

# Fruit & Vegetable Guide

For  $\frac{1}{2}$  cup and  $\frac{3}{4}$  cup Servings



## **USDA Nondiscrimination Statement**

The U.S. Department of Agriculture prohibits discrimination against its customers, employees, and applicants for employment on the bases of race, color, national origin, age, disability, sex, gender identity, religion, reprisal, and where applicable, political beliefs, marital status, familial or parental status, sexual orientation, or all or part of an individual's income is derived from any public assistance program, or protected genetic information in employment or in any program or activity conducted or funded by the Department. (Not all prohibited bases will apply to all programs and/or employment activities.)

If you wish to file a Civil Rights program complaint of discrimination, complete the [USDA Program Discrimination Complaint Form](http://www.ascr.usda.gov/complaint_filing_cust.html), found online at [http://www.ascr.usda.gov/complaint\\_filing\\_cust.html](http://www.ascr.usda.gov/complaint_filing_cust.html), or at any USDA office, or call (866) 632-9992 to request the form. You may also write a letter containing all of the information requested in the form. Send your completed complaint form or letter to us by mail at U.S. Department of Agriculture, Director, Office of Adjudication, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410, by fax (202) 690-7442 or email at [program.intake@usda.gov](mailto:program.intake@usda.gov).

Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish).

USDA is an equal opportunity provider and employer. (June, 2013)

# Apples, fresh

125-138 count  
Whole

## Purchase Unit: Pound

Servings per Purchase Unit, Edible Portion: 7.4

Purchase Units per 100 Servings: 13.6

½ cup raw,  
unpeeled fruit  
(about ½ apple)

1 lb AP = 0.91 lb (3-2/3 cups) ready-to-cook or –serve raw, cored, unpeeled apple

USDA Food Buying Guide Reference Page: 2-7

Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
5	1	30	4 ½	55	7 ½	80	11
10	1 ½	35	5	60	8 ½	85	12
15	2 ½	40	5 ½	65	9	90	12 ½
20	3	45	6 ½	70	10	95	13
25	3 ½	50	7	75	10 ½	100	14

# Applesauce, canned

Smooth or Chunky  
Includes USDA  
Commodity

## Purchase Unit: No. 10 can (108 oz)

Servings per Purchase Unit, Edible Portion: 23.8

Purchase Units per 100 Servings: 4.4

½ cup fruit

1 No. 10 can = about 12 cups applesauce

USDA Food Buying Guide Reference Page: 2-8

Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
5	¼	30	1 ½	55	2 ½	80	3 ¾
10	½	35	1 ¾	60	2 ¾	85	3 ¾
15	¾	40	2	65	3	90	4
20	1	45	2	70	3 ¼	95	4 ¼
25	1 ¼	50	2 ¼	75	3 ½	100	4 ½

**Apricots,  
canned**  
*Halves  
Unpeeled*

**Purchase Unit:** No.10 can (106 oz)

**½ cup fruit and  
juice**

*Servings per Purchase  
Unit, Edible Portion: 24.0*

*Purchase Units per 100  
Servings: 4.2*

1 No. 10 can = about 62.0 oz (7-1/3 cups) drained  
apricots

USDA Food Buying Guide  
Reference Page: 2-8

Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
5	¼	30	1 ½	55	2 ½	80	3 ½
10	½	35	1 ½	60	2 ¾	85	3 ¾
15	¾	40	1 ¾	65	2 ¾	90	4
20	1	45	2	70	3	95	4
25	1 ¼	50	2 ¼	75	3 ¼	100	4 ¼

**Apricots,  
fresh**

*Medium (approx. 1-  
3/8 inch diameter)  
Whole*

**Purchase Unit:** Pound

**½ cup fruit (about  
2 whole, medium,  
raw apricots)**

*Servings per Purchase  
Unit, Edible Portion: 5.95*

*Purchase Units per 100  
Servings: 17*

1 lb AP = 0.93 lb ready-to-serve raw apricots

USDA Food Buying Guide  
Reference Page: 2-8

Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
5	1	30	5 ½	55	9 ½	80	14
10	2	35	6	60	10 ½	85	14 ½
15	3	40	7	65	11 ½	90	15 ½
20	3 ½	45	8	70	12	95	16 ½
25	4 ½	50	8 ½	75	13	100	17

**Bananas,  
fresh**  
100-120 count  
Regular  
Whole

**Purchase Unit: Pound**

*Servings per Purchase  
Unit, Edible Portion: 3.53*

*Purchase Units per 100  
Servings: 28.4*

1 lb AP = 0.64 lb (about 1-3/4 cups) peeled 1/2-inch  
slices of banana

**1/2 cup raw  
(1/2 -inch  
sliced fruit)**

USDA Food Buying Guide  
Reference Page: 2-12

Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
5	1 1/2	30	9	55	16	80	23
10	3	35	10	60	17 1/2	85	24 1/2
15	4 1/2	40	11 1/2	65	18 1/2	90	26
20	6	45	13	70	20	95	27
25	7 1/2	50	14 1/2	75	21 1/2	100	28 1/2

**Bananas,  
fresh**  
100-120 count  
Regular  
Whole

**Purchase Unit: Pound**

*Servings per Purchase  
Unit, Edible Portion: 2.69*

*Purchase Units per 100  
Servings: 37.2*

**1/2 cup raw fruit,  
unpeeled  
(about 1 banana)**

USDA Food Buying Guide  
Reference Page: 2-12

Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
5	2	30	11 1/2	55	20 1/2	80	30
10	4	35	13 1/2	60	22 1/2	85	32
15	6	40	15	65	24 1/2	90	33 1/2
20	7 1/2	45	17	70	26 1/2	95	35 1/2
25	9 1/2	50	19	75	28	100	37 1/2

**Beans,  
Garbanzo or  
Chickpeas,  
dry, canned**  
*Whole, Includes  
USDA Commodity*

<b>Purchase Unit:</b> No. 10 can (105 oz)		<b>½ cup drained vegetable</b>
<i>Servings per Purchase Unit, Edible Portion: 21.0</i>	<i>Purchase Units per 100 Servings: 4.8</i>	
1 No 10 can = about 68.4 oz (10-1/2 cups) unheated, drained beans		USDA Food Buying Guide Reference Page: 2-13

Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
5	¼	30	1 ½	55	2 ¾	80	4
10	½	35	1 ¾	60	3	85	4 ¼
15	¾	40	2	65	3 ¼	90	4 ½
20	1	45	2 ¼	70	3 ½	95	4 ¾
25	1 ¼	50	2 ½	75	3 ¾	100	5

**Beans,  
Pinto, dry,  
canned**  
*Whole, Includes  
USDA Commodity*

<b>Purchase Unit:</b> No. 10 can (108 oz)		<b>½ cup heated, drained vegetable</b>
<i>Servings per Purchase Unit, Edible Portion: 18.6</i>	<i>Purchase Units per 100 Servings: 5.4</i>	
1 No 10 can = about 67.4 oz (9-1/4 cups) heated, drained beans		USDA Food Buying Guide Reference Page: 2-19

Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
5	½	30	1 ¾	55	3	80	4 ½
10	¾	35	2	60	3 ¼	85	4 ¾
15	1	40	2 ¼	65	3 ½	90	5
20	1 ¼	45	2 ½	70	4	95	5 ¼
25	1 ½	50	2 ¾	75	4 ¼	100	5 ½

**Beans,  
Refried,  
canned**

*Includes USDA  
Commodity*

**Purchase Unit:** No. 10 can (115 oz)

*Servings per Purchase  
Unit, Edible Portion: 24.8*

*Purchase Units per 100  
Servings: 4.2*

**½ cup heated  
vegetable**

1 No. 10 can = about 12-1/4 cups heated, refried beans

USDA Food Buying Guide  
Reference Page: 2-19

Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
5	¼	30	1 ½	55	2 ½	80	3 ½
10	½	35	1 ½	60	2 ½	85	3 ¾
15	¾	40	1 ¾	65	2 ¾	90	4
20	1	45	2	70	3	95	4
25	1	50	2 ¼	75	3 ¼	100	4 ¼

**Blackberries  
(Boysenberries),  
frozen**

*Whole*

**Purchase Unit:** Pound

*Servings per Purchase  
Unit, Edible Portion: 4.5*

*Purchase Units per 100  
Servings: 22.4*

**½ cup thawed  
fruit, sugar  
added**

USDA Food Buying  
Guide  
Reference Page: 2-24

Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
5	1 ½	30	7	55	12 ½	80	18
10	2 ½	35	8	60	13½	85	19½
15	3 ½	40	9	65	15	90	20 ½
20	4 ½	45	10 ½	70	16	95	21 ½
25	6	50	11 ½	75	17	100	22 ½

**Blueberries**  
**fresh**  
*Whole*  
*Included USDA*  
*Commodity*

**Purchase Unit: Pint (14 - 1/4 oz)**

**1/2 cup raw fruit**

<i>Servings per Purchase Unit, Edible Portion: 5.35</i>	<i>Purchase Units per 100 Servings: 18.8</i>
---------------------------------------------------------	----------------------------------------------

1 pt AP = 0.87 lb (about 2-2/3 cups) ready-to-serve raw berries

USDA Food Buying Guide Reference Page: 2-24

Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
5	1	30	6	55	10 1/2	80	15 1/2
10	2	35	7	60	11 1/2	85	16
15	3	40	8	65	12 1/2	90	17
20	4	45	8 1/2	70	13 1/2	95	18
25	5	50	9 1/2	75	14 1/2	100	19

**Blueberries**  
**fresh**  
*Whole, Includes*  
*USDA Commodity*

**Purchase Unit: Pound**

**1/2 cup raw fruit**

<i>Servings per Purchase Unit, Edible Portion: 5.9</i>	<i>Purchase Units per 100 Servings: 17</i>
--------------------------------------------------------	--------------------------------------------

1 lb AP = 0.96 lb ready-to-serve raw berries

USDA Food Buying Guide Reference Page: 2-24

Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
5	1	30	5 1/2	55	9 1/2	80	14
10	2	35	6	60	10 1/2	85	14 1/2
15	3	40	7	65	11 1/2	90	15 1/2
20	3 1/2	45	8	70	12	95	16 1/2
25	4 1/2	50	8 1/2	75	13	100	17



# Blueberries, frozen

Whole, individually-  
quick frozen

## Purchase Unit: Pound

Servings per Purchase  
Unit, Edible Portion: 5.9

Purchase Units per 100  
Servings: 17

½ cup thawed fruit  
unsweetened

1 lb AP = 0.91 lb (about 2-7/8 cups) ready-to-serve raw  
berries

USDA Food Buying Guide  
Reference Page: 2-25

Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
5	1	30	5 ½	55	9 ½	80	14
10	2	35	6	60	10 ½	85	14 ½
15	3	40	7	65	11 ½	90	15 ½
20	3 ½	45	8	70	12	95	16 ½
25	4 ½	50	8 ½	75	13	100	17

# Cantaloupe, fresh<sup>4</sup>

Whole  
15 Count  
(5-3/4-inch diameter,  
about 40 oz)

## Purchase Unit: Pound

Servings per Purchase  
Unit, Edible Portion: 6.74

Purchase Units per 100  
Servings: 14.9

½ cup cubed or  
diced fruit  
(about 1/8 large  
melon)

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

USDA Food Buying Guide  
Reference Page: 2-28

Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
5	1 ½	30	9	55	16 ½	80	24
10	3	35	10 ½	60	18	85	25 ½
15	4 ½	40	12	65	19 ½	90	27
20	6	45	13 ½	70	21	95	28 ½
25	7 ½	50	15	75	22 ½	100	30

**Cantaloupe,  
frozen**

*Melon balls,  
Unsweetened*

**Purchase Unit: Pound**

*Servings per Purchase  
Unit, Edible Portion: 4.35*

*Purchase Units per 100  
Servings: 23*

**½ cup fruit**

1 lb = 35 balls

USDA Food Buying Guide  
Reference Page: 2-29

Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
5	1 ½	30	7	55	13	80	18 ½
10	2 ½	35	8 ½	60	14	85	20
15	3 ½	40	9 ½	65	15	90	21
20	5	45	10 ½	70	16 ½	95	22
25	6	50	11 ½	75	17 ½	100	23

**Cherries,  
Sweet, fresh**

*Whole,  
With pits*

**Purchase Unit: Pound**

*Servings per Purchase  
Unit, Edible Portion: 4.25*

*Purchase Units per 100  
Servings: 23.6*

**½ cup raw, pitted  
cherries  
(about 14 whole)**

1 lb AP = 0.98 lb ready-to-serve cherries with pits or 0.84 lb pitted cherries

USDA Food Buying Guide  
Reference Page: 2-34

Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
5	1 ½	30	7 ½	55	13	80	19
10	2 ½	35	8 ½	60	14 ½	85	20 ½
15	4	40	9 ½	65	15 ½	90	2 ½
20	5	45	11	70	17	95	22 ½
25	6	50	12	75	18	100	24

**Clementines,  
fresh  
Whole**

<b>Purchase Unit: Pound</b>	
<i>Servings per Purchase Unit, Edible Portion: 3.68</i>	<i>Purchase Units per 100 Servings: 27.2</i>

**1 whole, raw  
Clementine  
(about ½ cup fruit)**

USDA Food Buying Guide  
Reference Page: 2-34

Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
5	1 ½	30	8 ¼	55	15	80	21 ¾
10	2 ¾	35	9 ½	60	16 ½	85	23 ¼
15	4 ¼	40	11	65	17 ¾	90	24 ½
20	5 ½	45	12 ¼	70	19	95	26
25	7	50	13 ¾	75	20 ¼	100	27 ¼

**Fruit, Mixed,  
canned**

*Fruit Cocktail  
(peaches, pears,  
pineapple, grapes,  
cherries) Includes  
USDA Commodity*

<b>Purchase Unit: No. 10 can (106 oz)</b>	
<i>Servings per Purchase Unit, Edible Portion: 23.4</i>	<i>Purchase Units per 100 Servings: 4.4</i>
1 No. 10 can = about 69.0 oz (9-1/4 cups) drained fruit	

**½ cup fruit and  
juice**

USDA Food Buying Guide  
Reference Page: 2-40

Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
5	¼	30	1 ½	55	2 ½	80	3 ¾
10	½	35	1 ¾	60	2 ¾	85	3 ¾
15	¾	40	1 ¾	65	3	90	4
20	1	45	2	70	3 ¼	95	4 ¼
25	1 ¼	50	2 ¼	75	3 ½	100	4 ½

# Grapefruit, fresh

27-32 Count (large)  
Whole

## Purchase Unit: Pound

Servings per Purchase  
Unit, Edible Portion: 2.0

Purchase Units per 100  
Servings: 50.0

1 lb AP = 0.48 lb (about 7/8 cup) grapefruit and juice

½ grapefruit  
(about ½ cup fruit  
and juice)

USDA Food Buying Guide  
Reference Page: 2-40

Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
5	2 ½	30	15	55	27 ½	80	40
10	5	35	17 ½	60	30	85	42 ½
15	7 ½	40	20	65	32 ½	90	45
20	10	45	22 ½	70	35	95	47 ½
25	12 ½	50	25	75	37 ½	100	50

# Grapes, fresh

Seedless,  
Whole,  
With stem

## Purchase Unit: Pound

Servings per Purchase  
Unit, Edible Portion: 5.25

Purchase Units per 100  
Servings: 19.2

1 lb AP = 0.97 lb (about 2-5/8 cups) ready-to-serve grapes

½ cup whole fruit  
(about 14 large  
grapes)

USDA Food Buying Guide  
Reference Page: 2-41

Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
5	1	30	6	55	11	80	15 ½
10	2	35	7	60	12	85	16 ½
15	3	40	8	65	12 ½	90	17 ½
20	4	45	9	70	13 ½	95	18 ½
25	5	50	10	75	14 ½	100	19 ½

# Honeydew Melon,<sup>5</sup> Fresh<sup>5</sup> Whole

**Purchase Unit:** Pound

**½ cup fruit cubes**

*Servings per Purchase Unit, Edible Portion: 2.45*

*Purchase Units per 100 Servings: 41*

1 lb AP = 0.46 lb (about 1-1/8 cups) ready-to-serve melon cubes

USDA Food Buying Guide Reference Page: 2-42

Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
5	2 ½	30	12 ½	55	23	80	33
10	4 ½	35	14 ½	60	25	85	35
15	6 ½	40	16 ½	65	27	90	37
20	8 ½	45	18 ½	70	29	95	39
25	10 ½	50	20 ½	75	31	100	41

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

# Juices, canned<sup>6</sup>

Single strength, 100% juice.  
Vegetable or Fruit, such as  
Apple, Grape, Grapefruit,  
Grapefruit-Orange, Lemon,  
Lime, Orange, Pineapple,  
Prune, Tomato and  
Tangerine.

**Purchase Unit:** No. 3 Can (46 fl oz)

**½ cup fruit or vegetable juice**

*Servings per Purchase Unit, Edible Portion: 11.5*

*Purchase Units per 100 Servings: 8.8*

USDA Food Buying Guide Reference Page: 2-43

Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
5	½	30	2 ¾	55	5	80	7 ¼
10	1	35	3 ¼	60	5 ½	85	7 ½
15	1 ½	40	3 ½	65	5 ¾	90	8
20	2	45	4	70	6 ¼	95	8 ½
25	2 ¼	50	4 ½	75	6 ¾	100	9

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

## Kiwi, fresh

33-39 Count,  
Whole

### Purchase Unit: Pound

Servings per Purchase  
Unit, Edible Portion: 5.4

Purchase Units per 100  
Servings: 18.6

½ cup unpeeled  
fruit halves (about  
4 halves or 1 ½  
whole kiwi)

1 lb AP = 0.99 lb ready-to-serve unpeeled Kiwi halves

USDA Food Buying Guide  
Reference Page: 2-45

Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
5	1	30	6	55	10 ½	80	15
10	2	35	6 ½	60	11 ½	85	16
15	3	40	7 ½	65	12 ½	90	17
20	4	45	8 ½	70	13 ½	95	18
25	5	50	9 ½	75	14	100	19

## Nectarines, fresh

Size 88-96  
(2-1/4 inch  
diameter)  
Whole

### Purchase Unit: Pound

Servings per Purchase  
Unit, Edible Portion: 4.40

Purchase Units per 100  
Servings: 22.8

1 whole, raw  
nectarine (about ½  
cup fruit)

USDA Food Buying Guide  
Reference Page: 2-48

Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
5	1 ¼	30	7	55	12 ¾	80	18 ¼
10	2 ½	35	8	60	13 ¾	85	19 ½
15	3 ½	40	9 ¼	65	15	90	20 ¾
20	4 ¾	45	10 ½	70	16	95	21 ¾
25	5 ¾	50	11 ½	75	17 ¼	100	23

## Oranges, fresh

138 count  
Arizona or California  
Whole

**Purchase Unit:** Pound

*Servings per Purchase  
Unit, Edible Portion: 3.4*

*Purchase Units per 100  
Servings: 29.6*

**½ cup fruit and  
juice (about 1  
orange)**

USDA Food Buying Guide  
Reference Page: 2-52

Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
5	1 ½	30	9	55	16 ½	80	24
10	3	35	10 ½	60	18	85	25 ½
15	4 ½	40	12	65	19 ½	90	27
20	6	45	13 ½	70	21	95	28 ½
25	7 ½	50	15	75	22 ½	100	30

## Oranges, canned

Mandarin  
Arizona or California  
Whole

**Purchase Unit:** Pound

*Servings per Purchase  
Unit, Edible Portion: 3.65*

*Purchase Units per 100  
Servings: 27.4*

**½ cup fruit and  
juice**

1 lb AP = about 0.61 lb (about 1 ½ cups – drained oranges)

USDA Food Buying Guide  
Reference Page: 2-52

Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
5	1 ½	30	8 ½	55	15 ½	80	22
10	3	35	10	60	16 ½	85	23 ½
15	4 ½	40	11	65	18	90	25
20	5 ½	45	12 ½	70	19 ½	95	26 ½
25	7	50	14	75	21	100	27 ½

**Papaya,  
fresh**  
Whole

**Purchase Unit: Pound**

*Servings per Purchase Unit, Edible Portion: 4.3*

*Purchase Units per 100 Servings: 23.4*

**½ cup cubed fruit**

1 lb AP = about 0.67 lb ready-to-serve papaya

USDA Food Buying Guide  
Reference Page: 2-52

Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
5	1 ½	30	7 ½	55	13	80	19
10	2 ½	35	8 ½	60	14 ½	85	20
15	3 ½	40	9 ½	65	15 ½	90	21 ½
20	5	45	11	70	16 ½	95	22 ½
25	6	50	12	75	18	100	23 ½

**Peaches,  
canned**

*Cling, diced, light syrup pack, Includes USDA Commodity*

**Purchase Unit: No. 10 can (106 oz)**

*Servings per Purchase Unit, Edible Portion: 24.3*

*Purchase Units per 100 Servings: 4.2*

**½ cup fruit and juice**

1 No. 10 can = about 12-1/8 cups fruit and juice

USDA Food Buying Guide  
Reference Page: 2-54

Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
5	¼	30	1 ½	55	2 ½	80	3 ½
10	½	35	1 ½	60	2 ¾	85	3 ¾
15	¾	40	1 ¾	65	2 ¾	90	4
20	1	45	2	70	3	95	4
25	1 ¼	50	2 ¼	75	3 ¼	100	4 ¼



**Peaches,  
fresh**  
Size 80,  
Whole

**Purchase Unit: Pound**

**½ cup fruit  
(1 med. peach)**

*Servings per Purchase  
Unit, Edible Portion: 4.5*

*Purchase Units per 100  
Servings: 22.4*

USDA Food Buying Guide  
Reference Page: 2-53

Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
5	1 ½	30	7	55	12 ½	80	18
10	2 ½	35	8	60	13 ½	85	19 ½
15	3 ½	40	9	65	15	90	20 ½
20	4 ½	45	10 ½	70	16	95	21 ½
25	6	50	11 ½	75	16 ½	100	22 ½

**Peaches,  
frozen**

*Sliced, sweetened or  
unsweetened,  
Includes USDA  
Commodity*

**Purchase Unit: Pound**

**½ cup thawed fruit  
and juice**

*Servings per Purchase  
Unit, Edible Portion: 3.67*

*Purchase Units per 100  
Servings: 21.4*

1 lb AP = about 1-3/4 cups thawed peaches and juice

USDA Food Buying Guide  
Reference Page: 2-56

Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
5	1 ½	30	8 ½	55	15 ½	80	22
10	3	35	10	60	16 ½	85	23 ½
15	4 ½	40	11	65	18	90	25
20	5 ½	45	12 ½	70	19 ½	95	26 ½
25	7	50	14	75	21	100	27 ½

## Pears, canned

*Sliced, packed in  
juice or light syrup,  
Includes USDA  
Commodity*

**Purchase Unit:** No. 10 can (105 oz)

*Servings per Purchase  
Unit, Edible Portion: 24.8*

*Purchase Units per 100  
Servings: 4.2*

**½ cup fruit  
and juice**

1 No. 10 can = about 12-3/8 cups pears and juice

USDA Food Buying Guide  
Reference Page: 2-57

Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
5	¼	30	1 ½	55	2 ½	80	3 ½
10	½	35	1 ½	60	2 ¾	85	3 ¾
15	¾	40	1 ¾	65	2 ¾	90	4
20	1	45	2	70	3	95	4
25	1 ¼	50	2 ¼	75	3 ¼	100	4 ¼

## Pears, fresh

*120 count  
Whole*

**Purchase Unit:** Pound

*Servings per Purchase  
Unit, Edible Portion: 3.5*

*Purchase Units per 100  
Servings: 28.2*

**½ cup raw, pared,  
cubed fruit**

1 lb AP = 0.78 lb ready-to-cook or serve, raw, pared pears

USDA Food Buying Guide  
Reference Page: 2-56

Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
5	1 ½	30	8 ½	55	16	80	23
10	3	35	10	60	17	85	24
15	4 ½	40	11 ½	65	18 ½	90	25 ½
20	6	45	13	70	20	95	27
25	7 ½	50	14 ½	75	21 ½	100	28 ½

# Pears, fresh

150 count  
Whole

## Purchase Unit: Pound

Servings per Purchase  
Unit, Edible Portion: 4.10

Purchase Units per 100  
Servings: 24.4

1 lb AP = 0.92 lb ready-to-cook or serve raw, unpared pears

1 whole, raw pear  
(about 1/2 cup fruit)

USDA Food Buying Guide  
Reference Page: 2-56

Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
5	1 1/4	30	7 1/2	55	13 1/2	80	19 3/4
10	2 1/2	35	8 3/4	60	14 3/4	85	20 3/4
15	3 3/4	40	10	65	16	90	22
20	5	45	11	70	17 1/4	95	23 1/4
25	6 1/4	50	12 1/4	75	18 1/2	100	24 1/2

# Peppers, Green

Chilies, canned  
Chopped

## Purchase Unit: No. 10 can (103 oz)

Servings per Purchase  
Unit, Edible Portion: 25.7

Purchase Units per 100  
Servings: 4.0

1 No. 10 can = about 12-7/8 cups drained peppers

1/2 cup heated  
vegetable

USDA Food Buying Guide  
Reference Page: 2-60

Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
5	1/4	30	1 1/4	55	2 1/4	80	3 1/4
10	1/2	35	1 1/2	60	2 1/2	85	3 1/2
15	3/4	40	1 3/4	65	2 3/4	90	3 3/4
20	1	45	2	70	3	95	4
25	1	50	2	75	3	100	4

## Pineapple, canned

*Crushed, Packed in  
juice or light syrup  
Includes USDA  
Commodity*

**Purchase Unit:** No. 10 can (106 oz)

*Servings per Purchase  
Unit, Edible Portion: 24.7*

*Purchase Units per 100  
Servings: 4.2*

**½ cup fruit and  
syrup**

1 No. 10 can = about 12-3/8 cups pineapple and juice

USDA Food Buying Guide  
Reference Page: 2-63

Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
5	¼	30	1 ½	55	2 ½	80	3 ½
10	½	35	1 ½	60	2 ¾	85	3 ¾
15	¾	40	1 ¾	65	2 ¾	90	4
20	1	45	2	70	3	95	4
25	1 ¼	50	2 ¼	75	3 ¼	100	4 ¼

## Pineapple, canned

*Tidbits, Packed in  
juice or light syrup,  
Includes USDA  
Commodity*

**Purchase Unit:** No. 10 can (106 oz)

*Servings per Purchase  
Unit, Edible Portion: 25*

*Purchase Units per 100  
Servings: 4*

**½ cup fruit and  
juice**

1 No. 10 can = about 12 cups pineapple and juice

USDA Food Buying Guide  
Reference Page: 2-63

Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
5	¼	30	1 ¼	55	2 ¼	80	3 ¼
10	½	35	1 ½	60	2 ½	85	3 ½
15	¾	40	1 ¾	65	2 ¾	90	3 ¾
20	1	45	2	70	3	95	4
25	1	50	2	75	3	100	4

**Pineapple,  
fresh**  
*Whole*

**Purchase Unit: Pound**

**½ cup raw, cubed  
fruit**

*Servings per Purchase  
Unit, Edible Portion: 3.20*

*Purchase Units per 100  
Servings: 31.4*

1 lb AP = 0.54 lb ready-to-serve raw pineapple

USDA Food Buying Guide  
Reference Page: 2-62

Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
<b>5</b>	2	<b>30</b>	9 ½	<b>55</b>	17 ½	<b>80</b>	25 ½
<b>10</b>	3 ½	<b>35</b>	11	<b>60</b>	19	<b>85</b>	27
<b>15</b>	5	<b>40</b>	13	<b>65</b>	20 ½	<b>90</b>	28 ½
<b>20</b>	6 ½	<b>45</b>	14 ½	<b>70</b>	22	<b>95</b>	30
<b>25</b>	8	<b>50</b>	16	<b>75</b>	24	<b>100</b>	31 ½

**Plums, fresh**  
*Italian,  
1.5 inch by 2-inch*  
*Whole*

**Purchase Unit: Pound**

**½ cup quartered  
fruit (about 10  
quarters)**

*Servings per Purchase  
Unit, Edible Portion: 4.6*

*Purchase Units per 100  
Servings: 21.6*

1 lb AP = 0.93 lb (about 2-13 cups) ready-to-cook or serve, unpeeled, pitted, quartered, raw plum

USDA Food Buying Guide  
Reference Page: 2-64

Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
<b>5</b>	1 ½	<b>30</b>	6 ½	<b>55</b>	12	<b>80</b>	17 ½
<b>10</b>	2 ½	<b>35</b>	8	<b>60</b>	13	<b>85</b>	18 ½
<b>15</b>	3 ½	<b>40</b>	9	<b>65</b>	14 ½	<b>90</b>	19 ½
<b>20</b>	4 ½	<b>45</b>	10	<b>70</b>	15 ½	<b>95</b>	21
<b>25</b>	5 ½	<b>50</b>	11	<b>75</b>	16 ½	<b>100</b>	22

**Plums,  
canned**  
*Purple or Red  
Unpeeled, no pits  
Includes USDA  
Commodity*

**Purchase Unit:** No. 10 Can (105 oz)

**½ cup pitted  
fruit and juice**

*Servings per Purchase  
Unit, Edible Portion: 24.6*

*Purchase Units per 100  
Servings: 4.2*

1 No. 10 can = about 12 1/8 cups plums w/juice, without pits

USDA Food Buying Guide  
Reference Page: 2-64

Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
5	¼	30	1 ½	55	2 ½	80	3 ½
10	½	35	1 ½	60	2 ¾	85	3 ¾
15	¾	40	1 ¾	65	2 ¾	90	4
20	1	45	2	70	3	95	4
25	1 ¼	50	2 ¼	75	3 ¼	100	4 ¼

**Potato  
Products,  
frozen**

*Hashed patty, Pre-  
browned, 2.25 oz  
each*

**Purchase Unit:** Pound

**2 cooked patties  
(about 1/2 cup  
cooked vegetable)**

*Servings per Purchase  
Unit, Edible Portion: 3.5*

*Purchase Units per 100  
Servings: 28.2*

USDA Food Buying Guide  
Reference Page: 2-69

Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
5	1 ½	30	8 ½	55	16	80	23
10	3	35	10	60	17	85	24
15	4 ½	40	11 ½	65	18 ½	90	25 ½
20	6	45	13	70	20	95	27
25	7 ½	50	14 ½	75	21 ½	100	28 ½

## Potato Products, frozen

Rounds (similar to Tator Tots) Regular Size  
Includes USDA Commodity

**Purchase Unit: 5 lb pkg.**

Servings per Purchase Unit, Edible Portion: 30.5

Purchase Units per 100 Servings: 3.4

½ cup baked vegetable (about 8 pieces)

One piece – approx. ¾ to 1-inch diameter by 1 to 1-1/4-inch length

USDA Food Buying Guide Reference Page: 2-70

Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
5	½	30	1	55	2	80	3
10	½	35	1 ½	60	2	85	3
15	1	40	1 ½	65	2 ½	90	3 ½
20	1	45	2	70	2 ½	95	3 ½
25	1	50	2	75	3	100	3 ½

## Potato Products, frozen

Rounds (similar to Tator Tots) Regular Size  
Includes USDA Commodity

**Purchase Unit: Pound**

Servings per Purchase Unit, Edible Portion: 6.35

Purchase Units per 100 Servings: 15.8

½ cup cooked vegetable (about 8 pieces)

5 lb bag = about 15-1/4 cups baked potato rounds (about 8.0 grams per piece)

USDA Food Buying Guide Reference Page: 2-70

Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
5	1	30	4 ½	55	9	80	13
10	2	35	6	60	9 ½	85	13 ½
15	2 ½	40	6 ½	65	10 ½	90	14 ½
20	3 ½	45	7 ½	70	11 ½	95	15
25	4	50	8	75	12	100	16

## Potato Products, frozen

*Skins, Pieces, or Wedges, etc., with skin, Cooked*

**Purchase Unit: Pound**

*Servings per Purchase Unit, Edible Portion: 5.3*

*Purchase Units per 100 Servings: 19*

**½ cup heated vegetable**

USDA Food Buying Guide  
Reference Page: 2-70

Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
5	1	30	6	55	10 ½	80	15 ½
10	2	35	7	60	11 ½	85	16 ½
15	3	40	8	65	12 ½	90	17 ½
20	4	45	9	70	13 ½	95	18 ½
25	5	50	9 ½	75	14 ½	100	19

## Potatoes, fresh

*White or Russet, All sizes, Whole, Includes USDA Commodity*

**Purchase Unit: Pound**

*Servings per Purchase Unit, Edible Portion: 4.45*

*Purchase Units per 100 Servings: 22.6*

**½ cup pared, cooked, diced vegetable**

USDA Food Buying Guide  
Reference Page: 2-66

1 lb AP = 0.74 lb baked potato without skin

Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
5	1 ½	30	7	55	12 ½	80	18 ½
10	2 ½	35	8	60	14	85	19 ½
15	3 ½	40	9 ½	65	15	90	20 ½
20	5	45	10 ½	70	16	95	21 ½
25	6	50	11 ½	75	17	100	23



## Potatoes, fresh

White or Russet, All  
sizes, Whole,  
Includes USDA  
Commodity

**Purchase Unit: Pound**

Servings per Purchase  
Unit, Edible Portion: 2.65

Purchase Units per 100  
Servings: 37.8

**½ cup pared,  
cooked hash  
browns (1/2 cup  
vegetable)**

USDA Food Buying Guide  
Reference Page: 2-66

Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
5	1	30	6	55	10 ½	80	15 ½
10	2	35	7	60	11 ½	85	16 ½
15	3	40	8	65	12 ½	90	17 ½
20	4	45	9	70	13 ½	95	18 ½
25	5	50	9 ½	75	14 ½	100	19

## Raisins

Regular moisture  
Seedless  
Includes USDA  
Commodity

**Purchase Unit: Pound**

Servings per Purchase  
Unit, Edible Portion: 6.3

Purchase Units per 100  
Servings: 16

**½ cup fruit**

1 lb AP = about 3-1/8 cups raisins

USDA Food Buying Guide  
Reference Page: 2-71

Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
5	1	30	5	55	9	80	13
10	2	35	6	60	10	85	14
15	2 ½	40	6 ½	65	10 ½	90	14 ½
20	3 ½	45	7 ½	70	11 ½	95	15 ½
25	4	50	8	75	12	100	16

**Strawberries,  
fresh**  
Whole

<b>Purchase Unit: Pound</b>						<b>½ cup raw, whole fruit</b>	
<i>Servings per Purchase Unit, Edible Portion: 5.25</i>			<i>Purchase Units per 100 Servings: 19.2</i>				
1 lb AP = 0.88 lb ready-to-serve raw berries						USDA Food Buying Guide Reference Page: 2-77	

Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
<b>5</b>	1	<b>30</b>	6	<b>55</b>	11	<b>80</b>	15 ½
<b>10</b>	2	<b>35</b>	7	<b>60</b>	12	<b>85</b>	16 ½
<b>15</b>	3	<b>40</b>	8	<b>65</b>	12 ½	<b>90</b>	17 ½
<b>20</b>	4	<b>45</b>	9	<b>70</b>	13 ½	<b>95</b>	18 ½
<b>25</b>	5	<b>50</b>	10	<b>75</b>	14 ½	<b>100</b>	19 ½

**Strawberries,  
fresh**  
Whole

<b>Purchase Unit: Pint (11-1/2 oz)</b>						<b>½ cup raw, whole fruit</b>	
<i>Servings per Purchase Unit, Edible Portion: 3.95</i>			<i>Purchase Units per 100 Servings: 25.4</i>				
1 pt AP = about 0.66 lb ready-to-serve raw berries						USDA Food Buying Guide Reference Page: 2-77	

Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
<b>5</b>	1 ½	<b>30</b>	8	<b>55</b>	14	<b>80</b>	20 ½
<b>10</b>	3	<b>35</b>	9	<b>60</b>	15 ½	<b>85</b>	22
<b>15</b>	4	<b>40</b>	10 ½	<b>65</b>	17	<b>90</b>	23
<b>20</b>	5 ½	<b>45</b>	11 ½	<b>70</b>	18	<b>95</b>	24 ½
<b>25</b>	6 ½	<b>50</b>	13	<b>75</b>	19 ½	<b>100</b>	25 ½

## Strawberries, frozen

Sliced, Unsweetened  
Includes USDA  
Commodity

**Purchase Unit: Pound**

*Servings per Purchase  
Unit, Edible Portion: 3.64*

*Purchase Units per 100  
Servings: 27.6*

**½ cup thawed fruit  
and juice**

1 lb AP = 1 lb (about 1-3/4 cups) ready-to-serve thawed  
berries and juice

USDA Food Buying Guide  
Reference Page: 2-77

Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
5	1 ½	30	8 ½	55	15 ½	80	22 ½
10	3	35	10	60	17	85	23 ½
15	4 ½	40	11 ½	65	18	90	25
20	6	45	13	70	19 ½	95	26 ½
25	7	50	14	75	21	100	28

## Tangerines, fresh

120 count  
Whole

**Purchase Unit: Pound**

*Servings per Purchase  
Unit, Edible Portion: 3.89*

*Purchase Units per 100  
Servings: 25.8*

**½ cup peeled fruit  
sections**

1 lb AP = 0.80 lb (about 1-7/8 cups) ready-to-serve  
peeled, sectioned tangerine

USDA Food Buying Guide  
Reference Page: 2-81

Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
5	1 ½	30	8	55	14 ½	80	21
10	3	35	9 ½	60	15 ½	85	22
15	4	40	10 ½	65	17	90	23 ½
20	5 ½	45	12	70	18 ½	95	25
25	6 ½	50	13	75	19 ½	100	26

## Tomato Products, Canned

Tomato Purée, Not less than 8 % but less than 24% natural tomato soluble solids (NTSS)

**Purchase Unit:** No. 10 can (106 oz)

Servings per Purchase Unit, Edible Portion: 48.0

Purchase Units per 100 Servings: 2.2

**4 Tablespoons Purée (1/2 cup vegetable)**

1 No. 10 Can = 12 cups puree, 1 No. 10 can tomato puree + 1 can water = 24 cups single strength tomato juice.

USDA Food Buying Guide Reference Page: 2-83

Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
5	1/4	30	3/4	55	1 1/4	80	2
10	1/4	35	1	60	1 1/2	85	2
15	1/2	40	1	65	1 1/2	90	2
20	1/2	45	1	70	1 3/4	95	2 1/4
25	3/4	50	1 1/4	75	1 3/4	100	2 1/4

## Tomato Products, Canned, Tomato Sauce, Includes

USDA Commodity

**Purchase Unit:** No. 10 can (106 oz)

Servings per Purchase Unit, Edible Portion: 25.3

Purchase Units per 100 Servings: 4.0

**1/2 cup vegetable**

USDA Food Buying Guide Reference Page: 2-84

Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
5	1/4	30	1 1/4	55	2 1/4	80	3 1/4
10	1/2	35	1 1/2	60	2 1/2	85	3 1/2
15	3/4	40	1 3/4	65	2 3/4	90	3 3/4
20	1	45	2	70	3	95	4
25	1	50	2	75	3	100	4

## Tomatoes, canned

Whole or Stewed  
Includes USDA  
Commodity

**Purchase Unit:** No 10 can (102 oz)

*Servings per Purchase  
Unit, Edible Portion: 24.4*

*Purchase Units per 100  
Servings: 4.2*

**½ cup vegetable  
and juice**

USDA Food Buying Guide  
Reference Page: 2-82

Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
5	¼	30	1 ½	55	2 ½	80	3 ½
10	½	35	1 ½	60	2 ¾	85	3 ¾
15	¾	40	1 ¾	65	2 ¾	90	4
20	1	45	2	70	3	95	4
25	1 ¼	50	2 ¼	75	3 ¼	100	4 ¼

## Tomatoes, fresh

Whole  
All sizes

**Purchase Unit:** Pound

*Servings per Purchase  
Unit, Edible Portion: 5.2*

*Purchase Units per 100  
Servings: 19.4*

**½ cup vegetable  
wedges**

1 lb AP = 0.98 lb (about 2-1/2 cups) ready-to-serve 1/2 –  
inch tomato wedges

USDA Food Buying Guide  
Reference Page: 2-82

Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
5	1	30	6	55	11	80	16
10	2	35	7	60	12	85	16 ½
15	3	40	8	65	13	90	17 ½
20	4	45	9	70	14	95	18 ½
25	5	50	10	75	15	100	19 ½

**Watermelon,  
Fresh<sup>11</sup>  
Whole**

**Purchase Unit: Pound**

*Servings per Purchase Unit, Edible Portion: 3.05*

*Purchase Units per 100 Servings: 32.8*

**½ cup diced fruit  
without rind**

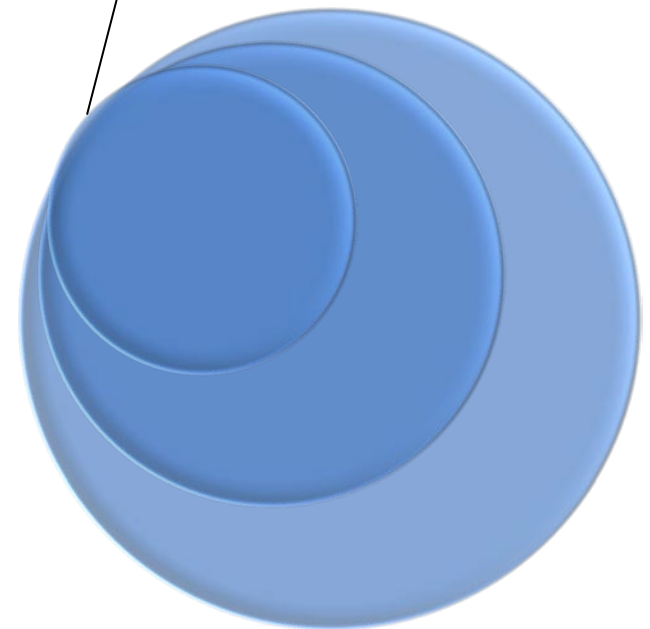
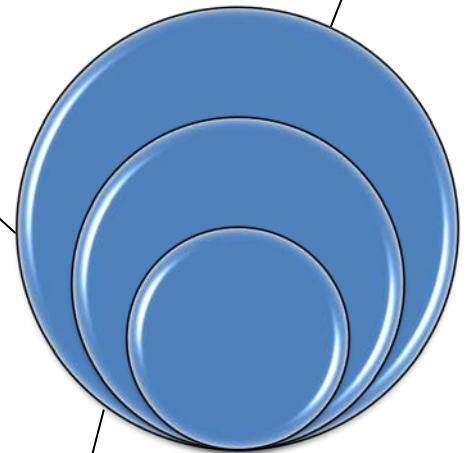
1 lb AP = 0.61 lb (about 1-1/2 cups) ready-to-serve raw, ½-inch diced watermelon without rind

USDA Food Buying Guide Reference Page: 2-86

Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
<b>5</b>	<b>2</b>	<b>30</b>	<b>10</b>	<b>55</b>	<b>18 ½</b>	<b>80</b>	<b>26 ½</b>
<b>10</b>	<b>3 ½</b>	<b>35</b>	<b>11 ½</b>	<b>60</b>	<b>20</b>	<b>85</b>	<b>28</b>
<b>15</b>	<b>5</b>	<b>40</b>	<b>13 ½</b>	<b>65</b>	<b>21 ½</b>	<b>90</b>	<b>30</b>
<b>20</b>	<b>7</b>	<b>45</b>	<b>15</b>	<b>70</b>	<b>23</b>	<b>95</b>	<b>31 ½</b>
<b>25</b>	<b>8 ½</b>	<b>50</b>	<b>16 ½</b>	<b>75</b>	<b>25</b>	<b>100</b>	<b>33</b>

## Fruit and Vegetable Guide for $\frac{3}{4}$ cup Serving Sizes

For use at snack when serving 6-12 year old on the NM CACFP/SFSP  
Use this guide to help determine the amount to serve for  $\frac{3}{4}$  cup of a single fruit or vegetable



## Fruit and Vegetable Guide for $\frac{3}{4}$ cup Serving Sizes

<b><i>Fruit/Vegetable</i></b>	<b><i>Quantity and Description As Purchased</i></b>	<b><i>SPPU (for <math>\frac{3}{4}</math> cup)</i></b>	<b><i>Minimum Weight to Yield <math>\frac{3}{4}</math> cup serving</i></b>
Apples, whole fresh, 125-138 count	Purchased by the pound	4.9	3 $\frac{1}{2}$ oz apple = $\frac{3}{4}$ cup
Apricots, whole, fresh, (1 $\frac{3}{8}$ inches in diameter)	Purchased by the pound	3.9	3 medium sized apricots = $\frac{3}{4}$ cup
Asparagus, fresh, whole	1 # as purchased = 0.53 ready to cook, trimmed, raw asparagus	1.6	2 $\frac{1}{2}$ oz asparagus spears = $\frac{3}{4}$ cup
Avocados, fresh, (size:3 $\frac{1}{2}$ inch by 4 $\frac{3}{4}$ inches)	About 6 slices, (1/2 inch by 4.5 inch slices)	2.3	3 $\frac{1}{2}$ oz avocado slices = $\frac{3}{4}$ cup
Bananas, 150 count, petite, whole	About 2 whole petite bananas provide $\frac{3}{4}$ cup bananas	1.2	7 oz banana = $\frac{3}{4}$ cup
Blackberries (Boysenberries), fresh, whole Or Frozen, whole	20 oz quart  Purchased by the pound	4.9  3	4 oz blackberries, fresh = $\frac{3}{4}$ cup  5 $\frac{1}{2}$ oz blackberries, frozen = $\frac{3}{4}$ cup
Blueberries, fresh, whole Or Individually quick frozen	14 $\frac{1}{2}$ pint  Purchased by the pound	3.6  3.9	4 oz blueberries, fresh = $\frac{3}{4}$ cup  4 $\frac{1}{4}$ oz blueberries, frozen = $\frac{3}{4}$ cup
Broccoli, fresh, florets, trimmed, ready-to-use	Purchased by the pound	9.6	2 oz broccoli florets = $\frac{3}{4}$ cup
Cabbage, green, shredded, ready-to-use	Purchased by the pound	9	2 oz cabbage, green, shredded = $\frac{3}{4}$ cup
Cantaloupe, fresh, whole, 15 count, (5 $\frac{3}{4}$ inch diameter) Or Cantaloupe, frozen, melon balls, unsweetened	1 melon unpeeled is about 40 oz  Purchased by the pound	2.2  2.6	7 $\frac{1}{2}$ oz prepared cantaloupe = $\frac{3}{4}$ cup  6 $\frac{1}{4}$ oz cantaloupe, frozen = $\frac{3}{4}$ cup
Carrots, fresh, baby, ready-to-use	Purchased by the pound	4.3	3 $\frac{3}{4}$ oz carrots = $\frac{3}{4}$ cup
Cauliflower, fresh, florets	Purchased by the pound	6.1	3 oz cauliflower florets = $\frac{3}{4}$ cup
Celery, fresh, sticks, read-to-use	Purchased by the pound	4.6	3.5 oz celery sticks = $\frac{3}{4}$ cup
Cherries, sweet, fresh	Purchased by the pound	2.8	21 whole cherries = about $\frac{3}{4}$ cup
Clementines, fresh, whole	Purchased by the pound	2.4	2 whole clementines = about 1 cup fruit
Cucumbers, fresh, sliced	1 pound cucumbers, as purchased = .84 lb ready to serve raw, pared, sliced cucumber	4.1	3.5 oz pared, fresh cucumber slices = $\frac{3}{4}$ cup



## Fruit and Vegetable Guide for $\frac{3}{4}$ cup Serving Sizes

<b><i>Fruit/Vegetable</i></b>	<b><i>Quantity and Description As Purchased</i></b>	<b><i>SPPU (for <math>\frac{3}{4}</math> cup)</i></b>	<b><i>Minimum Weight to Yield <math>\frac{3}{4}</math> cup serving</i></b>
Grapes, fresh, seedless, whole with stem	Purchased by the pound	3.5	21 large grapes = about $\frac{3}{4}$ cup fruit or 5 oz grapes = 3.4 cup fruit
Honeydew Melon, fresh Or Honeydew Melon, frozen	Purchased by the pound	1.6 2.9	5 oz honeydew melon cubes = $\frac{3}{4}$ cup Or 5.5 frozen melon balls = $\frac{3}{4}$ cup
Jicama (Yam Bean), fresh, whole	Purchased by the pound	3.9	4.25 oz raw peeled, julienned Jicama strips = $\frac{3}{4}$ cup
Kiwi, fresh, 33-39 count, whole	1 pound as purchased = 0.99 pound ready to serve, unpeeled kiwi halves	3.6	About 2 whole kiwis = $\frac{3}{4}$ cup
Lettuce, fresh, salad mix	1 pound package	8.8	About 2 oz lettuce salad mix = $\frac{3}{4}$ cup
Mangos, fresh, whole	Purchased by the pound	2.5	About 4.5 mango cubes or slices = $\frac{3}{4}$ cup
Nectarines, fresh, size 56-64	Purchased by the pound	3.05	1 whole raw nectarine (about 5.25 oz) = $\frac{3}{4}$ cup
Oranges, fresh, all sizes, whole	Purchased by the pound	1.16	1 whole raw orange, unpeeled ( about 5.5 oz) = $\frac{3}{4}$ cup
Papaya, fresh, whole	Purchased by the pound	2.8	About 4 oz prepared papaya = $\frac{3}{4}$ cup
Passion fruit, fresh, whole	Purchased by the pound	1.15	About 6.5 oz prepared passion fruit = $\frac{3}{4}$ cup
Peaches, fresh, whole, 84 and 88 ( small about 2 1/8 inch diameter) Or Peaches, frozen slices	Purchased by the pound Purchased by the pound	1.8 2.4	About 2 whole, small peaches, = $\frac{3}{4}$ cup About 7 oz thawed fruit and juice = $\frac{3}{4}$ cup
Pears, fresh, whole, 120 count	Purchased by the pound	3.3	1 whole, raw, medium pear = $\frac{3}{4}$ cup
Pease, Chinese, Snow, edible-podded, whole	Purchased by the pound	3.8	4.5 oz pea pod = $\frac{3}{4}$ cup
Peppers, bell, fresh, strips	Purchased by the pound	4.9	2.5 oz pepper strips = $\frac{3}{4}$ cup
Persimmons, fresh, whole, cut into wedges	Purchased by the pound	5.2	3 oz persimmon wedges = $\frac{3}{4}$ cup
Pickles, canned whole	Large pickle (4 to 4 $\frac{3}{4}$ inch in length)		1 large pickle = $\frac{3}{4}$ cup fruit/vegetable

## Fruit and Vegetable Guide for $\frac{3}{4}$ cup Serving Sizes

<i>Fruit/Vegetable</i>	<i>Quantity and Description As Purchased</i>	<i>SPPU (for <math>\frac{3}{4}</math> cup)</i>	<i>Minimum Weight to Yield <math>\frac{3}{4}</math> cup serving</i>
Pineapple, canned tidbits, packed in juice. Or	Purchased in #10 can	16.7	1 #10 can pineapple tidbits provides about 16 – $\frac{3}{4}$ cup servings fruit/vegetable
Pineapple, fresh, whole	Purchased by the pound, fruit and juice	1.5	$\frac{3}{4}$ cup = 9 sticks (3 x 0.5 inch sticks)
Plums, Japanese or Hybrid, sizes 60 & 65, whole	2 whole plums (about 1 $\frac{1}{2}$ inches in diameter, each) $\frac{3}{4}$ cup fruit/vegetable	2.1	2 plums (1 $\frac{1}{2}$ inches in diameter) = $\frac{3}{4}$ cup
Potatoes, White or Russet, 100 cont (approx 8 oz each)	Purchased by the pound	.66	1 whole, baked potato = $\frac{3}{4}$ cup
Raspberries, fresh, whole Or	Purchased by the pound	4	4 oz berries = $\frac{3}{4}$ cup
Raspberries, individually quick frozen	Purchased by the pound	4.2	4 oz berries = $\frac{3}{4}$ cup
Salsa, chunky, all vegetable ingredients plus a minor amount of spices	Purchased by the gallon	63.9	$\frac{3}{4}$ cup salsa = $\frac{3}{4}$ cup creditable vegetable
Squash, Summer, fresh, zucchini, whole	Purchased by the pound	3.9	$\frac{3}{4}$ cup = 9 sticks (3 x 0.5 inch sticks)
Strawberries, fresh, whole Or	Purchased by the pound	3.5	4 oz berries = $\frac{3}{4}$ cup
Strawberries, frozen, whole, individually quick frozen	Purchased by the pound	4	4 oz berries = $\frac{3}{4}$ cup
Tangerine, fresh, 120 count, whole	2 whole tangerines, peeled, = $\frac{3}{4}$ cup fruit/vegetable	1.33	2 tangerines = $\frac{3}{4}$ cup
Tomatoes, fresh, cherry, whole	Purchased by the pound	4	About 9 whole cherry tomatoes = $\frac{3}{4}$ cup fruit/vegetable
Watermelon, fresh, whole	Purchased by the pound	2	5 oz watermelon = $\frac{3}{4}$ cup

**Calculation:**

To determine  $\frac{3}{4}$  cup sppu, divide the  $\frac{1}{4}$  cup sppu by 3

To determine the weight of  $\frac{3}{4}$  cup serving, take the additional information in col.6, multiply 16 oz by the yield (prepare) and divide by the  $\frac{3}{4}$  cup sppu. This gives the number of ounces of product needed to make a  $\frac{3}{4}$  cup serving.

