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**Vegetables /
Fruits**



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Vegetables/ Fruits

Requirements

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



Specific requirements:

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

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



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

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

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

Crediting of Fruits and Vegetables

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

Crediting of Vegetable and Fruit Concentrates

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

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

How to Use Information on Concentrates:

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

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

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

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

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



Factors Affecting Yields

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

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

Definitions

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

Products That Do Not Meet Requirements

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

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

Information Included in this Section

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

Vegetable and fruit information includes:

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

Explanation of the Columns

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

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

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

Food Buying Guide for Child Nutrition Programs

Section 2 Vegetables/Fruits

Section 2—Vegetables/Fruits

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

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

Section 2—Vegetables/Fruits

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

Section 2—Vegetables/Fruits

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

Section 2—Vegetables/Fruits

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

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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
AVOCADOS (continued)					
Avocados, fresh <i>California</i> 48 count (approx. 2.5-inch width by 3.5-inch length) Whole	Pound	5.52	1/4 cup peeled, sliced, raw vegetable (about 3 slices) (3/8-inch by 3.5-inch slices)	18.2	1 lb AP = 0.69 lb ready-to-serve, raw, peeled avocado [about 2-2/3 portions (1/4 cup each portion) per avocado]
Avocados, fresh <i>Florida</i> (approx. 3.5-inch width by 4.75-inch length) Whole	Pound	7.07	1/4 cup peeled, sliced, raw vegetable (about 2 slices) (1/2-inch by 4.5-inch slices)	14.2	1 lb AP = 0.59 lb ready-to-serve, raw, peeled, sliced [about 7-1/2 portions (1/4 cup each portion) per avocado]
BAMBOO SHOOTS					
Bamboo Shoots, canned <i>Sliced</i>	No. 10 can (104 oz)	47.4	1/4 cup drained vegetable	2.2	1 No. 10 can = about 72.7 oz (11-3/4 cups) drained, unheated bamboo shoots
BANANAS¹					
Bananas, fresh 150 count <i>Petite</i> Whole	Pound	3.60	1 banana (about 3/8 cup fruit)	27.8	
	Pound	6.51	1/4 cup sliced fruit	15.4	1 lb AP = 0.64 lb (about 1-5/8 cups) ready-to-serve banana slices
Bananas, fresh 100-120 count <i>Regular</i> Whole	Pound	7.07	1/4 cup raw 1/2-inch sliced fruit	14.2	1 lb AP = 0.64 lb (about 1-3/4 cups) peeled 1/2-inch slices of banana
	Pound	5.39	1/4 cup raw fruit, unpeeled (about 1/2 banana)	18.6	
	Pound	5.20	1/4 cup mashed fruit	19.3	
Bananas, canned <i>Mashed</i>	No. 10 can (116 oz)	50.9	1/4 cup fruit	2.0	
	Pound	7.00	1/4 cup fruit	14.3	
Bananas, dehydrated¹ <i>Slices</i> 100% dried fruit only	Pound	19.6	1/4 cup dehydrated fruit slices	5.2	1 lb AP = 1 lb (about 4-7/8 cups) ready-to-serve dehydrated banana

¹ Note: Fried banana chips are not creditable towards meal pattern requirements.

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

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

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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
BEANS, GREEN (continued)					
Beans, Green, canned <i>Cut</i> <i>Includes USDA Commodity</i>	No. 10 can (101 oz)	45.3	1/4 cup heated, drained vegetable	2.3	
	No. 10 can (101 oz)	51.1	1/4 cup drained vegetable	2.0	1 No. 10 can = about 60.0 oz (12-7/8 cups) drained, unheated beans
	No. 2-1/2 can (28 oz)	12.5	1/4 cup heated, drained vegetable	8.0	
	No. 2-1/2 can (28 oz)	14.1	1/4 cup drained vegetable	7.1	1 No. 2-1/2 can = about 16.0 oz (3-1/2 cups) drained, unheated beans
	No. 300 can (15 oz)	5.00	1/4 cup heated, drained vegetable	20.0	1 No. 300 can = about 7.4 oz (1-1/4 cups) heated, drained beans
	No. 300 can (15 oz)	5.77	1/4 cup drained vegetable	17.4	1 No. 300 can = about 7.7 oz (1-3/8) cups drained, unheated beans
	Pound	7.17	1/4 cup heated, drained vegetable	14.0	
	Pound	8.10	1/4 cup drained vegetable	12.4	
Beans, Green, canned <i>French style</i> <i>Includes USDA Commodity</i>	No. 10 can (101 oz)	36.5	1/4 cup heated, drained vegetable	2.8	1 No. 10 can = about 59.0 oz (12 cups) drained, unheated beans
	No. 2-1/2 can (28 oz)	10.1	1/4 cup heated, drained vegetable	10.0	1 No. 2-1/2 can = about 16.2 oz (3-1/4 cups) heated, drained beans
	No. 300 can (14-1/2 oz)	3.60	1/4 cup heated, drained vegetable	27.8	1 No. 300 can = about 5.7 oz (7/8 cup) heated, drained beans
	No. 300 can (14-1/2 oz)	4.50	1/4 cup drained vegetable	22.3	1 No. 300 can = about 10.1 oz (1-1/8 cup) drained, unheated beans
	Pound	5.80	1/4 cup heated, drained vegetable	17.3	

Section 2—Vegetables/Fruits

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

Section 2—Vegetables/Fruits

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

Section 2—Vegetables/Fruits

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

Section 2—Vegetables/Fruits

1 Food As Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit, EP	4 Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information
BEANS, PINTO²					
Beans, Pinto, dry, canned <i>Whole</i> <i>Includes USDA Commodity</i>	No. 10 can (108 oz)	37.2	1/4 cup heated, drained vegetable	2.7	1 No. 10 can = about 67.4 oz (9-1/4 cups) heated, drained beans
	Pound	5.51	1/4 cup heated, drained vegetable	18.2	
Beans, Pinto, dry <i>Whole</i> <i>Includes USDA Commodity</i>	Pound	21.0	1/4 cup cooked vegetable	4.8	1 lb dry = about 2-3/8 cups dry beans
Beans, Pinto, dehydrated²	Pound	21.7	1/4 cup cooked vegetable	4.7	1 lb AP = about 3-3/4 dehydrated beans 1 lb AP = about 5-3/8 cups rehydrated, cooked beans when the water to dry beans ratio = 2:1
BEAN PRODUCTS					
Bean Products, dry beans, canned Beans Baked or In Sauce Vegetarian <i>Includes USDA Commodity</i>	No. 10 can (108 oz)	47.1	1/4 cup heated vegetable with sauce	2.2	No. 10 can = about 11-3/4 cups heated beans with sauce
	No. 300 can (16 oz)	6.94	1/4 cup heated vegetable with sauce	14.4	1 No. 300 can = about 1-3/4 cups heated beans with sauce
Bean Products, dry beans, canned Beans Baked or in Sauce with Pork	No. 10 can (110 oz)	48.9	1/4 cup heated vegetable	2.1	
	No. 2-1/2 can (30 oz)	13.3	1/4 cup heated vegetable	7.6	
	No. 300 can (16 oz)	7.10	1/4 cup heated vegetable	14.1	
Bean Products, dry beans, canned Beans with Bacon in Sauce	Pound	4.70	3/8 cup serving (about 1/4 cup heated vegetable)	21.3	
	Pound	3.13	1/2 cup plus 1 Tbsp serving (about 3/8 cup heated vegetable)	32.0	

² Dehydrated pinto beans are whole beans that have been cooked and then dehydrated.

Section 2—Vegetables/Fruits

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

Section 2—Vegetables/Fruits

1 Food As Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit, EP	4 Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information
BEAN SPROUTS³					
Bean Sprouts, fresh³ <i>Mung</i>	Pound	14.6	1/4 cup parboiled, drained vegetable	6.9	1 lb AP = 0.89 lb parboiled
Bean Sprouts, fresh³ <i>Soybean</i>	Pound	17.2	1/4 cup parboiled, drained vegetable	5.9	1 lb AP = 0.95 lb parboiled
Bean Sprouts, canned	No. 10 can (102 oz)	29.1	1/4 cup heated, drained vegetable	3.5	1 No. 10 can = about 48.4 oz (7-1/4 cups) heated, drained bean sprouts
	No. 10 can (102 oz)	42.2	1/4 cup drained vegetable	2.4	1 No. 10 can = about 59.0 oz (10-1/2 cups) drained, unheated bean sprouts
	No. 300 can (14 oz)	3.99	1/4 cup heated, drained vegetable	25.1	1 No. 300 can = about 6.5 oz (1 cup) heated, drained bean sprouts
	No. 300 can (14 oz)	5.34	1/4 cup drained vegetable	18.8	1 No. 300 can = about 8.0 oz (1-1/3 cups) drained, unheated bean sprouts
BEANS, WAX					
Beans, Wax, fresh <i>Whole Untrimmed</i>	Pound	10.5	1/4 cup whole, cooked, drained vegetable	9.6	1 lb AP = 0.95 lb (about 4-1/3 cups) ready-to-cook cut beans

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

Section 2—Vegetables/Fruits

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

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

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