  *Unsweetened*  *Sliced*  *Unpeeled*  *Includes USDA Foods* | Pound  20 lb bag  20 lb bag | 4.91  142.60  96.40 | 1/4 cup thawed, drained fruit  1/4 cup thawed fruit and juice  1/4 cup thawed, drained fruit | 20.4  0.71  1.1 | 1 lb AP = 0.63 lb (about 1-1/8 cups) ready-to-serve, thawed, drained apricots  20 lb Bag = about 35-2/3 cups thawed apricots and juice  20 lb Bag = about 24-1/8 cups thawed, drained apricots |
| **Apricots, dried**  *Halves*  *Regular moisture* | Pound  Pound | 11.30  23.40 | 9 medium dried halves (1/4 cup fruit, credits as 1/2 cup fruit in NSLP/ SBP)  1/4 cup cooked fruit | 8.9  4.3 | 1 lb dry = about 2-7/8 cups or 100 apricot halves |
| **BANANAS** | | | | | |
| **Bananas, fresh**  150 count  Petite  Whole | Pound  Pound | 3.60  6.51 | 1 banana  (about 3/8 cup fruit)  1/4 cup sliced fruit | 27.8  15.4 | 1 lb AP = 0.64 lb (about 1-5/8 cups) ready-to-serve banana slices |
| **Bananas, fresh**  *100-120 count*  *Regular*  *Whole* | Pound  Pound  Pound | 7.07  5.39  5.20 | 1/4 cup raw 1/2-inch sliced fruit  1/4 cup raw fruit, unpeeled (about 1/2 banana)  1/4 cup mashed fruit | 14.2  18.6  19.3 | 1 lb AP = 0.64 lb (about 1-3/4 cups) peeled 1/2-inch slices of bananas |
| **Bananas, canned**  *Mashed* | No. 10 can  (116 oz)  Pound | 50.90  7.00 | 1/4 cup fruit  1/4 cup fruit | 2.0  14.3 |  |
| **BANANAS (continued)** | | | | | |
| **Bananas, dried[[11]](#footnote-11)**  *Slices*  *100% dried fruit only* | Pound | 19.60 | 1/4 cup dried fruit slices (credits as 1/2 cup fruit in NSLP/SBP) | 5.2 | 1 lb AP = 1 lb (about 4-7/8 cups) ready-to-serve dried bananas |
| **BLACKBERRRIES, (BOYSENBERRIES)** | | | | | |
| **Blackberries (Boysenberries), fresh**  Whole | Quart  (20 oz) | 14.90 | 1/4 cup raw fruit | 6.8 | 1 qt AP = 1.2 lb (about 3-3/4 cups) ready-to-serve raw blackberries |
|  | Pound | 11.90 | 1/4 cup raw fruit | 8.5 | 1 lb AP = 0.96 lb (about 2-7/8 cups) ready-to-serve raw blackberries |
| **Blackberries (Boysenberries), canned**  Whole | No. 10 can  (103 oz)  Pound | 47.80  7.42 | 1/4 cup fruit and juice  1/4 cup fruit and juice | 2.1  13.5 | 1 No. 10 can = about 66.0 oz (10-2/3 cups) drained blackberries  1 lb AP = about 9.2 oz (1-1/2 cups) drained blackberries |
| **Blackberries (Boysenberries), frozen**  *Unsweetened* | Pound | 8.00 | 1/4 cup cooked fruit (sugar added by SFA during cooking) | 12.5 |  |
| Whole | Pound | 9.00 | 1/4 cup thawed fruit (sugar added by SFA during cooking) | 11.2 |  |
| **Blackberries (Boysenberries),**  **Frozen[[12]](#footnote-12)7**  Unsweetened Puree  *Includes USDA Foods* | Pound  5 lb 12 oz container | 7.70  44.20 | 1/4 cup thawed fruit  1/4 cup thawed fruit | 13.0  2.3 | 1 lb AP = about 1-7/8 cups thawed fruit juice  5 lb 12 oz container = about 11 cups thawed fruit juice |
| **BLUEBERRIES** | | | | | |
| **Blueberries, fresh**  Whole  *Includes USDA Foods* | Pint  (14-1/4 oz)  Pound | 10.70  11.90 | 1/4 cup raw fruit  1/4 cup raw fruit | 9.4  8.5 | 1 pt AP = 0.87 lb (about 2-2/3 cups) ready-to-serve raw blueberries  1 lb AP = 0.96 lb ready-to-serve raw blueberries |
| **Blueberries, canned**  Whole | No. 10 can  (105 oz) | 47.60 | 1/4 cup fruit and juice | 2.2 | 1 No. 10 can = about 55.0 oz (9-1/4 cups) drained blueberries |
|  | 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 blueberries |
|  | Pound | 7.20 | 1/4 cup fruit and juice | 13.9 |  |
| **Blueberries, frozen**  *Unsweetened*  Whole | Pound | 7.80 | 1/4 cup cooked fruit (sugar added by SFA during cooking) | 12.9 |  |
| **Blueberries, frozen** *Unsweetened*  *Whole*  *Individually-quick-frozen* | Pound | 11.90 | 1/4 cup thawed, unsweetened fruit | 8.5 | 1 lb AP = 0.91 lb (2-7/8 cups) ready-to-serve blueberries |
| **Blueberries, dried**  Whole | Pound | 12.40 | 1/4 cup dried fruit (credits as 1/2 cup fruit in NSLP/SBP) | 8.1 | 1 lb AP = 1 lb (about 3 cups) ready-to-serve dried blueberries |
| **BOYSENBERRIES (see BLACKBERRIES)** | | | | | |
| **CACTUS FRUIT (PRICKLY PEAR)** | | | | | |
| **Cactus Fruit (Prickly Pear), fresh**  *Whole fruit* | Pound | 4.99 | 1/4 cup peeled, diced fruit, with seeds | 20.1 | 1 lb AP = 0.61 lb (about 1-1/8 cups) 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 |
|  | | | | | |
| **CANTALOUPE [[13]](#footnote-13)** | | | | | |
| **Cantaloupe, fresh** 9  *Whole*  *18 Count (5-inch diameter, about 30 oz)* | 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 |
| **Cantaloupe, fresh** 9  *Whole*  *15 Count (5-3/4-inch diameter, about 40 oz)* | 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 |
| **Cantaloupe, frozen**  *Unsweetened*  *Melon balls, Unsweetened* | Pound | 8.70 | 1/4 cup fruit | 11.5 | 1 lb = 35 melon balls |
| **CARAMBOLA (see STAR FRUIT)** | | | | | |
| **CHERRIES, MARASCHINO** | | | | | |
| **Cherries, Maraschino, canned**  Large | Pound | 6.20 | 1/4 cup drained fruit | 16.2 |  |
| **Cherries, Maraschino, canned**  Small | Pound | 5.70 | 1/4 cup drained fruit | 17.6 |  |
| **CHERRIES, RED TART** | | | | | |
| **Cherries, Red Tart, fresh**  *Whole* | Pound | 6.40 | 1/4 cup cooked, pitted fruit, sugar added | 15.7 | 1 lb AP = 0.87 lb pitted cherries |
| **CHERRIES, RED TART (continued)** | | | | | |
| **Cherries, Red Tart, canned**  *Pitted*  *Water packed*  *Includes USDA Foods* | No. 10 can  (102 oz)  No. 10 can  (102 oz) | 46.80  36.20 | 1/4 cup fruit and juice  1/4 cup drained fruit | 2.2  2.8 | 1 No. 10 can = about 11-3/4 cups pitted cherries and juice  1 No. 10 can = about 70.0 oz (9 cups) drained, pitted cherries |
|  | Pound  Pound | 7.29  5.79 | 1/4 cup fruit and juice  1/4 cup drained fruit | 13.8  17.3 |  |
| **Cherries, Red Tart, frozen**  *Unsweetened*  *Pitted*  Includes USDA Foods | Pound  Pound  Pound  40 lb pkg  40 lb pkg  40 lb pkg | 11.40  7.00  5.90  457.40  280.80  236.70 | 1/4 cup thawed fruit and juice  1/4 cup drained fruit  1/4 cup cooked fruit and juice  1/4 cup thawed fruit and juice  1/4 cup thawed, drained fruit  1/4 cup cooked fruit and juice | 8.8  14.3  17.0  0.22  0.36  0.43 | 1 lb AP = 0.98 lb (about 2-3/4 cups) thawed cherries and juice  1 lb AP = 0.70 lb (about 1-3/4 cups) thawed, drained cherries  40 lb pkg = about 114-1/4 cups thawed cherries and juice  40 lb pkg = about 70-1/8 cups thawed, drained cherries |
| **Cherries, Red Tart, dried**  Whole  Without pits  *Includes USDA Foods* | Pound  2 lb pkg  4 lb pkg | 11.80  23.60  47.20 | 1/4 cup dried fruit (credits as 1/2 cup fruit in NSLP/SBP)  1/4 cup dried fruit (credits as 1/2 cup fruit in NSLP/SBP)  1/4 cup dried fruit (credits as 1/2 cup fruit in NSLP/SBP) | 8.5  4.3  2.2 | 1 lb AP = 1 lb (about 2-7/8 cups) dried cherries |
| **CHERRIES, SWEET** | | | | | |
| **Cherries, Sweet, fresh**  *Whole*  *With pits* | Pound | 8.50 | 1/4 cup raw, pitted cherries (about 7 whole cherries) | 11.8 | 1 lb AP = 0.98 lb ready-to-serve with pits or 0.84 lb pitted cherries |
| **Cherries, Sweet, canned**  *Whole*  *With pits* | No. 10 can  (106 oz) | 45.80 | 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) | 12.50 | 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 |
| **CLEMENTINES** | | | | | |
| **Clementines, fresh**  Whole | Pound  Pound | 3.68  7.65 | 1 whole, raw clementine  (about 1/2 cup fruit)  1/4 cup peeled, sectioned, raw fruit (about 5 sections) | 27.2  13.1 | 1 lb AP = 0.80 lb (about 1-7/8 cups) ready-to-serve, raw clementine sections |
| **CRANBERRIES** | | | | | |
| **Cranberries, fresh**  Whole | Pound  Pound  Pound | 15.60  11.10  9.90 | 1/4 cup raw, chopped fruit  1/4 cup cooked fruit, sugar added, whole berry  1/4 cup cooked fruit, sugar added, strained | 6.5  9.1  10.2 | 1 lb AP = 0.95 lb ready-to-cook or -serve raw cranberries |
| **Cranberries, dried**  Sweetened  Whole  *Includes USDA Foods* | Pound | 13.80 | 1/4 cup dried fruit (credits as 1/2 cup fruit in NSLP/SBP) | 7.3 | 1 lb AP = 1 lb (about 3-3/8 cups) ready-to-cook or –serve cranberries |
| **CRANBERRIES** | | | | | |
| **Cranberries, dried**  Sweetened  Whole  *Includes USDA Foods* | 5 lb pkg  30 lb pkg | 69.00  414.00 | 1/4 cup dried fruit (credits as 1/2 cup fruit in NSLP/SBP)  1/4 cup dried fruit (credits as 1/2 cup fruit in NSLP/SBP) | 1.5  0.25 |  |
| **CRANBERRY RELISH OR SAUCE** | | | | | |
| **Cranberry Relish or Sauce, canned**  *Whole*  *Includes USDA* | No. 10 can  (117 oz) | 48.00 | 1/4 cup fruit | 2.1 |  |
| *Foods* | No. 300 can  (16 oz) | 6.70 | 1/4 cup fruit | 15.0 |  |
| **Cranberry Relish or Sauce, canned**  Strained  *Includes USDA* | No. 10 can  (117 oz) | 47.90 | 1/4 cup fruit | 2.1 |  |
| Foods | No. 300 can  (16 oz) | 6.50 | 1/4 cup fruit | 15.4 |  |
| **CURRANTS** | | | | | |
| **Currants, dried** | Pound | 13.80 | 1/4 cup dried fruit (credits as 1/2 cup fruit in NSLP/SBP) | 7.3 | 1 lb dry = about 3-3/8 cups dry currants |
| **DATES** | | | | | |
| **Dates, dried**  Moisturized  With pits  Whole | Pound | 10.00 | 1/4 cup pitted, dried fruit (credits as 1/2 cup fruit in NSLP/SBP) | 10.0 |  |
| **Dates, dried**  *Pieces*  *Regular moisture*  *Includes USDA Foods* | Pound  30 lb pkg | 12.70  383.60 | 1/4 cup dried fruit (credits as 1/2 cup fruit in NSLP/SBP)  1/4 cup dried fruit (credits as 1/2 cup fruit in NSLP/SBP) | 7.9  0.27 | 1 lb dry = about 3-1/8 cups dried dates  30 lb box = about 95-7/8 cups dried dates |
| **DATES (continued)** | | | | | |
| **Dates, dried**  Pitted  Regular moisture  *Includes USDA Foods* | Pound  Pound | 11.10  10.60 | 1/4 cup whole, dried fruit (credits as 1/2 cup fruit in NSLP/SBP)  1/4 cup chopped, dried fruit (credits as 1/2 cup fruit in NSLP/SBP) | 9.1  9.5 | 1 lb dry = about 2-3/4 cups dry dried dates  1 lb dry = about 2-2/3 cups dry dried dates |
| **FIGS** | | | | | |
| **Figs, fresh**  Small  Whole | 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 |
| **Figs, canned**  Puree [[14]](#footnote-14)7  *Includes USDA Foods* | 2 gallon | 128.00 | 1/4 cup fruit | 0.79 | 2 gallon container = 32 cups fruit juice |
| **Figs, canned**  Whole | No. 10 can  (110 oz) | 49.30 | 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) | 13.40 | 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 |  |
| **Figs, dried**  Whole  *Includes USDA Foods* | Pound | 10.40 | 1/4 cup dried fruit (about 3 figs, credits as 1/2 cup fruit in NSLP/SBP) | 9.7 | 1 lb dry = about 2-5/8 cups or 30 figs |
|  | Pound | 13.40 | 1/4 cup cooked fruit and juice | 7.5 |  |
| **Figs, dried**  Diced and Sugared  Includes USDA Foods | Pound | 12.70 | 1/4 cup dried fruit pieces (about 28 pieces, credits as 1/2 cup fruit in NSLP/SBP) | 7.9 | 1 lb dry = 3-1/8 cups dried, sugared figs |
| **FIGS (continued)** | | | | | |
| Diced and Sugared  Includes USDA Foods | 25 lb Box | 319.90 | 1/4 cups diced fruit  (about 28 pieces, credits as 1/2 cup fruit in NSLP/SBP) | 0.32 | 25 lb Box = about 80 cups dried, sugared figs |
| **FRUIT, MIXED** | | | | | |
| **Fruit, Mixed, chilled**  *(may include: honeydew melon, cantaloupe, watermelon, grapes, etc.)* | Gallon  (97.7 oz) | 64.00 | 1/4 cup fruit and juice | 1.6 | 1 gallon container = 16 cups fruit and juice |
| **Fruit, Mixed, canned**  *Fruit Cocktail (peaches, pears, pineapple, grapes, cherries)*  Includes USDA Foods | No. 10 can  (106 oz)  No. 2-1/2 can (29 oz)  No. 300 can  (15 oz) | 46.90  12.80  6.30 | 1/4 cup fruit and juice  1/4 cup fruit and juice  1/4 cup fruit and juice | 2.2  7.9  15.9 | 1 No. 10 can = about 69.0 oz (9-1/4 cups) drained fruit  1 No. 2-1/2 can = about 18.3 oz (2-3/8 cups) drained fruit |
| **Fruit, Mixed, canned**  *(may include: apricots, peaches, pears, pineapple, cherries, grapes, etc.)*  *Includes USDA Foods* | No. 10 can  (106 oz)  No. 2-1/2 can (29 oz)  No. 300 can  (15 oz) | 48.60  13.30  6.50 | 1/4 cup fruit and juice  1/4 cup fruit and juice  1/4 cup fruit and juice | 2.1  7.6  15.4 | 1 No. 10 can = about 62.0 oz (8-1/2 cups) drained fruit  1 No. 2-1/2 can = about 16.9 oz (2-1/3 cups) drained fruit |
| **Fruit, Mixed, frozen** *Unsweetened*  *(may include: peaches, grapes, apricots, pears, pineapple, cherries, etc.)* | 136 oz tub  136 oz tub | 58.20  23.40 | 1/4 cup thawed fruit and juice  1/4 cup thawed, drained fruit | 1.8  4.3 | 136 oz tub = about 14-3/8 cups thawed fruit and juice  136 oz tub = about 49.4 oz (5-3/4 cups) thawed, drained fruit |
| **FRUIT, MIXED (continued)** | | | | | |
| **Fruit, Mixed, dried**  *Regular moisture* | Pound | 9.70 | 1/4 cup dried fruit (credits as 1/2 cup fruit in NSLP/SBP) | 10.4 |  |
| **GRAPEFRUIT** | | | | | |
| **Grapefruit, fresh**  *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 | 1 lb AP = 0.48 lb (7/8 cup) fruit and juice |
|  | Pound | 3.50 | 1/4 cup fruit and juice | 28.6 |  |
| **Grapefruit, canned**  Sections | No. 3 Cyl  (50 oz)  Pound | 23.30  7.45 | 1/4 cup fruit and juice  1/4 cup fruit and juice | 4.3  13.5 | 1 No. 3 Cyl = about 26.0 oz (3-1/8 cups) drained grapefruit |
| **Grapefruit, frozen**  Sections  *Unsweetened* | 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 |
| **GRAPEFRUIT and ORANGE SECTIONS** | | | | | |
| **Grapefruit and Orange Sections, chilled** | Gallon  (136 oz)  Pound | 63.90  7.51 | 1/4 cup fruit and juice  1/4 cup fruit and juice | 1.6  13.4 | 1 gallon = about 91.0 oz (13-1/4 cups) drained fruit |
| **Grapefruit and Orange Sections, canned** | No. 3 Cyl (50 oz) | 22.60 | 1/4 cup fruit and juice | 4.5 | 1 No. 3 Cyl = about 26.0 oz (3-1/2 cups) drained fruit |
| **GRAPEFRUIT and ORANGE SECTIONS (continued)** | | | | | |
| **Grapefruit and Orange Sections, canned** | Pound | 7.23 | 1/4 cup fruit and juice | 13.9 | 1 lb AP = about 8.5 oz (1-1/8 cups) drained fruit |
| **GRAPES** | | | | | |
| **Grapes, fresh**  Seedless  Whole  With stem | Pound | 10.50 | 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 |
| **Grapes, fresh**  Seedless  Whole  *Without stem* | Pound | 10.80 | 1/4 cup whole fruit  (about 7 large grapes) | 9.3 |  |
| **Grapes, fresh**  Whole  With seeds and stem | Pound | 10.10 | 1/4 cup seeded fruit halves (about 12 grape halves) | 10.0 | 1 lb AP = 0.89 lb raw seeded grapes |
| **Grapes, canned**  Seedless  Whole | No. 10 can  (108 oz) | 50.00 | 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) | 13.80 | 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 |
| **GUAVA PUREE 7** | | | | | |
| **Guava Puree, frozen [[15]](#footnote-15)7**  *Unsweetened* | 30 oz container  Pound | 13.30  7.20 | 1/4 cup fruit  1/4 cup fruit | 7.6  13.9 | 30 oz container = about  29.6 oz (3-1/3 cups) thawed fruit juice |
| **HONEYDEW MELON [[16]](#footnote-16)** | | | | | |
| **Honeydew Melon, fresh 10**  Whole | 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 |
| **Honeydew Melon, frozen**  *Unsweetened* | Pound | 8.70 | 1/4 cup fruit balls | 11.5 | 1 lb = about 35 melon balls |
| **JUICES [[17]](#footnote-17)** | | | | | |
| **Juices, canned[[18]](#footnote-18)**  *Single strength*  *(100% fruit juice)*  *(such as apple, grape, grapefruit, grapefruit-orange, lemon, lime, orange, pineapple,*  *prune, tangerine)* | No. 10 can  (96 fl oz)  No. 3 Can  (46 fl oz)  Quart  (32 fl oz)  No. 2-1/2 can (25-1/2  fl oz) | 48.00  23.00  16.00  12.70 | 1/4 cup fruit juice  1/4 cup fruit juice  1/4 cup fruit juice  1/4 cup fruit juice | 2.1  4.4  6.3  7.9 | 1 No. 10 can = 12 cups juice |
| **Juices, frozen 11**  *Concentrated, any fruit (such as apple, grape, grapefruit, grapefruit-orange, and orange.*  *(1 part juice concentrate to 3 parts)*  *water)*  *Includes USDA Foods* | 32 fl oz can  (about 38 oz)  6 fl oz can  (about 7 oz) | 64.00  12.00 | 1 tablespoon concentrate (1/4 cup fruit juice)  1 tablespoon concentrate (1/4 cup fruit juice) | 1.6  8.4 | 32 fl oz can reconstituted = 16 cups (128 fl oz). Reconstitute 1 part juice concentrate with not more than 3 parts water  6 fl oz can reconstituted = 3 cups (24 fl oz) |
| **JUICES[[19]](#footnote-19)11 (continued)** | | | | | |
| **Juices, frozen 11**  *Concentrated, any fruit (such as apple, grape, grapefruit, grapefruit-orange, and orange.*  *(1 part juice concentrate to 3 parts)*  *water)*  *Includes USDA Foods* | 32 fl oz can  (about 38 oz)  6 fl oz can  (about 7 oz) | 64.00  12.00 | 1 tablespoon concentrate (1/4 cup fruit juice)  1 tablespoon concentrate (1/4 cup fruit juice) | 1.6  8.4 | 32 fl oz can reconstituted = 16 cups (128 fl oz). Reconstitute 1 part juice concentrate with not more than 3 parts water  6 fl oz can reconstituted = 3 cups (24 fl oz) |
| **KIWI** | | | | | |
| **Kiwi, fresh**  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 | 10.60 | 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 6 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 | 11.60 | 1/4 cup unpeeled fruit slices (about 6 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 | 10.80 | 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 |
| LEMONS | | | | | |
| **Lemons, fresh**  Whole | Pound | 3.10 | 1/4 cup fruit juice | 32.3 | 1 lb AP = 0.43 lb (about 3/4 cup) juice |
| **LIMES** | | | | | |
| **Limes, fresh**  Whole | Pound | 3.50 | 1/4 cup fruit juice | 28.6 | 1 lb AP = 0.47 lb (about 7/8 cup) juice |
| **MANGOES** | | | | | |
| **Mangoes, fresh**  Whole | Pound | 7.60 | 1/4 cup cubed or sliced fruit | 13.2 | 1 lb AP = 0.69 lb ready-to-serve raw mangoes |
| **NECTARINES** | | | | | |
| Nectarines, fresh All sizes | 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 |
| **Nectarines, fresh**  *Size 88-96*  *(2-1/4 inch diameter)*  *Whole* | Pound  Pound | 4.40  8.80 | 1 whole, raw nectarine  (about 1/2 cup fruit)  1/4 cup fruit and juice  (about 1/2 nectarine) | 22.8  11.4 |  |
| **Nectarines, fresh**  *Size 56-64*  *(2-3/4 inch diameter)*  *Whole* | Pound  Pound | 3.05  9.15 | 1 whole, raw nectarine (about 3/4 cup fruit)  1/4 cup fruit and juice  (about 1/3 nectarine) | 32.8  11.0 |  |
| **ORANGES** | | | | | |
| **Oranges, fresh**  All sizes  Whole  Includes USDA | Pound | 3.50 | 1/4 cup fruit sections membrane removed, drained | 28.6 | 1 lb AP = 0.40 lb ready-to-serve oranges |
| Foods | Pound | 3.60 | 1/4 cup fruit juice | 27.8 | 1 lb AP = 0.48 lb (7/8 cup) juice |
| **Oranges, fresh**  *138 count*  *Arizona or California*  Whole | Pound  Pound | 3.40  6.80 | 1 orange (about 1/2 cup fruit and juice)  1/4 cup fruit and juice  (about 1/2 orange) | 29.5  14.8 |  |
| **ORANGES (continued)** | | | | | |
| **Oranges, fresh**  125 count  Florida or Texas  Whole | Pound  Pound | 2.90  7.02 | 1 orange (about 5/8 cup fruit and juice)  1/4 cup fruit and juice (about 1/2 orange) | 34.5  14.3 | 1 lb AP = about 0.76 lb (1-3/4 cups) ready-to-serve peeled oranges |
| **Oranges, fresh**  *113 count*  *Arizona or California*  *Whole* | Pound  Pound | 2.80  5.60 | 1 orange (about 5/8 cup fruit and juice)  1/4 cup fruit and juice  (about 1/2 orange) | 35.8  17.9 |  |
| **Oranges, canned**  Mandarin | Pound | 7.30 | 1/4 cup fruit and juice | 13.7 | 1 lb = about 0.61 lb (about 1-1/2 cups) drained oranges |
| **PAPAYA** | | | | | |
| **Papaya, fresh**  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 |  |
| **Papaya, frozen**  Puree**[[20]](#footnote-20)7**  *Unsweetened* | 30 oz container | 12.80 | 1/4 cup fruit | 7.9 | 30 oz container = about 3-1/4 cups thawed papaya juice |
|  | Pound | 7.21 | 1/4 cup fruit | 13.9 | 1 lb AP = about 1-3/4 cups thawed papaya juice |
| PASSION FRUIT | | | | | |
| **Passion Fruit, fresh**  Whole | 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 |
| **PEACHES** | | | | | |
| **Peaches, fresh**  Size 88 and 84 (small)  (2-1/8 inch diameter)  Whole | Pound  Pound | 5.50  8.25 | 1 whole, raw small peach (about 3/8 cup fruit)  1/4 cup fruit (about 2/3 peach) | 18.2  12.2 |  |
| **Peaches, fresh**  Size 80  Whole | Pound  Pound | 4.50  9.00 | 1 whole, raw peach  (about 1/2 cup fruit)  1/4 cup fruit  (about 1/2 peach) | 22.3  11.2 |  |
|  | Pound | 10.7 | 1/4 cup raw, sliced fruit (about 3 slices, 1/2-inch slices) | 9.4 | 1 lb AP = 0.93 lb (about 2-2/3 cups) ready-to-serve unpeeled, pitted, sliced peaches |
|  | 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 peaches |
| **Peaches, fresh**  Size 64 & 60  (medium)  (2-1/2 inch diameter)  Whole | Pound  Pound | 3.50  7.0 | 1 whole raw peach  (about 2/3 cup fruit)  1/4 cup fruit (about 1/2 peach) | 28.6  14.7 | 1 lb AP = 0.76 lb ready-to-cook or -serve unpeeled, pitted raw peaches |
|  | 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 |  |
| **Peaches, fresh**  Size 56  Whole | Pound  Pound | 2.89  8.67 | 1 whole raw peach  (about 3/4 cup fruit)  1/4 cup fruit  (about 1/3 peach) | 34.7  11.6 | 1 lb AP = 0.96 lb (about 2-2/3 cups) ready-to-serve unpeeled, pitted, diced peaches |
| **PEACHES (continued)** | | | | | |
| **Peaches, canned**  Cling  Diced  Light syrup pack | 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 |
| Includes USDA Foods | 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)  No. 2-1/2 can (29 oz) | 13.3  9.10 | 1/4 cup fruit and juice  1/4 cup drained fruit | 7.6  11.0 | 1 No. 2-1/2 can = about 3-1/3 cups peaches and juice  1 No. 2 1/2 can = about 17.5 oz (2-1/4 cups) drained peaches |
|  | Pound  Pound | 7.33  5.34 | 1/4 cup fruit and juice  1/4 cup drained fruit | 13.7  18.8 | 1 lb AP = about 9.8 oz (1-1/4 cups) drained  peaches |
| **Peaches, canned**  *Cling or Freestone*  *Halves*  *Includes USDA Foods* | 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 |  |
| **Peaches, canned**  Cling  Sliced  Light syrup pack  Includes USDA Foods | No. 10 can  (105 oz)  No. 10 can  (105 oz) | 50.0  36.1 | 1/4 cup fruit and juice  1/4 cup drained fruit | 2.0  2.8 | 1 No. 10 can = about 105.0 oz (12-1/2 cups) fruit and juice  1 No. 10 can = about 72.0 oz (9 cups) drained peaches |
| **PEACHES (continued)** | | | | | |
| **Peaches, canned**  Cling  Quarters  *Includes USDA Foods* | 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 |
| **Peaches, canned**  Freestone  Sliced  Includes USDA  Foods | No. 10 can  (106 oz)  No. 2-1/2 can (29 oz) | 47.5  13.0 | 1/4 cup fruit and juice  1/4 cup fruit and juice | 2.2  7.7 | 1 No. 10 can = about 60.0 oz (6-3/4 cups) drained Freestones  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 |
| **Peaches, canned**  Spiced  Whole | Pound | 2.70 | 2 small peaches  (about 1/4 cup pitted fruit) | 37.1 | 1 lb AP = 0.34 lb drained, pitted peaches |
| **Peaches**, **frozen**  Sliced  Unsweetened  Includes USDA Foods | Pound  Pound | 7.34  5.46 | 1/4 cup thawed fruit and juice  1/4 cup thawed, drained fruit | 13.7  18.4 | 1 lb AP = about 1-3/4 cups thawed peaches and juice  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  20 lb bag | 109.3  142.0 | 1/4 cup thawed, drained fruit  1/4 cup cooked fruit | 0.92  0.71 | 20-lb Bag = about 27-1/3 cups thawed, drained peaches |
| **Peaches, dried**  *Halves* | Pound | 12.7 | 1/4 cup dried fruit (credits as 1/2 cup fruit in NSLP/SBP) | 7.9 | 1 lb AP = about 3-1/8 cups ready-to-serve dried peach halves |
| **PEACHES (continued)** | | | | | |
| **Peaches, dried**  *Halves* | Pound | 22.9 | 1/4 cup cooked fruit and juice | 4.4 |  |
| **PEARS** | | | | | |
| **Pears, fresh**  All sizes  Whole | Pound | 7.90 | 1/4 cup raw, pared, sliced fruit | 12.7 |  |
| *Includes USDA Foods* | Pound | 5.70 | 1/4 cup cooked, pared, fruit halves, sugar added | 17.6 |  |
| **Pears, fresh**  150 count  Whole | 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 |
| **Pears, fresh**  120 count  Whole | 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 |
| **Pears, fresh**  *100 count*  D’Anjou or Bosc or Bartlett, Whole | Pound | 2.29 | 1 whole, raw pear  (about 1-1/4 cups fruit) | 43.7 | 1 lb AP = 0.94 lb (about 3 cups) ready-to-cook or  -serve raw cored, wedged pears |
| **Pears, canned**  *Diced*  *Packed in juice or light syrup*  *Includes USDA Foods* | No. 10 can  (106 oz)  No. 2-1/2 can (29 oz) | 47.60  13.10 | 1/4 cup fruit and juice  1/4 cup fruit and juice | 2.2  7.7 | 1 No. 10 can = about 66.0 oz (9-1/2 cups) drained pears  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 |
| **Pears, canned**  Halves  *Packed in juice or light syrup*  *Includes USDA Foods* | No. 10 can  (105 oz)  No. 2-1/2 can (29 oz) | 52.00  14.30 | 1/4 cup fruit and juice  (about 1 pear half with juice)  1/4 cup fruit and juice  (about 1 pear half with juice) | 2.0  7.0 | 1 No. 10 can = about 62.0 oz (7-3/4 cups) drained pears  1 No. 2-1/2 can = about 15.8 oz (2 cups) drained pears |
| **PEARS (continued)** | | | | | |
| **Pears, canned**  Halves  *Packed in juice or light syrup*  *Includes USDA Foods* | 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 |
| **Pears, canned**  Sliced  Packed in juice or light syrup Includes USDA  Foods | No. 10 can  (105 oz)  No. 10 can  (105 oz) | 49.70  29.50 | 1/4 cup fruit and juice  1/4 cup drained fruit | 2.1  3.4 | 1 No. 10 can = about 12-3/8 cups pears and juice  1 No. 10 can = about 59.6 oz (7-3/8 cups) drained pears |
| **Pears, dried**  *Regular moisture*  Halves | Pound | 10.70 | 1/4 cup dried fruit  (about 2-1/2 halves, credits as 1/2 cup fruit in NSLP/SBP) | 9.4 | 1 lb AP = about 2-2/3 cups or 22 dried pear halves |
|  | Pound | 20.30 | 1/4 cup cooked fruit and juice | 5.0 |  |
| **PERSIMMONS** | | | | | |
| **Persimmons, fresh**  Japanese Fuyu  Whole | Pound | 11.70 | 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 persimmons |
|  | Pound | 15.70 | 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 persimmons wedges |
| **PINEAPPLE** | | | | | |
| **Pineapple, fresh**  Whole | Pound | 6.40 | 1/4 cup raw, cubed fruit | 15.7 | 1 lb AP = 0.54 lb ready-to-serve raw pineapple  1 lb AP = 0.57 lb (about 1-1/8 cups) ready-to-serve 1/2-inch by 3-inch pineapple sticks |
| Pound  Pound | 4.61  7.50 | 1/4 cup raw sticks  (about 3 sticks, 1/2-inch by 3-inch sticks)  1/4 cup fruit and juice | 21.7  13.4 |
| **PINEAPPLE (continued)** | | | | | |
| **Pineapple, canned**  *Chunks*  *Packed in juice or light syrup*  *Includes USDA Foods* | No. 10 can  (106 oz) | 49.90 | 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) | 31.80 | 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 juice | 10.7 | 1 No. 2 can = about 12.4 oz (1-7/8 cups) drained pineapple |
|  | Pound | 7.53 | 1/4 cup fruit and juice | 13.3 |  |
| **Pineapple, canned**  *Crushed*  *Packed in juice or light syrup*  *Includes USDA Foods* | No. 10 can  (106 oz)  No. 10 can  (106 oz) | 49.50  36.10 | 1/4 cup fruit and juice  1/4 cup drained fruit | 2.1  2.8 | 1 No. 10 can = about 12-3/8 cups pineapple and juice  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 |  |
| **Pineapple, canned**  Slices  *Packed in juice or light syrup*  *Includes USDA Foods* | No. 10 can  (107 oz)  No. 10 can  (107 oz) | 47.50  37.70 | 1/4 cup fruit and juice  1/4 cup drained fruit (about 1-3/4 slices) | 2.2  2.7 | 1 No. 10 can = about 62.0 oz (9-1/3 cups or 60 slices) drained pineapple |
|  | No. 2 can  (20 oz)  No. 2 can  (20 oz) | 8.87  7.04 | 1/4 cup fruit and juice  1/4 cup drained fruit | 11.3  14.3 | 1 No. 2 can = about 13.0 oz (2 cups) drained pineapple |
|  | Pound  Pound | 7.10  5.63 | 1/4 cup fruit and juice  1/4 cup drained fruit | 14.1  17.8 |  |
| **PINEAPPLE (continued)** | | | | | |
| **Pineapple, canned**  Tidbits  Packed in juice or light syrup  Includes USDA Foods | No. 10 can  (106 oz)  No. 10 can  (106 oz) | 50.10  33.40 | 1/4 cup fruit and juice  1/4 cup drained fruit | 2.0  3.0 | 1 No. 10 can = about 12 cups pineapple and juice  1 No. 10 can = about 67.3 oz (8-1/4 cups) drained pineapple |
| **Pineapple, frozen**  *Unsweetened*  *Chunks* | 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 |
| **PLANTAINS-See Vegetables section** | | | | | |
| **PLUMS** | | | | | |
| **Plums, fresh**  Italian  *1.5-inch by 2-inch Whole* | 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 plums |
|  | Pound | 6.81 | 1/4 cup fruit and juice | 14.7 |  |
| **Plums, fresh**  Purple, Red, or Black  Size 45 & 50  2-inch diameter  Whole | Pound  Pound | 4.99  10.70 | 1 whole, raw plum  (about 1/2 cup fruit and juice)  1/4 cup quartered fruit  (about 2 quarters) | 20.1  9.4 | 1 lb AP = 0.98 lb (about 2-2/3 cups) ready-to-cook or -serve unpeeled, pitted, raw plums |
| **Plums, fresh**  *Japanese or Hybrid*  *Whole*  Size 60 & 65 | Pound | 6.40 | 1 whole, raw plum  (about 3/8 cup fruit and juice) | 15.7 | 1 plum = about 1-1/2 inch diameter |
| **Plums, canned**  Purple or Red  Halves  Unpeeled | No. 10 can  (105 oz) | 49.20 | 1/4 cup fruit and juice | 2.1 | 1 No. 10 can = about  12-1/8 cups plums and juice without pits |
| **PLUMS** |  |  |  |  |  |
| No pits  *Includes USDA Foods* | No. 10 can  (105 oz) | 24.70 | 1/4 cup drained fruit | 4.1 | 1 No. 10 can = about 54.4 oz (6-1/8 cups) drained plums without pits |
| **Plums, canned**  Purple or Red  Unpeeled  With pits | No. 10 can  (106 oz) | 48.50 | 1/4 cup pitted fruit and juice | 2.1 | 1 No. 10 can = about 12 cups plums with pits and juice |
| *Whole*  *Includes USDA Foods* | No. 10 can  (106 oz) | 27.80 | 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) | 14.50 | 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  Pound | 7.32  4.19 | 1/4 cup pitted fruit and juice  1/4 cup pitted drained fruit | 13.7  23.9 | 1 lb AP = 8.8 oz (1 cup) drained plums with pits |
| **Plums, dried (Prunes), canned**  With pits | No. 10 can  (108 oz) | 46.00 | 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 | 10.60 | 1/4 cup fruit and juice | 9.5 | 25 oz jar = about 13.2 oz (1-2/3 cups) drained, pitted prunes |
| **Plums, dried (Prunes), canned[[21]](#footnote-21)7**  *Paste or Puree Includes*  *USDA Foods* | Gallon  (11 lb) | 64.00 | 1/4 cup fruit | 1.6 | 1 gallon (11 lb) = 16 cups dried plum juice |
| Pound | 6.38 | 1/4 cup fruit | 15.7 | 1 lb AP = about 1-1/2 cups juice |
| **Plums, dried (Prunes)**  *Whole*  *Regular moisture With pits* | Pound  Pound | 9.60  12.90 | 1/4 cup dried fruit (about 6 medium dried fruit, credits as 1/2 cup fruit in NSLP/SBP)  1/4 cup cooked fruit and juice | 10.5  7.8 | 1 lb dry = about 2-3/8 cups dried plums with pits |
|  |
| **PLUMS (continued)** | | | | | |
| **Plums, dried (Prunes)**  *Whole*  *Without pits*  *Includes*  *USDA Foods* | Pound  Pound | 10.60  14.70 | 1/4 cup dried fruit (about 6 medium prunes, credits as 1/2 cup fruit in NSLP/  SBP)  1/4 cup cooked fruit and juice | 9.5  6.9 | 1 lb dry = about 2-2/3 cups dried plums without pits |
| **POMEGRANATE** | | | | | |
| **Pomegranate, fresh**  Whole | 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 peeled pomegranate kernels |
| **PRICKLY PEAR, (see CACTUS FRUIT)** | | | | | |
| **PRUNES (see PLUMS, dried)** | | | | | |
| **RAISINS** | | | | | |
| **Raisins**  Regular moisture  *Seedless* | Pound | 12.60 | 1/4 cup dried fruit (credits as 1/2 cup fruit in NSLP/SBP) | 8.0 | 1 lb AP = about 3-1/8 cups raisins |
| *Includes USDA Foods* | Package (1.3 oz to 1.5 oz) | 1.00 | 1/4 cup dried fruit (credits as 1/2 cup fruit in NSLP/SBP) | 100.0 |  |
|  | Pound | 21.40 | 1/4 cup cooked fruit | 4.7 |  |
| **RASPBERRIES** | | | | | |
| **Raspberries, fresh**  Whole | 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 raspberries |
|  | Pound | 12.10 | 1/4 cup raw, whole fruit | 8.3 | 1 lb AP = 0.96 lb (about 3 cups) ready-to-serve raw raspberries |
| **Raspberries (continued)** | | | | | |
| **Raspberries, canned**  Red  Whole | No. 10 can  (103 oz)  Pound | 48.00  7.45 | 1/4 cup fruit and juice  1/4 cup fruit and juice | 2.1  13.5 | 1 No. 10 can = 53.0 oz drained raspberries  1 lb AP = about 8.25 oz drained raspberries |
| **Raspberries, frozen**  *Unsweetened*  Fruit and Juice | Pound | 7.20 | 1/4 cup thawed fruit and juice | 13.9 |  |
| **Raspberries, frozen[[22]](#footnote-22)7**  *Red*  *Unsweetened*  *Puree*  *Includes USDA Foods* | Pound  5 lb 12 oz container | 7.69  44.20 | 1/4 cup thawed fruit  1/4 cup thawed fruit | 13.1  2.3 | 1 lb AP = about 1-7/8 cups thawed fruit juice  5 lb 12 oz container = about 11 cups thawed fruit juice |
| **Raspberries, frozen**  *Red*  *Whole*  *Unsweetened*  *Grade A*  *Individually-quick*  *Frozen* | Pound | 12.50 | 1/4 cup thawed, drained fruit | 8.0 | 1 lb AP = 1 lb (about 3 cups) ready to serve, thawed, drained raspberries |
| **RHUBARB** | | | | | |
| **Rhubarb, fresh**  Without leaves | Pound | 6.20 | 1/4 cup cooked fruit, sugar added | 16.2 | 1 lb AP = 0.86 lb ready-to-cook rhubarb |
| **Rhubarb, frozen**  *Unsweetened* | Pound | 10.00 | 1/4 cup cooked fruit (sugar added by SFA during cooking) | 10.0 |  |
| **STARFRUIT (CARAMBOLA)** | | | | | |
| **Star Fruit (Carambola), fresh**  Whole | Pound  Pound | 13.50  9.50 | 1/4 cup sliced fruit  1/4 cup chopped fruit | 7.5  10.3 | 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 |
| **STRAWBERRIES** | | | | | |
| **Strawberries, fresh**  *Whole* | 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 strawberries |
|  | Pound | 10.50 | 1/4 cup raw, whole fruit | 9.6 | 1 lb AP = 0.88 lb ready-to-serve raw strawberries |
| **Strawberries, frozen**  Sliced  Unsweetened  *Includes USDA Foods* | 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 strawberries and juice |
| **Strawberries, frozen**  *Whole, Grade A Unsweetened Individually-quick-frozen*  *Includes USDA Foods* | Pound | 11.90 | 1/4 cup thawed fruit | 8.5 | 1 lb AP = 1 lb (about 2-7/8 cups) ready-to-serve, thawed strawberries |
| **Strawberries, dried** | Pound | 10.90 | 1/4 cup dried fruit (credits as 1/2 cup fruit in NSLP/SBP) | 9.2 | 1 lb AP (dried) = 1 lb (about 2-2/3 cups) ready-to-serve dried strawberries |
| **TANGELOS** | | | | | |
| **Tangelos, fresh**  Whole | 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 tangelos |
| **TANGERINES** | | | | | |
| **Tangerines, fresh**  120 count  Whole | Pound | 4.00 | 1 whole, raw tangerine (about 3/8 cup fruit and juice) | 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 tangerines |
| **Tangerines, canned**  Mandarin Oranges | Pound | 7.30 | 1/4 cup fruit and juice | 13.7 | 1 lb AP = about 0.61 lb (about 1-1/2 cups) drained tangerines |
| **UGLI FRUIT** | | | | | |
| **Ugli Fruit, fresh**  *Whole* | 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 |
| **WATERMELON [[23]](#footnote-23)9** | | | | | |
| **Watermelon, fresh 9**  *Whole* | Melon (about 27 lb) | 168.90 | 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 |

1. 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. [↑](#footnote-ref-1)
2. Shaped, shredded potatoes available under brand names such as “Tater Tots” or “Tater Gems.” [↑](#footnote-ref-2)
3. [↑](#footnote-ref-3)
4. 2 Shaped, shredded potatoes available under brand names such as “Tater Tots” or “Tater Gems.” [↑](#footnote-ref-4)
5. 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. [↑](#footnote-ref-5)
6. 4 For the purposes of the NSLP, the “Additional vegetables” requirement will be used for any vegetable mixture in which the ratio of the vegetable mixture is not clearly labeled or reported. Further documentation from the vendor would be necessary to determine crediting for any subgroup such as dark green, red/orange, and beans/peas (legumes) vegetable subgroups. [↑](#footnote-ref-6)
7. For the purposes of the NSLP, the “Additional vegetables” requirement will be used for any vegetable mixture in which the ratio of the vegetable mixture is not clearly labeled or reported. Further documentation from the vendor would be necessary to determine crediting for any subgroup such as dark green, red/orange, and beans/peas (legumes) vegetable subgroups. [↑](#footnote-ref-7)
8. For the purposes of the NSLP, the “Additional vegetables” requirement will be used for any vegetable mixture in which the ratio of the vegetable mixture is not clearly labeled or reported. Additional documentation from the vendor would be necessary to determine crediting for any subgroup such as dark green, red/orange, and beans/peas (legumes) vegetable subgroups. [↑](#footnote-ref-8)
9. For the purposes of the NSLP, the “Other vegetables” requirement will be used for any vegetable mixture in which the ratio of the vegetable mixture is not clearly labeled or reported. Further documentation from the vendor would be necessary to determine crediting for any subgroup such as dark green, red/orange, and beans/peas (legumes) vegetable subgroups. [↑](#footnote-ref-9)
10. Purees do not credit toward the meal pattern requirements when used to improve the nutrient profile such as applesauce used to replace oil in brownies. Purees will credit as *juice* if included in a beverage. [↑](#footnote-ref-10)
11. Note: Fried banana chips are not creditable towards meal pattern requirements. [↑](#footnote-ref-11)
12. 7 Purees do not credit toward the meal pattern requirements when used to improve the nutrient profile such as applesauce used to replace oil in brownies. Purees will credit as *juice* if included in a beverage. [↑](#footnote-ref-12)
13. 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. [↑](#footnote-ref-13)
14. 7 Purees do not credit toward the meal pattern requirements when used to improve the nutrient profile such as applesauce used to replace oil in brownies. Purees will credit as *juice* if included in a beverage. [↑](#footnote-ref-14)
15. 7 Purees do not credit toward the meal pattern requirements when used to improve the nutrient profile such as applesauce used to replace oil in brownies. Purees will credit as *juice* if included in a beverage. [↑](#footnote-ref-15)
16. 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. [↑](#footnote-ref-16)
17. 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. [↑](#footnote-ref-17)
18. The canned and frozen juices listed in Column 1 are usually available in the can sizes listed in Column 2. [↑](#footnote-ref-18)
19. 11According 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. [↑](#footnote-ref-19)
20. 7 Purees do not credit toward the meal pattern requirements when used to improve the nutrient profile such as applesauce used to replace oil in brownies. Purees will credit as *juice* if included in a beverage. [↑](#footnote-ref-20)
21. 7 Purees do not credit toward the meal pattern requirements when used to improve the nutrient profile such as applesauce used to replace oil in brownies. Purees will credit as *juice* if included in a beverage. [↑](#footnote-ref-21)
22. 7 Purees do not credit toward the meal pattern requirements when used to improve the nutrient profile such as applesauce used to replace oil in brownies. Purees will credit as *juice* if included in a beverage. [↑](#footnote-ref-22)
23. 9 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. [↑](#footnote-ref-23)