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ABSTRACT

This guide provides information for estimating the amounts of food to buy to meet the required meal patterns for young children in child care centers under the Special Food Service Program for Children. A list is given specifying the minimum requirements for meals or snacks approved for cash reimbursement by USDA. A brief description of the required food components is included. Two methods for estimating the amounts of food needed are presented along with some information on can and jar sizes, substitution of can sizes, changing ounces to pounds, abbreviations and equivalent food measures. The largest part of the guide is devoted to a table which lists various foods in terms of: (1) the form in which they are obtained; (2) the size and description of a serving; (3) purchase units; and (4) purchase units of food to buy for 25 or 50 servings. (SDH)

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FOOD BUYING GUIDE

for Child Care Centers



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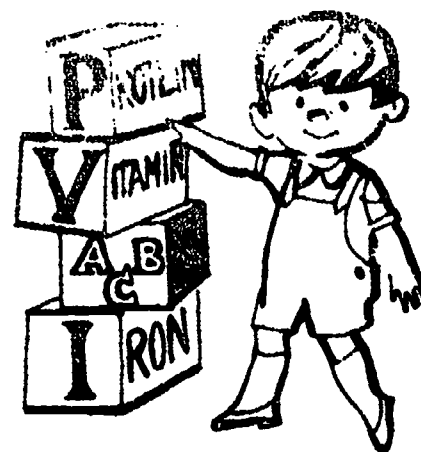
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MEAL PATTERNS FOR YOUNG CHILDREN IN CHILD CARE PROGRAMS

As specified in the regulations for the Special Food Service Program for Children, meals or supplements served between meals (snacks) approved for cash reimbursement by USDA shall contain as a minimum the following food components in the amounts listed:



Food components	Children 1 up to 2 years	Children 3 up to 6 years
BREAKFAST		
Milk, fluid ¹	1/2 cup	3/4 cup
Juice or fruit	1/4 cup	1/2 cup
Bread and/or cereal ² , enriched or whole grain		
Bread	1/2 slice	1/2 slice
Cereal	1/3 cup	1/3 cup
MID-MORNING OR MID-AFTERNOON SUPPLEMENT (SNACK)		
Milk, fluid ¹ , or juice or fruit or vegetable	1/2 cup	1/2 cup
Bread or cereal ² , enriched or whole grain		
Bread	1/2 slice	1/2 slice
Cereal	1/3 cup	1/3 cup
LUNCH OR SUPPER		
Milk, fluid ¹	1/2 cup	3/4 cup
Meat and/or alternate (One of the following or combination to give equivalent quantities)		
Cooked meat, poultry, or fish ³	1 ounce	1 1/2 ounces
Cheese	1 ounce	1 1/2 ounces
Egg	1	1
Cooked dry beans or peas	1/8 cup	1/4 cup
Peanut butter	1 tablespoon	2 tablespoons
Vegetable and/or fruit ⁴	1/4 cup	1/2 cup
Bread, enriched or whole grain	1/2 slice	1/2 slice
Butter or fortified margarine	1/2 teaspoon	1/2 teaspoon

¹ Includes fluid types of whole, lowfat, skim or cultured buttermilk, flavored or unflavored.

² Or an equivalent serving of cornbread, biscuits, rolls, muffins, etc. made of enriched or whole-grain meal or flour.

³ Cooked lean meat without bone.

⁴ Must include at least two kinds.

DESCRIPTION OF FOOD COMPONENTS

BREADS AND CEREALS

All breads, including cornbread, biscuits, rolls and muffins, must be enriched or made of whole-grain or enriched flour or meal to meet the bread requirement of the Special Food Service Program for Children. Bread must be served at lunch and supper, and may be served at breakfast and for the mid-morning and mid-afternoon supplements (snacks).

The size and shape of loaves and the thickness and number of slices per loaf vary among bakers and localities. Breads, such as French and Vienna, differ in length and width; therefore, the number of slices per loaf could not be determined. A serving of such breads should be comparable in amount to regular sliced bread.

Enriched or whole-grain cereal may be served at breakfast alone or in combination with bread to meet the cereal-bread requirement. Cereal may also be served as a mid-morning or mid-afternoon supplement (snack), but it cannot be used in place of bread at lunch or supper.

Crackers or cookies made of enriched or whole-grain meal or flour may be served for mid-morning or mid-afternoon supplements but may not be served in place of bread at breakfast, lunch, or supper. Acceptable "formulated grain-fruit products" meeting FNS alternate food regulations may be used at breakfast and for a mid-morning or mid-afternoon supplement. These products are intended for use where kitchen facilities are not available for preparing and serving the regular breakfast or snack menus. They must meet USDA specifications.

Macaroni products and rice may not be counted towards meeting the bread/cereal requirement.

BUTTER OR FORTIFIED MARGARINE

Butter or fortified margarine may be used as a spread on bread, as a seasoning, or in preparation of other foods in the lunch. One-half teaspoon of butter or fortified margarine at lunch or supper meets the butter or margarine requirement for children 1 to 6 years old.



MEAT AND MEAT ALTERNATES

One or more of the following foods must be served as the main dish at lunch or supper: cooked meat, poultry, fish, cheese, egg, cooked dry beans or peas, and peanut butter. When cooked dry beans, lentils, or peas are counted as part of the meat alternate requirement, they cannot be counted toward meeting the vegetable/fruit requirement as well.

A serving of cooked meat is defined as lean meat without bone. A serving of cooked chicken or turkey includes meat and skin as normally served unless otherwise indicated.

The amounts to buy of commercially prepared combination chicken, meat, or turkey food products are based on the minimum meat and poultry requirements for food products that are packed for interstate shipment under Federal Meat and Poultry Inspection. A serving of these products, as shown in column 2 of this guide, will provide at least an ounce of cooked meat or poultry.

One ounce (dry weight) of protein-fortified, enriched macaroni-type foods may be counted as meeting 50 percent of the meat and meat alternate requirement only when served with cheese, meat, poultry, or seafood. Textured vegetable protein products may be counted towards meeting part (30 percent) of the meat and meat alternate requirement when hydrated with water and served in combination with meat, poultry, or seafood. Protein-fortified, enriched macaroni-type foods and textured vegetable protein products must meet USDA specifications. For detailed information and assistance on the proper use of these two products, contact your Food and Nutrition Service Regional Office (FNSRO) and/or State agency.

MILK

Specified amounts of milk must be served as a beverage at lunch or supper and as a beverage or with cereal at breakfast to meet the milk requirement. Milk may also be served at the mid-morning or mid-afternoon supplement (snack). Milk means fluid types of whole, lowfat, skim or cultured buttermilk, flavored or unflavored, which meet State and local standards. Fluid, evaporated, or dry milk used in preparation of soups, puddings, baked products, and other foods may *not* be counted as meeting the milk requirement. Such foods *do* add to the total milk intake of children, however, and are encouraged.

VEGETABLES AND FRUITS

A serving of cooked vegetable is drained vegetable as usually served. A serving of cooked fruit consists of fruit and juice; when sugar is added, it is indicated in the description of serving of cooked fruit. A serving of thawed frozen fruit is fruit and the juice that accumulated during thawing. A serving ($\frac{1}{4}$ cup or more) of single strength vegetable or fruit juice or a serving ($\frac{1}{2}$ cup or more) of half strength vegetable or fruit juice may be counted towards meeting no more than $\frac{1}{4}$ cup of the vegetable or fruit requirement.

All vegetables and fruits in the guide contribute to the vegetable/fruit requirement with the exception of the following: catsup, chili sauce, jams, jellies, preserves, prepared mustard, pickle relish, pickles, and potato chips and sticks.

HOW TO USE THE BUYING GUIDE TO ESTIMATE AMOUNTS OF FOOD NEEDED

The buying guide (pages 10 to 43) shows the number of purchase units needed for 25 or 50 servings (column 4 or 5). Use one of the methods on this page to find the number of purchase units needed for other numbers of servings.

METHOD 1

In the table below, find the number of servings needed. If the exact number is not shown, use the next higher number in the table. The number in the next column is the amount-to-buy factor. Multiply the amount-to-buy factor by the number of purchase units for 50 servings (column 5 in the buying guide). This is the number of purchase units needed.

Number of servings	Amount-to-buy factor	Number of servings	Amount-to-buy factor
5	0.1	55	1.1
10	.2	60	1.2
15	.3	65	1.3
20	.4	70	1.4
25	.5	75	1.5
30	.6	80	1.6
35	.7	85	1.7
40	.8	90	1.8
45	.9	95	1.9
50	1.0	100*	2.0

*To find the amount-to-buy factor for more than 100 servings, add the necessary factors. For example, the factor for 135 servings is 2.7 or 2.0 plus 0.7.

Example: For 35 servings, the amount-to-buy factor is 0.7. The number of purchase units for 50 servings (1/4 cup each) of applesauce (page 10) is 3.9 cans (29 oz each). Therefore, 0.7 times 3.9 equals 2.73 or about 2 3/4 cans are needed for 35 servings.

METHOD 2

Multiply the number of servings by the number of purchase units for 50 servings (column 5). Then divide the answer by 50 to get the number of purchase units needed.

Example: For 35 servings of applesauce (1/4 cup each), 35 times 3.9 cans equals 136.5. Then divide 136.5 by 50 to get 2.73. Therefore, about 2 3/4 cans (29 oz each) of applesauce are needed for 35 servings.

COMMON CAN AND JAR SIZES

Can size (industry term)	Average net weight or fluid measure per can (see note)	Average cups per can	Cans per case	Principal products
No. 10	96 oz (6 lb) to 117 oz (7 lb 5 oz)	Number 12 to 13	Number 6	Fruits, vegetables, some other foods
No. 3 Cyl	51 oz (3 lb 3 oz) or 46 fl oz (1 qt 14 fl oz)	5 $\frac{1}{4}$	12	Condensed soups, some vegetables, meat and poultry products, fruit and vegetable juices
No. 2 $\frac{1}{2}$	26 oz (1 lb 10 oz) to 30 oz (1 lb 14 oz)	3 $\frac{1}{2}$	24	Fruits, some vegetables
No. 2 Cyl	24 fl oz	3	24	Juices, soups
No. 2	20 oz (1 lb 4 oz) or 18 fl oz (1 pt 2 fl oz)	2 $\frac{1}{2}$	24	Juices, ready-to- serve soups, some fruits
No. 303	16 oz (1 lb) to 17 oz (1 lb 1 oz)	2	24 or 36	Fruits and vegetables, some meat and poultry products, ready-to-serve soups
No. 300	14 oz to 16 oz (1 lb)	1 $\frac{3}{4}$	24	Some fruits and meat products
No. 2 vacuum	12 oz	1 $\frac{1}{2}$	24	Principally for vacuum pack corn
No. 1 picnic	10 $\frac{1}{2}$ oz to 12 oz	1 $\frac{1}{4}$	48	Condensed soups, fruits, vegetables, meat, fish
8 oz	8 oz	1	48 or 72	Ready-to-serve soups, fruits, vegetables

NOTE: The net weight on can or jar labels differs among foods due to different densities of foods. For example: A No. 10 can contains 6 lb 3 oz sauerkraut or 7 lb 5 oz cranberry sauce.

GUIDE FOR SUBSTITUTING ONE CAN SIZE FOR ANOTHER

Can size (industry term)	Average weight or fluid measure per can	No. 10	No. 3 Cyl	No. 2½	No. 2	No. 303
No. 10	96 to 117 oz	1.0	2.2	3.7	5.4	6.5
No. 3 Cyl	51 oz or 46 fl oz	.5	1.0	1.8	2.6	3.1
No. 2½	26 to 30 oz	.3	.6	1.0	1.5	1.8
No. 2	20 oz or 18 fl oz	.2	.4	.7	1.0	1.3
No. 303	16 to 17 oz	.16	.4	.6	.9	1.0

In place of one No. 3 Cyl (column 1), use 0.5 No. 10 can, 1.8 No. 2½ cans, 2.6 No. 2 cans, or 3.1 No. 303 cans.

HOW TO ESTIMATE NUMBER OF CANS TO BUY FROM POUND DATA IN BUYING GUIDE

Use number of pounds of canned food (pages 10 to 43) and number of No. 303 cans interchangeably. Use the above table to estimate the number of other size cans to buy. **NOTE:** The number of cans estimated by this method may not always be the same as the information in the buying guide because the data in both tables have been rounded.

Example: For 50 servings of canned apples (page 10), 6.0 pounds (or 6 No. 303 cans) are needed, or 0.96 No. 10 cans (6.0 pounds times 0.16 equals 0.96 cans), or 3.6 No. 2½ cans (6 pounds times 0.6 equals 3.6).



CHANGING OUNCES TO POUNDS

1 ounce0.06 or 1/16 pound	13 ounces81 or 13/16 pound
2 ounces12 or 1/8 pound	14 ounces88 or 7/8 pound
3 ounces19 or 3/16 pound	15 ounces94 or 15/16 pound
4 ounces25 or 1/4 pound	16 ounces1.00 or 1 pound
5 ounces31 or 5/16 pound	32 ounces2.00 or 2 pounds
6 ounces38 or 3/8 pound	48 ounces3.00 or 3 pounds
7 ounces44 or 7/16 pound	64 ounces4.00 or 4 pounds
8 ounces50 or 1/2 pound	80 ounces5.00 or 5 pounds
9 ounces56 or 9/16 pound	96 ounces6.00 or 6 pounds
10 ounces62 or 5/8 pound	112 ounces7.00 or 7 pounds
11 ounces69 or 11/16 pound	128 ounces8.00 or 8 pounds
12 ounces75 or 3/4 pound	144 ounces9.00 or 9 pounds

ABBREVIATIONS AND SYMBOLS

tsp	teaspoon
Tbsp	tablespoon
pt	pint
qt	quart
gal	gallon
oz	ounce
fl oz	fluid ounce
lb	pound
wt	weight
No.	number
Cyl	Cylinder
pkg	package
°F	degrees Fahrenheit
×	multiply
÷	divide

EQUIVALENT COMMON FOOD MEASURES

1 tablespoon	3 teaspoons
1 fluid ounce	2 tablespoons
1/8 cup	2 tablespoons
1/4 cup	4 tablespoons
1/3 cup	5 1/3 tablespoons
1/2 cup	8 tablespoons
2/3 cup	10 2/3 tablespoons
3/4 cup	12 tablespoons
1 cup	16 tablespoons
1 cup	1/2 pint
1 pint	2 cups
1 quart	2 pints
1 gallon	4 quarts
1 peck	8 quarts
1 bushel	4 pecks

EXPLANATION OF TABLES

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This Food Buying Guide provides information for determining the amounts of food to buy to meet the meal patterns of pre-school children in Child Care Centers under the Special Food Service Program for Children.

Amounts to buy of individual foods are averages. Variations in the yields of meat and poultry may be due to type, age, fatness, and weight of animal; and method, time, and temperature of cooking. Variety, season, size, and ripeness as well as preparation and cooking time influence yields of vegetables and fruits.

Column 1—Food as purchased

Foods are listed alphabetically according to the form in which they are obtained on the market—canned, dried (dehydrated), fresh, or frozen. Preparation of food by the processor is also given, such as sliced, boned, or shelled.

Items defined as special purchase are USDA-donated foods that are not normally available on the market.

Column 2—Size and description of serving

Size of serving is given as a weight, measure, or number of pieces or slices. The approximate yield in measure or weight given in parentheses also indicates the crediting toward the meal for foods such as raw apple, half-strength juice, and cooked chicken. Descriptions include preparation procedures used in child care center kitchens, such as diced, shredded, or cooked.

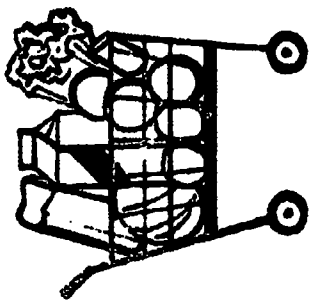
Column 3—Purchase unit

The purchase unit is a pound for most foods. A common can or package size is also given for many processed foods. Data on the one-pound unit can be used to estimate amounts of other purchase units.

Columns 4 and 5—Purchase units of food to buy for 25 or 50 servings

The number of pounds, cans, packages, or other units to buy for preparing 25 or 50 servings of the size described in column 2 is shown. The figures in column 5 are not always double those in column 4 because the data in the two columns were determined separately and then rounded to one decimal. To determine amounts to buy for other numbers of servings, see page 8.

"Food Buying Guide for Type A School Lunches" PA-270, might be more helpful in determining amounts to serve 100 or more children.



FOOD BUYING GUIDE

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Food as purchased (1)	Size and description of serving (2)	Purchase unit (3)	Number of purchase units of food to buy for	
			25 servings (4)	50 servings (5)
APPLES Canned (slices, solid pack)	1/4 cup fruit	No. 10 Can (96 oz)	0.5	1.0
		No. 2 1/2 can (26 oz)	1.9	3.7
		Pound	3.0	6.0
		Pound	3.2	6.3
Fresh	1/2 small raw apple	Pound	2.2	4.4
	(about 1/4 cup)	Pound	4.0	8.0
	1/4 cup raw diced	No. 10 can (108 oz)	0.6	1.1
	1/4 cup cooked sliced	No. 2 1/2 can (29 oz)	2.0	3.9
APPLESAUCE, Canned	1/4 cup fruit	Pound	3.6	7.1
		No. 10 can (108 oz)	0.6	1.1
APRICOTS Canned	1/4 cup fruit and juice	No. 10 can (108 oz)	0.6	1.1
	(halves, unpeeled or whole, peeled)	No. 2 1/2 can (30 oz)	1.9	3.8
		Pound	3.6	7.2
Dried	1/4 cup cooked, sugar added	Pound	1.0	2.0
(halves)				

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Food as purchased (1)	Size and description of serving (2)	Purchase unit (3)	Number of purchase units of food to buy for	
			25 servings (4)	50 servings (5)
APRICOTS—Continued				
Fresh	1 medium raw (about 1/4 cup)	Pound	2.1	4.2
	1/4 cup raw halves	Pound	2.3	4.6
ASPARAGUS				
Canned	1/4 cup vegetable	No. 10 can (103 oz) Pound	0.7	1.4
			4.3	8.5
Frozen	1/4 cup cooked	2 1/2-lb pkg Pound	1.3	2.5
			3.1	6.2
BANANAS				
Canned	1/4 cup fruit	No. 10 can (116 oz) Pound	0.5	1.0
			3.6	7.1
Fresh	1/2 small banana (1/4 cup)	Pound	4.2	8.4
	1/4 cup raw sliced	Pound	3.1	6.2
BEANS, DRY				
Canned				
Beans	1/4 cup beans	Pound	3.6	7.2
	(baked or in sauce)			
Beans with bacon in sauce	3/8 cup serving (about 1/4 cup beans)	Pound	5.3	10.6
	1/3 cup serving	Pound	4.7	9.4
Beans with frankfurters in sauce.	(equivalent to about 1 oz meat)			

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Food as purchased (1)	Size and description of serving (2)	Purchase unit (3)	Number of purchase units of food to buy for	
			25 servings (4)	50 servings (5)
BEANS, DRY—Continued				
Canned—Continued				
Blackeye, kidney, red, or white, (in brine)	1/4 cup beans	No. 3 Cyl (51 oz) Pound	1.2 3.6	2.3 7.1
Lima (in brine)	1/4 cup beans	Pound	3.5	6.9
Dry				
Blackeye beans or peas	1/4 cup cooked beans	Pound	1.5	3.0
Great Northern	1/4 cup cooked beans	Pound	1.1	2.2
Kidney	1/4 cup cooked beans	Pound	1.2	2.3
Lima (large or small)	1/4 cup cooked beans	Pound	1.1	2.2
Navy, pea	1/4 cup cooked beans	Pound	1.2	2.4
Pinto	1/4 cup cooked beans	Pound	1.1	2.1
Small white	1/4 cup cooked beans	Pound	1.3	2.6
BEANS, GREEN OR WAX				
Canned				
	1/4 cup vegetable	No. 10 can (101 oz) No. 2 1/2 can (28 oz) Pound	0.5 1.9 3.1	1.0 3.8 6.2
Frozen				
	1/4 cup vegetable	2 1/2-lb pkg Pound	0.8 2.0	1.6 4.0

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Food as purchased (1)	Size and description of serving (2)	Purchase unit (3)	Number of purchase units of food to buy for	
			25 servings (4)	50 servings (5)
BEANS, LIMA Canned (green)	1/4 cup vegetable	No. 10 can (105 oz) Pound	0.6 3.5	1.1 6.9
Frozen (Fordhook)	1/4 cup vegetable	2 1/2-lb pkg Pound	0.9 2.3	1.8 4.5
BEAN SPROUTS, Canned	1/4 cup vegetable	No. 10 can (104 oz) Pound	0.6 3.8	1.2 7.6
BEEF Canned or Frozen	1/3 cup serving (about 1 oz meat and 1/8 cup vegetable)	Pound	4.7	9.4
Beef hash	3/4 cup serving (about 1 oz meat and 1/4 cup vegetable)	Pound	10.6	21.1
Beef stew	1/3 cup serving (about 1 1/2 oz meat)	Pound	4.7	9.4
Beef with barbecue sauce	1 1/2 ounces meat	No. 2 1/2 can (29 oz) Pound	1.9 3.4	3.8 6.7
Beef with natural juices (special purchase)	1 ounce	No. 2 1/2 can (29 oz) Pound	1.3 2.3	2.5 4.5
Corned beef hash	1/3 cup serving (about 1 oz meat and 1/8 cup vegetable)	Pound	4.7	9.4

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Food as purchased (1)	Size and description of serving (2)	Purchase unit (3)	Number of purchase units of food to buy for	
			25 servings (4)	50 servings (5)
BEEF—Continued				
Dried, chipped	1 1/2 ounces cooked meat	Pound	1.9	3.8
	1 ounce cooked meat	Pound	1.3	2.5
Fresh or Frozen				
Chuck roast	1 1/2 ounces cooked meat	Pound	3.2	6.3
(without bone)	1 ounce cooked meat	Pound	2.1	4.2
Cubed steak	3/4 steak	Pound	3.7	7.3
(preportioned, about 3.1 oz raw)	(about 1.7 oz cooked meat)			
	1/2 steak	Pound	2.5	4.9
	(about 1.2 oz cooked meat)			
Ground				
Market style	1 1/2 ounces cooked meat	Pound	3.3	6.5
(no more than 30 percent fat)	1 ounce cooked meat	Pound	2.2	4.3
Special purchase	1 1/2 ounces cooked meat	Pound	3.2	6.3
(no more than 26 percent fat)	1 ounce cooked meat	Pound	2.1	4.2
Liver	1 1/2 ounces cooked meat	Pound	3.2	6.4
	1 ounce cooked meat	Pound	2.2	4.3
Round steak	1 1/2 ounces cooked meat	Pound	3.1	6.2
(without bone)	1 ounce cooked meat	Pound	2.1	4.2
Rump roast	1 1/2 ounces cooked meat	Pound	3.3	6.5
(without bone)	1 ounce cooked meat	Pound	2.2	4.3
Shortribs	1 1/2 ounces cooked meat	Pound	9.4	18.8
	1 ounce cooked meat	Pound	6.3	12.5
Stew meat	1 1/2 ounces cooked meat	Pound	3.6	7.1
	1 ounce cooked meat	Pound	2.4	4.8

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Food as purchased (1)	Size and description of serving (2)	Purchase unit (3)	Number of purchase units of food to buy for	
			25 servings (4)	50 servings (5)
BEETS, Canned Sliced or shoestring	1/4 cup vegetable	No. 10 can (10-4 oz)	0.6	1.2
Whole baby	1/4 cup vegetable	Pound	3.6	7.2
		No. 10 can (10-4 oz)	0.6	1.1
		Pound	3.4	6.7
BLACKEYE PEAS, Canned	1/4 cup vegetable	No. 10 can (10-4 oz)	0.7	1.4
(green)		Pound	4.1	8.2
BLUEBERRIES				
Canned	1/4 cup fruit and juice	No. 10 can (10-5 oz)	0.6	1.1
		Pound	3.5	6.9
Fresh	1/4 cup raw berries	Pint (14 1/2 oz)	2.4	4.7
BREAD	1/2 slice	1-lb loaf	0.8	1.6
(raisin, rye, white, wheat)				
BROCCOLI, Frozen				
Spears	1/4 cup cooked spears	2-lb pkg	1.5	2.9
	(about 1 medium)	Pound	2.9	5.8
Cut or chopped	1/4 cup cooked	2 1/2-lb pkg	1.2	2.4
		Pound	2.9	5.8

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Food as purchased (1)	Size and description of serving (2)	Purchase unit (3)	Number of purchase units of food to buy for	
			25 servings (4)	50 servings (5)
BRUSSELS SPROUTS, Frozen . . .	1/4 cup cooked	2 1/2-lb pkg Pound	0.9 2.2	1.8 4.3
BULGUR, CRACKED WHEAT . (special purchase)	1/4 cup cooked	Pound	0.7	1.4
BUNS	1 bun	Dozen	2.1	4.2
BUTTER	1/2 teaspoon	Pound	0.2	0.3
CABBAGE, Fresh	1/4 cup raw pieces	Pound	1.2	2.4
Celery or Chinese	1/4 cup raw shredded for slaw	Pound	1.9	3.9
White or red	1/4 cup cooked shredded	Pound	2.3	4.5
CANTALOUPE, Fresh	1/4 cup cubed or diced	Pound	4.4	8.8
CARROTS	1/4 cup vegetable	No. 10 can (105 oz) Pound	0.5 3.3	1.0 6.6
Canned	1/4 cup raw strips	Pound	2.1	4.1
(diced or sliced)	(about 6 strips 4 x 1/2 inch)	Pound	2.8	5.5
Fresh	1/4 cup raw shredded for salad	Pound	3.0	5.9
	1/4 cup cooked sliced	16-oz bottle	0.3	0.7
CATSUP, TOMATO	1 teaspoon			

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Food as purchased (1)	Size and description of serving (2)	Purchase unit (3)	Number of purchase units of food to buy for	
			25 servings (4)	50 servings (5)
CAULIFLOWER				
Fresh (trimmed)	1/4 cup raw flowerets	Pound	2.6	5.1
Frozen	1/4 cup cooked	2-lb pkg Pound	1.4 2.7	2.7 5.3
CELERY, Fresh (untrimmed)	1/4 cup raw sticks or strips (about 4 sticks 4 x 1/2 inch)	Pound	2.3	4.5
CHEESE				
American, Cheddar (natural or process), Mozzarella, Swiss (natural or process)	1 1/2 ounces cheese 1 ounce cheese	Pound Pound	2.4 1.6	4.7 3.2
Cottage	1 1/2 ounces (about 3 tablespoons)	Pound	2.3	4.7
Cream	2 tablespoons	Pound	1.6	3.3
CHEESE FOOD AND SPREAD (process)	3 ounce serving (1 1/2 oz cheese) 2 ounce serving (1 oz cheese)	Pound Pound	4.7 3.2	9.4 6.3
CHERRIES, Canned (red, tart, pitted)	1/4 cup fruit and juice	No. 10 can (103 oz) Pound	0.6 3.4	1.1 6.8

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Food as purchased (1)	Size and description of serving (2)	Purchase unit (3)	Number of purchase units of food to buy for	
			25 servings (4)	50 servings (5)
CHICKEN Canned (boned)	¼ cup serving (about 1.8 oz chicken meat)	Pound	3.6	7.1
Fresh or Frozen Breasts with ribs, market style. (about 12.8 oz each)	¼ breast with rib (about 1.7 oz cooked chicken meat)	Pound	5.0	10.0
	1½ ounces cooked chicken meat.	Pound	4.5	8.9
Breasts with backs, special purchase, style II. (about 13.8 oz each)	1 ounce cooked chicken meat	Pound	3.0	5.9
	¼ breast with back (about 1.5 oz cooked chicken meat)	Pound	5.4	10.8
	1½ ounces cooked chicken meat.	Pound	5.4	10.8
	1 ounce cooked chicken meat	Pound	3.6	7.2
Drumsticks (about 3.3 oz each)	1 drumstick (about 1.4 oz cooked chicken meat)	Pound	5.2	10.4
	1½ ounces cooked chicken meat.	Pound	5.7	11.3
	1 ounce cooked chicken meat	Pound	3.8	7.6
Thighs (about 3.7 oz each)	1 thigh (about 1.7 oz cooked chicken meat)	Pound	5.8	11.6
	1½ ounces cooked chicken meat.	Pound	5.3	10.5
	1 ounce cooked chicken meat	Pound	3.5	7.0

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Food as purchased (1)	Size and description of serving (2)	Purchase unit (3)	Number of purchase units of food to buy for	
			25 servings (4)	50 servings (5)
CHICKEN—Continued				
Fresh or Frozen—Continued				
Whole	1 1/2 ounces cooked chicken meat excluding neck meat and giblets.	Pound	6.2	12.4
(about 2 3/4 lb with neck and giblets)	1 ounce cooked chicken meat excluding neck meat and giblets.	Pound	4.2	8.3
Wings	1 wing	Pound	4.7	9.4
(about 3.0 oz each)	(about 1 oz cooked chicken meat)	Pound	7.2	14.4
	1 1/2 ounces cooked chicken meat.	Pound	4.9	9.7
	1 ounce cooked chicken meat .	Pound	4.7	9.4
CHILI CON CARNE WITH BEANS, Canned	1/3 cup serving	Pound	0.9	1.8
	(equivalent to a 1 oz serving of meat)	No. 2 1/2 can (30 oz)	1.4	2.8
CHILI SAUCE	1 tablespoon	Pound	2.7	5.3
		No. 2 1/2 can (30 oz)	1.0	1.9
CHOPPED MEAT WITH NATURAL JUICES, Canned . . .	1 1/2 ounces meat	Pound	1.8	3.6
(special purchase)	1 ounce meat	Pound		

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Food as purchased (1)	Size and description of serving (2)	Purchase unit (3)	Number of purchase units of food to buy for	
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COCONUT, Canned, Dried, or Frozen.	1 cup shredded	Pound	4.7	9.4
COLLARDS, Canned	1/4 cup vegetable	No. 10 can (98 oz) Pound	0.9 5.3	1.8 10.5
CORN, Canned	1/4 cup vegetable	No. 10 can (106 oz) Pound	0.6 3.6	1.1 7.1
Whole kernel (vacuum pack)	1/4 cup vegetable	Pound	2.9	5.8
CORNED BEEF HASH, see BEEF, Canned.				
CORNMEAL	1/4 cup cooked	Pound	0.6	1.1
CRACKERS				
Graham	2 crackers (2 1/2 inches square)	Pound	0.9	1.7
Saltines	2 crackers (2 inches square)	Pound	0.5	0.9
Soda	2 crackers (2 1/2 inches square)	Pound	0.7	1.3
CRANBERRIES, Fresh				
	1/4 cup raw chopped	Pound	1.6	3.2
	1/4 cup cooked, sugar added	Pound	2.0	3.9

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Food as purchased (1)	Size and description of serving (2)	Purchase unit (3)	Number of purchase units of food to buy for	
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CRANBERRY RELISH OR SAUCE, Canned	1/4 cup fruit	No. 10 can (117 oz)	0.6	1.1
CUCUMBERS, Fresh	1/4 cup pared, diced or sliced	Pound	3.9	7.7
DATES, Dried	1/4 cup dry fruit	Pound	2.8	5.5
(cut or chopped)			2.5	4.9
EGGS, Fresh	1 egg	Dozen (24 oz)	2.1	4.2
Shell eggs				
(large size)				
ENDIVE, CHICORY, ESCAROLE, Fresh	1/4 cup for salad	Pound	1.7	3.3
FARINA	1/4 cup cooked	Pound	0.4	0.8
FIGS, Canned	1/4 cup fruit and juice	No. 10 can (110 oz)	0.6	1.1
		No. 2 1/2 can (30 oz)	1.9	3.8
		Pound	3.6	7.2

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Food as purchased (1)	Size and description of serving (2)	Purchase unit (3)	Number of purchase units of food to buy for	
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FISH, Frozen				
Filletlets	1 1/2 ounces cooked fish	Pound	3.7	7.4
Portions (breaded)	1 ounce cooked fish	Pound	2.5	4.9
3-oz	1 portion	Pound	4.7	9.4
2-oz	(1.6 oz cooked fish)			
	1 portion	Pound	3.2	6.3
	(1.1 oz cooked fish)			
Sticks				
(breaded)				
1-oz stick	3 sticks	Pound	4.7	9.4
	(1.5 oz cooked fish)			
	2 sticks	Pound	3.2	6.3
	(1 oz cooked fish)			
FRANKFURTERS				
(8 per pound)	1/2 frankfurter	Pound	1.6	3.2
	(1 oz meat)			
(10 per pound)	1 frankfurter	Pound	2.5	5.0
	(1.6 oz meat)			
FRENCH DRESSING	1 tablespoon	Quart	0.4	0.8
FRUIT COCKTAIL, Canned	1/4 cup fruit and juice	No. 10 can	0.6	1.1
		(108 oz)		
		No. 2 1/2 can	1.9	3.8
		(30 oz)		
		Pound	3.6	7.1

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Food as purchased (1)	Size and description of serving (2)	Purchase unit (3)	Number of purchase units of food to buy for	
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GRAHAM CRACKERS	2 crackers (2 1/2 inches square)	Pound	0.9	1.7
GRAPEFRUIT Canned	1/4 cup fruit and juice	No. 3 Cyl (50 oz) Pound	1.2	2.3
(sections)			3.5	7.0
Fresh	1/4 cup sections and juice	Pound	6.5	13.0
	(no membrane)		7.3	14.5
	1/4 cup juice			
GRAPEFRUIT AND ORANGE SECTIONS, Canned	1/4 cup fruit and juice	No. 3 Cyl (50 oz) Pound	1.2	2.3
			3.5	6.9
GRAPES, SEEDLESS, Fresh	1/4 cup raw grapes	Pound	2.4	4.7
GRITS, CORN	1/4 cup cooked	Pound	0.6	1.1
HAM, see PORK				
HONEY	1 cup	Pound	18.7	37.4
(strained)	1 teaspoon	Pound	0.4	0.8
HONEYDEW MELON, Fresh	1/4 cup cubed or diced	Pound	4.1	8.2
ICE CREAM	3-ounce container	3-oz container	25.0	50.0
	1/3 cup	1 quart	2.1	4.2
	(No. 12 scoop)			



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Food as purchased (1)	Size and description of serving (2)	Purchase unit (3)	Number of purchase units of food to buy for	
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JAMS, JELLIES, PRESERVES . . .				
	1 cup	32-oz jar	9.4	18.8
	1 teaspoon	32-oz jar	0.2	0.4
JUCES, VEGETABLE AND FRUIT				
Canned				
Single strength (100 percent juice)	1/2 cup juice (1/4 cup vegetable or fruit)	No. 3 Cyl (46 fl oz)	2.2	4.4
Any juice such as apple, grapefruit, lemon, orange, pineapple, tomato.	1/4 cup juice (1/4 cup vegetable or fruit)	No. 3 Cyl (46 fl oz)	1.1	2.2
	1/2 cup juice (1/4 cup vegetable or fruit)	No. 2 Cyl (24 fl oz)	4.4	8.7
	1/4 cup juice (1/4 cup vegetable or fruit)	No. 2 Cyl (24 fl oz)	2.2	4.4
	1/2 cup liquid (1/4 cup vegetable or fruit)	No. 3 Cyl (46 fl oz)	0.6	1.1
Half strength (50 percent juice)				
	1/4 cup reconstituted juice . . . (1/4 cup fruit)	12-fl oz can (about 14 oz)	1.1	2.1
	1/4 cup reconstituted juice . . . (1/4 cup fruit)	6-fl oz can (about 7 oz)	2.1	4.2
Frozen				
Concentrated (1 part juice to 3 parts water) Any fruit such as grape, grapefruit, orange and pineapple, tangerine.				

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Food as purchased (1)	Size and description of serving (2)	Purchase unit (3)	Number of purchase units of food to buy for	
			25 servings (4)	50 servings (5)
KALE				
Canned	1/4 cup vegetable	No. 10 can (98 oz)	0.9	1.8
		No. 2 1/2 can (27 oz)	2.8	5.5
		Pound	5.3	10.6
Frozen (chopped or whole leaf)	1/4 cup cooked	Pound	2.8	5.6
LAMB, Fresh or Frozen				
Ground	1 1/2 ounces cooked meat	Pound	3.5	7.0
	1 ounce cooked meat	Pound	2.3	4.6
	1 1/2 ounces cooked meat	Pound	3.6	7.1
	1 ounce cooked meat	Pound	2.4	4.8
LEMONS, Fresh	1/4 cup juice	Pound	7.9	15.7
LENTILS, Dry	1/4 cup cooked lentils	Pound	1.0	1.9
LETTUCE, Fresh				
Head	1/4 cup raw pieces	Pound	1.1	2.1
	1/4 cup for salad	Pound	1.6	3.1
Leaf	1/4 cup raw pieces	Pound	1.2	2.3
	1/4 cup for salad	Pound	1.7	3.4
Romaine	1/4 cup raw pieces	Pound	1.2	2.4
	1/4 cup for salad	Pound	1.8	3.6
LIMES, Fresh	1/4 cup juice	Pound	7.1	14.2

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Food as purchased (1)	Size and description of serving (2)	Purchase unit (3)	Number of purchase units of food to buy for	
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LIVER, see BEEF				
LUNCHEON MEATS	1 1/2 ounces meat	Pound	2.4	4.7
(excluding meat by-products, cereals, or extenders)	1 ounce meat	Pound	1.6	3.2
MACARONI, ELBOW	1/4 cup cooked	Pound	0.6	1.2
MACKEREL, Canned	1 1/2 ounces mackerel	No. 300 can	3.0	6.0
	1 ounce mackerel	No. 300 can (15 oz)	2.0	4.0
MARGARINE, FORTIFIED	1/2 teaspoon	Pound	0.2	0.3
MARSHMALLOWS	2 large marshmallows	Pound	0.7	1.3
MAYONNAISE	1 tablespoon	Quart	0.4	0.8
MILK				
Dried				
Whole	1 cup reconstituted	Pound	1.8	3.6
Nonfat				
Instant	1 cup reconstituted	Pound	1.4	2.8
Non-instant	1 cup reconstituted	Pound	1.4	2.8
(special purchase)				
Evaporated	1 cup reconstituted	Pound	7.2	14.3

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Food as purchased (1)	Size and description of serving (2)	Purchase unit (3) †	Number of purchase units of food to buy for	
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MILK—Continued				
Fluid	¾ cup	Gallon	1.2	2.4
		Quart	4.7	9.4
	½ cup	½ pint	12.6	25.0
		Gallon	0.8	1.6
		Quart	3.2	6.3
		½ pint	18.8	37.6
MUSHROOMS, Canned	¼ cup serving	Pound	2.2	4.5
		(drained weight)		
MUSTARD GREENS, Canned	¼ cup vegetable	No. 10 can	0.8	1.6
		(98 oz)		
		No. 2½ can	2.5	4.9
		(27 oz)		
		Pound	4.8	9.5
MUSTARD, PREPARED	1 tablespoon	Pound	0.9	1.8
NECTARINES, Fresh	½ medium raw nectarine ... (about ¼ cup)	Pound	3.2	6.3
NOODLES	¼ cup cooked	Pound	0.8	1.5
OATS, ROLLED	¼ cup cooked	Pound	0.6	1.1
OKRA, Canned	¼ cup vegetable	No. 10 can	0.7	1.4
(cut or whole)		(99 oz)		
		Pound	4.2	8.3
OKRA WITH TOMATOES,	¼ cup vegetable	No. 10 can	0.6	1.1
Canned		(101 oz)		
		Pound	3.3	6.6

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Food as purchased (1)	Size and description of serving (2)	Purchase unit (3)	Number of purchase units of food to buy for	
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OLIVES, Canned Ripe whole, large size (pitted)	1/4 cup whole	Pound (drained)	2.0	4.0
ONIONS Fresh	1/4 cup raw chopped	Pound	2.2	4.4
	1/4 cup raw sliced	Pound	1.8	3.6
	1/4 cup cooked halves or pieces.	Pound	3.3	6.5
ORANGES Canned, Mandarin	1/4 cup fruit and juice	Pound	3.5	6.9
Fresh Size 138 (Calif., Ariz.); Size 200 (Fla., Texas). All sizes	1/2 medium (about 1/4 cup fruit and juice)	Pound	4.2	8.4
	1/4 cup sections and juice (with membrane)	Pound	4.6	9.1
	1/4 cup sections and juice (no membrane)	Pound	5.2	10.4
	1/4 cup juice	Pound	6.9	13.7
	1/4 cup chopped	Pound	1.3	2.5
PARSLEY, Fresh				

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Food as purchased (1)	Size and description of serving (2)	Purchase unit (3)	Number of purchase units of food to buy for	
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PEACHES				
Canned (slices)	1/4 cup fruit and juice	No. 10 can (108 oz)	0.6	1.1
		No. 2 1/2 can (29 oz)	2.0	4.0
		Pound	3.6	7.1
Dried (halves)	1/4 cup cooked, sugar added	Pound	0.8	1.6
Fresh	1/2 medium raw peach (about 1/4 cup)	Pound	3.2	6.3
	1/4 cup raw sliced	Pound	3.1	6.2
PEANUT BUTTER				
	4 tablespoons (1/4 cup)	Pound	3.6	7.1
	2 tablespoons	32-oz jar	1.8	3.6
	1 tablespoon	Pound	1.8	3.6
		32-oz jar	0.9	1.8
		Pound	0.9	1.8
		32-oz jar	0.5	0.9
PEANUTS, ROASTED (shelled)	1 cup chopped nutmeats	Pound	8.0	15.9

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Food as purchased (1)	Size and description of serving (2)	Purchase unit (3)	Number of purchase units of food to buy for	
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PEARS Canned (slices or quarters)	1/4 cup fruit and juice	No. 10 can (106 oz)	0.5	1.0
		No. 2 1/2 can (29 oz)	1.8	3.6
		Pound	3.3	6.5
Fresh	1/2 small raw pear	Pound	3.2	6.3
	(about 1/4 cup)	Pound	3.0	6.1
	1/4 cup raw sliced			
PEAS AND CARROTS Canned	1/4 cup vegetable	No. 10 can (105 oz)	0.6	1.1
		Pound	3.5	6.9
		Pound	2.3	4.5
Frozen	1/4 cup vegetable	No. 10 can (105 oz)	0.6	1.2
		Pound	3.7	7.4
		Pound	1.1	2.2
PEAS, GREEN Canned	1/4 cup cooked peas	Pound	1.1	2.1
		Pound	2.5	5.0
		Pound		
Dry	1/4 cup cooked peas			
	Split			
	Whole			
Frozen	1/4 cup cooked			



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Food as purchased (1)	Size and description of serving (2)	Purchase unit (3)	Number of purchase units of food to buy for	
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PECANS, shelled	1 cup chopped nutmeats	Pound	6.5	13.0
PEPPERS, GREEN Fresh	1/4 cup raw strips	Pound	1.7	3.4
	(about 1/6 of a large pepper)			
	1/4 cup raw chopped or diced	Pound	2.6	5.1
Frozen	1/4 cup raw	Pound	2.0	3.9
(diced)				
PEPPERS, SWEET, Canned	1/4 cup vegetable	Pound	4.1	8.2
(green or red, diced)				
PICKLE RELISH, SWEET	1 tablespoon	Pound	0.9	1.7
PICKLES, Small	1 pickle	Quart	1.3	2.5
PIMIENTOS, Canned	1/4 cup vegetable	No. 2 1/2 can	2.5	5.0
(chopped, diced, or whole)		(28 oz) Pound	4.9	9.7

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Food as purchased (1)	Size and description of serving (2)	Purchase unit (3)	Number of purchase units of food to buy for	
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PINEAPPLE				
Canned				
Chunks or tidbits	1/4 cup fruit and juice	No. 10 can (107 oz)	0.6	1.1
		No. 2 1/2 can (29 oz)	2.0	3.9
		Pound	3.6	7.1
Crushed	1/4 cup fruit and juice	No. 10 can (109 oz)	0.6	1.1
		No. 2 1/2 can (30 oz)	2.0	3.9
		Pound	3.6	7.2
Fresh	1/4 cup raw cubed	Pound	4.2	8.3
PLUMS				
Canned	1/4 cup fruit and juice	No. 10 can (108 oz)	0.6	1.1
(purple, whole)		No. 2 1/2 can (36 oz)	1.9	3.8
		Pound	3.6	7.1
Fresh	1 small raw plum	Pound	3.2	6.3
	(about 1/4 cup)			
	1/4 cup raw halved or sliced ..	Pound	2.5	5.0
	1/4 cup cooked halves, sugar added.	Pound	4.1	8.2

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Food as purchased (1)	Size and description of serving (2)	Purchase unit (3)	Number of purchase units of food to buy for	
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PORK				
Canned				
Ham with natural juices	1 1/2 ounces cooked meat	Pound	2.6	5.1
	1 ounce cooked meat	Pound	1.7	3.4
Pork luncheon meat	1 1/2 ounces cooked meat	Pound	2.7	5.3
(special purchase)	1 ounce cooked meat	Pound	1.8	3.6
Pork with natural juices	1 1/2 ounces cooked meat	No. 2 1/2 can	1.9	3.8
(special purchase)		(29 oz)		
	1 ounce cooked meat	Pound	3.4	6.7
		No. 2 1/2 can	1.3	2.5
		(29 oz)		
		Pound	2.3	4.5
Fresh or Frozen				
Ground	1 1/2 ounces cooked meat	Pound	3.3	6.5
(special purchase, no more than 26 percent fat)	1 ounce cooked meat	Pound	2.2	4.3
Sausage, bulk or link	1 1/2 ounces cooked meat	Pound	4.6	9.2
	1 ounce cooked meat	Pound	3.1	6.2
Shoulder, picnic	1 1/2 ounces cooked meat	Pound	3.7	7.4
(without bone)	1 ounce cooked meat	Pound	2.5	4.9
Spareribs	1 1/2 ounces cooked meat	Pound	9.1	18.2
	1 ounce cooked meat	Pound	6.1	12.2
Mild Cured				
Ham	1 1/2 ounces cooked meat	Pound	3.1	6.1
(without bone)	1 ounce cooked meat	Pound	2.1	4.1
Shoulder, picnic	1 1/2 ounces cooked meat	Pound	4.2	8.4
(with bone)	1 ounce cooked meat	Pound	2.8	5.6

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Food as purchased (1)	Size and description of serving (2)	Purchase unit (3)	Number of purchase units of food to buy for	
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POTATO CHIPS	1/4 ounce	Pound	0.4	0.8
	(about 1/3 cup)			
	1/2 package	3/4-oz pkg	12.5	25.0
POTATO STICKS	(about 1/3 cup)			
	1/4 ounce	Pound	0.4	0.8
POTATOES, WHITE	(about 1/4 cup)			
	1/4 cup vegetable	No. 10 can	0.6	1.1
Canned		(102 oz)		
	(small whole)	No. 2 1/2 can	2.1	4.2
		(29 oz)	3.5	6.9
Dehydrated, low moisture		Pound	0.6	1.1
	(flakes or granules)			
Fresh	1/4 cup reconstituted	Pound	2.7	5.3
	1/4 cup pared cooked, diced or sliced.	Pound	3.7	7.3
Frozen	1/4 cup cooked mashed			
	1/2 cup heated	Pound	1.7	3.3
	1/4 cup heated	Pound	3.0	5.9
French fries, regular straight cut.	1/4 cup heated	Pound	2.0	3.9
	Kash browns, diced			
Potato rounds	1/4 cup heated			

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Food as purchased (1)	Size and description of serving (2)	Purchase unit (3)	Number of purchase units of food to buy for	
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PRUNES Canned (special purchase)	1/4 cup fruit and juice	No. 10 can (116 oz)	0.4	0.8
Dried (with pits)	3 medium prunes, dry (about 1/4 cup cooked fruit and juice) 1/4 cup cooked 1/4 cup cooked, sugar added .	Pound Pound	2.8 1.3	5.5 2.6
PUMPKIN, Canned	1/4 cup vegetable	Pound Pound	1.4 1.2	2.7 2.3
RADISHES, Fresh	1/4 cup vegetable	No. 10 can (106 oz)	0.6	1.1
(without tops)	4 small radishes (about 1/4 cup) 1/4 cup raw sliced	No. 2 1/2 can (29 oz) Pound	1.9 3.4	3.8 6.8
RAISINS, SEEDLESS, Dried	2 2/3 tablespoons dry raisins (about 1/4 cup cooked fruit and juice) 1/4 cup cooked	Pound Pound	2.1 1.8	4.1 3.6
(without leaves)	1/4 cup cooked, sugar added .	Pound	1.4	2.7
RHUBARB, Fresh	1/4 cup cooked, sugar added .	Pound Pound	1.4 3.7	2.8 7.3

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Food as purchased (1)	Size and description of serving (2)	Purchase unit (3)	Number of purchase units of food to buy for	
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RICE	1/4 cup cooked	Pound	0.8	1.5
ROLLS	1 roll	Dozen	2.1	4.2
RUTABAGAS, Fresh	1/4 cup cooked cubed	Pound	3.0	6.0
	1/4 cup cooked mashed	Pound	4.3	8.6
SALAD DRESSING	1 tablespoon	Quart	0.4	0.8
SALMON, Canned	1 1/2 ounces salmon	No. 1 tall can	2.9	5.8
	1 ounce salmon	No. 1 tall can	2.0	3.9
SALTINES	2 crackers	Pound	0.5	0.9
	(2 inches square)			
SAUERKRAUT, Canned	1/4 cup vegetable	No. 10 can	0.6	1.1
		(99 oz)		
SAUSAGE, see PORK		No. 2 1/2 can	1.8	3.6
		(27 oz) Pound	3.2	6.3



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Food as purchased (1)	Size and description of serving (2)	Purchase unit (3)	Number of purchase units of food to buy for	
			25 servings (4)	50 servings (5)
SIRUPS	1 cup	Gallon	1.6	3.2
(cane, maple, molasses)		(about 176 oz)		
	2 tablespoons	Quart	6.3	12.5
		(about 44 oz)		
	2 crackers	Gallon	0.2	0.4
	(2½ inches square)	(about 176 oz)		
SODA CRACKERS	2 crackers	Pound	0.7	1.3
SOUPS, Canned	1 cup reconstituted	Pound	6.8	13.6
Condensed	(about ¼ cup vegetable)			
(clam, tomato, vegetable)	½ cup reconstituted	Pound	3.4	6.8
	(about ⅓ cup vegetable)			
SPAGHETTI	¼ cup cooked	Pound	0.7	1.4
SPINACH	¼ cup vegetable	No. 10 can	0.9	1.8
Canned		(98 oz)		
		No. 2½ can	2.7	5.3
		(27 oz)		
		Pound	5.2	10.3

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Food as purchased (1)	Size and description of serving (2)	Purchase unit (3)	Number of purchase units of food to buy for	
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SPINACH—Continued				
Fresh	1/4 cup pieces	Pound	0.9	1.7
(partly trimmed)	1/4 cup for salad	Pound	1.3	2.5
	1/4 cup cooked	Pound	2.5	5.0
Frozen	1/4 cup cooked	Pound	3.7	7.4
Chopped	1/4 cup cooked	Pound	3.4	6.8
Whole leaf				
SQUASH				
Fresh	1/2 small squash baked in skin. (about 1/4 cup vegetable)	1 squash (8 oz)	12.5	25.0
Acorn	1/4 cup cooked	Pound	6.2	12.3
Butternut	1/4 cup cooked cubed	Pound	3.2	6.5
	1/4 cup cooked mashed	Pound	4.5	9.0
Hubbard	1/4 cup cooked cubed	Pound	5.6	11.2
	1/4 cup cooked mashed	Pound	6.0	11.9
Summer	1/4 cup cooked mashed	Pound	4.1	8.2
	1/4 cup cooked sliced	Pound	3.1	6.2
Zucchini	1/4 cup cooked sliced	Pound	3.5	7.0
Frozen, Yellow (sliced)	1/4 cup cooked	Pound	2.9	5.7

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STRAWBERRIES				
Fresh	1/4 cup raw whole	Quart	1.5	3.0
		(25 oz) Pound	2.4	4.7
Frozen	1/4 cup fruit and juice, thawed.	Pound	3.6	7.1
SUCCOTASH				
Canned	1/4 cup vegetable	No. 10 can	0.7	1.4
		(105 oz) Pound	4.1	8.2
Frozen	1/4 cup cooked	Pound	2.3	4.5
SWEETPOTATOES				
Canned	1/4 cup vegetable	No. 3 Vac can	2.9	5.7
(vacuum pack)		(17 oz) Pound	3.0	6.0
Dehydrated	1/4 cup reconstituted	No. 10 can	0.4	0.8
(low moisture flakes)		(62 oz) Pound	1.4	2.7
Fresh	1/4 cup cooked sliced	Pound	3.4	6.8

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TANGERINES, Fresh	1/2 medium tangerine	Pound	3.2	6.3
	1/4 cup sections	Pound	3.7	7.3
TOMATOES Canned	1/4 cup vegetable	No. 10 can	0.6	1.1
		(102 oz) No. 2 1/2 can	1.9	3.8
		(28 oz) Pound	3.4	6.7
Fresh	1/2 small tomato	Pound	3.2	6.3
	(about 1/4 cup)	Pound	2.8	5.6
	1/4 cup raw diced or sliced ..			
TOMATO PASTE, Canned	1/4 cup vegetable	No. 10 can	0.6	1.1
		(111 oz) Pound	3.7	7.3
TOMATO PUREE, Canned	1/4 cup vegetable	No. 10 can	0.6	1.1
		(105 oz) Pound	3.5	6.9
TOMATO SAUCE, Canned	1/4 cup vegetable	No. 10 can	0.6	1.1
		(106 oz) No. 2 1/2 can	1.9	3.8
		(29 oz) Pound	3.4	6.7

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Food as purchased (1)	Size and description of serving (2)	Purchase unit (3)	Number of purchase units of food to buy for	
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TUNA, Canned	1 1/2 ounces tuna	6- to 7-oz can	6.3	12.5
	1 ounce tuna	6- to 7-oz can	4.2	8.4
TURKEY				
Canned	1/4 cup serving	Pound	3.6	7.1
(boned)	(about 1 3/4 oz turkey meat)			
Fresh or Frozen				
Breasts	1 1/2 ounces cooked turkey	Pound	4.7	9.3
(whole or halves)	meat excluding skin.			
	1 ounce cooked turkey meat	Pound	3.1	6.2
	excluding skin.			
	1 1/2 ounces cooked turkey	Pound	5.8	11.5
	meat excluding skin.			
	1 ounce cooked turkey meat	Pound	3.9	7.7
	excluding skin.			
	1 1/2 ounces cooked turkey	Pound	4.9	9.7
	meat excluding skin.			
	1 ounce cooked turkey meat	Pound	3.3	6.5
	excluding skin.			
	1 1/2 ounces cooked turkey	Pound	5.8	11.6
	meat excluding meat			
	from neck and giblets.			
	1 ounce cooked turkey meat	Pound	3.9	7.8
	excluding meat from			
	neck and giblets.			



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TURKEY—Continued				
Frozen				
Boneless roasts or rolls				
Raw, ready-to-cook (no more than 15 percent skin or fat)	1 1/2 ounces cooked turkey meat.	Pound	3.4	6.7
Cooked (no more than 1/4 inch skin and fat at any point)	1 ounce cooked turkey meat	Pound	2.3	4.5
	1 1/2 ounces cooked turkey meat.	Pound	2.6	5.1
	1 ounce cooked turkey meat	Pound	1.7	3.4
TURNIP GREENS, Canned	1/4 cup vegetable	No. 10 can (98 oz)	0.9	1.9
		No. 2 1/2 can (27 oz)	2.7	5.4
		Pound	5.3	10.5
TURNIPS, Fresh	1/4 cup cooked cubed	Pound	2.8	5.6
(without tops)	1/4 cup cooked mashed	Pound	4.2	8.3
VEAL, Fresh or Frozen	1 1/2 ounces cooked meat	Pound	3.3	6.5
Ground	1 ounce cooked meat	Pound	2.2	4.3
VEGETABLES, MIXED	1/4 cup cooked vegetable	No. 10 can (104 oz)	0.5	1.0
Canned		Pound	3.4	6.7
Frozen	1/4 cup cooked vegetable	Pound	2.6	5.2

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VIENNA SAUSAGE, Canned	1 1/2 ounces meat	Pound (drained weight)	2.4	4.7
	1 ounce meat	Pound (drained weight)	1.6	3.2
WALNUTS, ENGLISH (shelled)	1 cup chopped nutsmeats	Pound	6.7	13.3
WATERCRESS, Fresh	1/4 cup raw strips or pieces	Pound	0.6	1.1
WATERMELON, Fresh	1/4 cup cubed	Pound	4.7	9.4
WHEAT, ROLLED (special purchase)	1/4 cup cooked	Pound	0.6	1.2
WIENERS, see FRANKFURTERS				
YEAST				
Active dry	1/2 cup	Pound	4.2	8.4
	1 tablespoon	1 package (0.28 oz)	25.0	50.0
Compressed	1/2 cup	Pound	6.3	12.5
	4 teaspoons, packed	1 cake (0.60 oz)	25.0	50.0

