



# State of New Jersey

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To: Public LEAs, Non-Public LEAs and RCCIs Participating in Child Nutrition Programs  
From: Arleen Ramos-Szatmary *Arleen Ramos-Szatmary*  
Coordinator, School Nutrition Programs  
Date: February 28, 2014  
Re: Crediting of Fruits and Vegetables

As a result of the new meal pattern standards, we have received numerous questions regarding crediting of fruits and vegetables.

In the Child Nutrition Programs, fruits and vegetables are credited in **volume**, such as cups (i.e., ½ cup, 1 cup). Many fruits and vegetables are offered in portion controlled (PC) containers or single serve packages and labeled in net weight, such as ounces or grams. In order to determine the creditable volume amount of the fruit or vegetable, a calculation using the Food Buying Guide (FBG) is necessary. The FBG can be accessed at: [http://www.fns.usda.gov/tn/Resources/fbg\\_schoolmeals.html](http://www.fns.usda.gov/tn/Resources/fbg_schoolmeals.html).

**The calculation is completed as follows:**

**Divide Purchase Unit (converted to ounces) by Servings per Purchase Unit (Edible Portion) to equal number of ounces in the Meal Contribution serving size (which is usually listed as ¼ cup in FBG). To convert ounces to ½ cup volume measurement, multiply by 2. (To convert this to ¾ cup measurement, multiply by 3).**

The calculations using the above formula are shown in the Calculation column below. The last column is the net weight of the single serving/PC container required to meet the ½ cup requirement.

## EXAMPLE

Fruits					
Food as Purchased (AP)	Purchase Unit	Servings per Purchase Unit	Meal Contribution	Calculation	Net Weight Necessary to Equal ½ cup Fruit Component
Applesauce, canned	No. 10 can (108 oz.)	47.6	¼ cup	1. There are 47.6 ¼ cup servings in the #10 (108 oz.) can 2. 108 oz./47.6 servings = 2.2689 oz. per ¼ cup 3. 2.2689 oz. per ¼ cup X 2 = 4.5378 oz. per ½ cup	4.5 oz.

Below are the calculations and end product net weight for several commonly used fruits and vegetables served in PC containers or single serve packages. **However, this list does not include all possibilities, so it is important to understand the conversion calculation in order to apply it to fruits and vegetables that are not on the list below. In addition, LEAs should ensure bid specifications state the required volume.**

<b>Fruits</b>					
<b>Food as Purchased (AP)</b>	<b>Purchase Unit</b>	<b>Servings per Purchase Unit</b>	<b>Meal Contribution</b>	<b>Calculation</b>	<b>Net Weight Necessary to Equal ½ cup Fruit Component</b>
Pears, diced, canned	No. 10 can (106 oz.)	47.6	¼ cup (fruit and juice/liquid)	<ol style="list-style-type: none"> <li>1. There are 47.6 -¼ cup servings in the #10 (106 oz.) can</li> <li>2. 106 oz./47.6 servings = 2.2268 oz. per ¼ cup X 2 = ½ cup</li> <li>3. 2.2268 oz. per ¼ cup X 2 = 4.4537 oz. per ½ cup</li> </ol>	4.45 oz.
Peaches, diced, canned	No. 10 can (106 oz.)	48.6	¼ cup (fruit and juice/liquid)	<ol style="list-style-type: none"> <li>1. There are 48.6 -¼ cup servings in the #10 (106 oz.) can</li> <li>2. 106 oz./48.6 servings = 2.1810 oz. per ¼ cup X 2 = ½ cup</li> <li>3. 2.1810 oz. per ¼ cup X 2 = 4.3621 oz. per ½ cup</li> </ol>	4.4 oz.
Peaches, sliced, canned	No. 10 can (105 oz.)	50	¼ cup (fruit and juice/liquid)	<ol style="list-style-type: none"> <li>1. There are 50 -¼ cup servings in the #10 (105 oz.) can</li> <li>2. 105 oz./50 servings = 2.1 oz. per ¼ cup X 2 = ½ cup</li> <li>3. 2.1 oz. per ¼ cup X 2 = 4.2 oz. per ½ cup</li> </ol>	4.2 oz.
Pineapple, chunked, canned	No. 10 can (106 oz.)	49.9	¼ cup (fruit and juice/liquid)	<ol style="list-style-type: none"> <li>1. There are 49.9 -¼ cup servings in the #10 (106 oz.) can</li> <li>2. 106 oz./49.9 servings = 2.1242 oz. per ¼ cup X 2 = ½ cup</li> <li>3. 2.1242 oz. per ¼ cup X 2 = 4.2484 oz. per ½ cup</li> </ol>	4.2 oz.

<b>Vegetables</b>					
<b>Food as Purchased (AP)</b>	<b>Purchase Unit</b>	<b>Servings per Purchase Unit</b>	<b>Meal Contribution</b>	<b>Calculation</b>	<b>Net Weight Necessary to Equal ½ cup Vegetable Component</b>
Peppers, Bell, fresh (red or orange, medium or large whole)	16 oz.	9.7	¼ cup	<ol style="list-style-type: none"> <li>1. There are 9.7 – 1.6495 oz. servings in 16 oz.</li> <li>2. 16 oz. divided by 9.7 = 1.6495 oz. per ¼ cup</li> <li>3. 1.6495 oz. per ¼ cup X 2 = 3.30 ounces per ½ cup chopped or diced raw vegetable</li> </ol>	3.30 oz. chopped or diced raw pepper
Celery, fresh, diced	16 oz.	12.9	¼ cup	<ol style="list-style-type: none"> <li>1. There are 12.9 – 1.2403 oz. servings in 16 oz.</li> <li>2. 16 oz. divided by 12.9 = 1.2403 oz. per ¼ cup</li> <li>3. 1.2403 oz. per ¼ cup X 2 = 2.48 oz. of fresh diced celery per ½ cup</li> </ol>	2.48 oz. diced celery
Broccoli, fresh florets trimmed, ready to use,	16 oz.	28.8	¼ cup	<ol style="list-style-type: none"> <li>1. There are 28.8-.5555 oz. servings in 16 oz.</li> <li>2. 16 oz. divided by 28.8 = 0.5555 oz. per ¼ cup</li> <li>3. 0.5555 oz. X 2 = 1.11 oz. per ½ cup</li> </ol>	1.11 oz. cut florets
Cherry tomatoes, fresh				<ol style="list-style-type: none"> <li>1. 3 whole cherry tomatoes = ¼ cup</li> <li>2. 6 whole cherry tomatoes = ½ cup</li> </ol>	
Celery, fresh sticks (½ inch by 4 inch)				<ol style="list-style-type: none"> <li>1. About 3 sticks = ¼ cup</li> <li>2. About 6 sticks = ½ cup</li> </ol>	
Carrots, baby, raw, ready to use	16 oz.	12.9	¼ cup	<ol style="list-style-type: none"> <li>1. There are 12.9 – 1.2403 oz. servings in 16 oz.</li> <li>2. 16 oz. divided by 12.9 = 1.2403 oz. per ¼ cup</li> <li>3. 1.2403 oz. per ¼ cup X 2 = 2.48 oz. of baby carrots per ½ cup</li> </ol>	2.48 oz.

Manufacturer’s information that differs significantly from the Food Buying Guide, including the above calculations, should be reviewed and questioned for accuracy. The Food Buying Guide is representative of types of products, but not specific products. When an LEA is obtaining a yield that is different than what is indicated in the Food Buying Guide, including the above calculations, the LEA can conduct a yield study as described in the Introduction of the Food Buying Guide. Significant discrepancies with manufacturer information should be reported to the manufacturer.