



## FRUITS

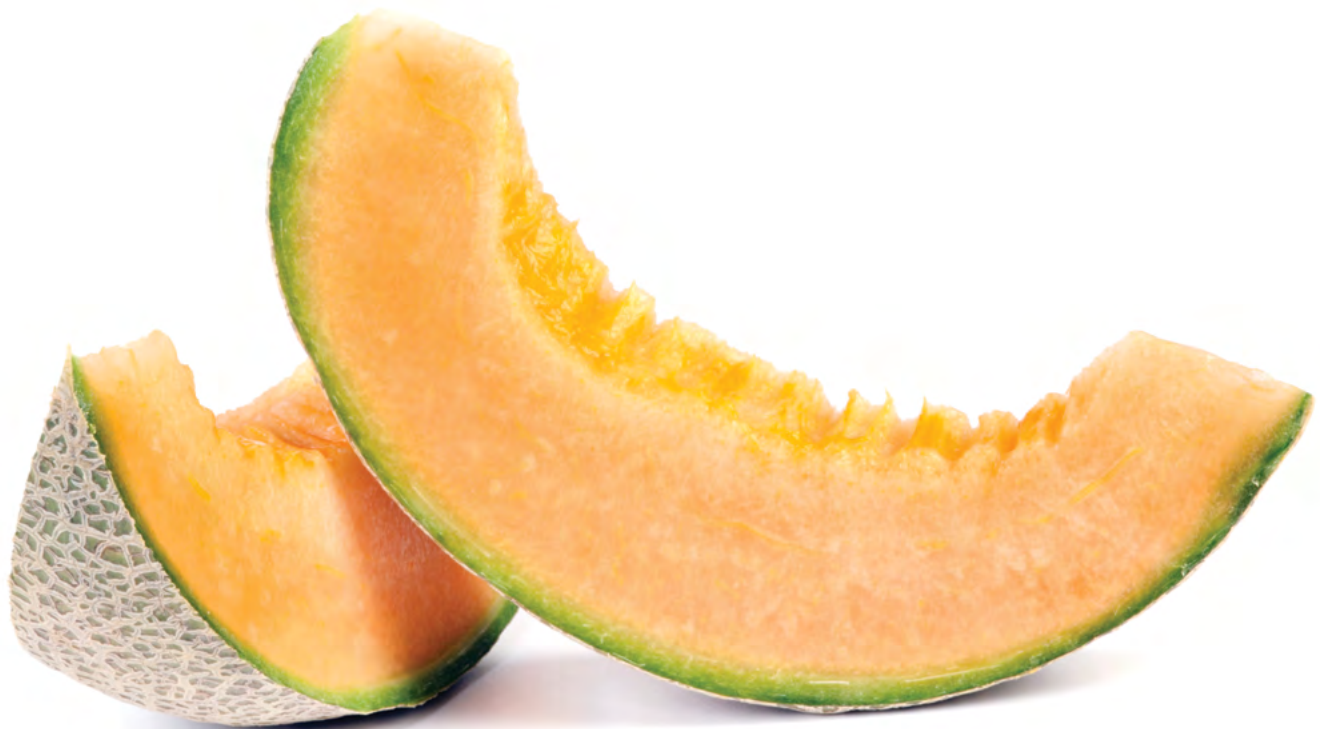
The CACFP regulations require that lunch and supper meals contain a serving of fruit as specified in the meal patterns. However, a vegetable may be used to meet the entire fruit requirement. When two vegetables are served at lunch or supper, two different kinds of vegetables must be served. A serving of fruit that contribute to the meal pattern includes:

- fresh fruits
- frozen fruits
- dried fruits
- canned fruits
- full-strength fruit juice

Commercial fried fruit chips, such as banana and other fruit chips, are not creditable. These products do not meet the fruits component

requirements. These highly processed food items are typically high in salt and/or sugar and low in nutrients. Please keep in mind that young children—especially age 4 and younger—and some elderly participants are at risk of choking on these foods. Always supervise participants during meals and snacks.

Home-canned fruit products are not allowed for service in the CACFP due to health and safety reasons. See the Resource Section on pages 133-135 for additional information on produce safety. Home-frozen fruit products are allowed. For example, when blueberries are in season (when they are the most economical to buy and taste the best) you may freeze them for later use in the winter months when berries are not available or are very expensive.



## Serving Sizes and Yields for Fruits

This chart is a snapshot of commonly used fruits that can be found in the *Food Buying Guide*. Please note that the serving sizes and yields are approximate. Double check to ensure that your serving sizes meet meal pattern requirements. The information in the *Food Buying Guide* can assist you in menu planning and purchasing. See the Resource Section on pages 133-135 for information on the *Food Buying Guide* Interactive Web-Based Tool.

Fruit	Serving Size and Yield
Apples	¼ raw, unpeeled medium apple = about ¼ cup
Bananas	1 medium banana = ½ cup
Blueberries	¼ cup measure
Strawberries	¼ cup measure
Cantaloupe	⅒ medium melon = about ¼ cup
Grapes, With Seeds	6 grape halves = about ¼ cup
Grapes, Seedless	7 grapes = about ¼ cup
Nectarines	1 small nectarine = about ½ cup; 1 medium nectarine = about ¾ cup
Oranges	1 medium orange = about ½ cup
Peaches	1 small peach = about ⅜ cup; 1 medium peach = about ⅔ cup
Pears	1 medium pear = about ¾ cup
Plums	1 small plum = ⅜ cup; 1 medium plum = ½ cup; 1 large plum = ⅝ cup
Raisins*	1.3 to 1.5 oz package = ¼ cup; 1 lb = 12.6 servings (¼ cup each)
Tangerine	1 medium tangerine = about ⅜ cup; 1 large tangerine = about ½ cup
Watermelon	¼ cup fruit or ¼ cup diced fruit without rind

For simplicity, this table of serving sizes for fruits is based on a variety of cup servings.

\*Dried fruit credits as twice the volume served. For example, a ¼ cup of raisins credits as a ½ cup fruit.



# FRUITS

Use this section as a guide to identify creditable fruits and products that contain creditable fruits. This is NOT an all-inclusive list. For information on creditable fruits commonly served in Child Nutrition Programs, see the *Food Buying Guide*.

Details in the “Additional Information” column help you to determine if the product is creditable and where to go to get more information, for example the *Food Buying Guide*.

Food	Creditable			Additional Information
	Yes	Maybe	No	
Ade Drinks			X	Ade drinks, such as lemonade and limeade, contain an insufficient amount of juice and are not creditable.
Apple Butter			X	Apple butter is a condiment and is not creditable.
Apple Cider		X		Cider must follow the same crediting rules as fruit juice (100% juice and pasteurized).
Apple Fritters		X		Fritters must contain at least an 1/8 cup (2 tablespoons) of visible fruit per serving. Document meal pattern contribution with a standardized recipe or a Product Formulation Statement. Generally, fritters contain an insufficient amount of fruit per serving. Fritters are a grain-based dessert and cannot count toward the grains component.  Deep-fat frying is not allowed as a way of preparing foods onsite. Apple fritters credit if reheated using a method other than deep-fat frying and if they contain a creditable amount of visible fruit per serving. This product has a high fat and sugar content and should be served on a limited frequency.
Banana Bread			X	Banana bread typically does not contain at least an 1/8 cup (2 tablespoons) of visible fruit per serving.
Berries, All Varieties	X			See the Fruits section in the <i>Food Buying Guide</i> .



# FRUITS

Food	Creditable			Additional Information
	Yes	Maybe	No	
Cake Containing Fruit		X		Although cake containing fruit is a grain-based dessert and cannot count toward the grains component, if it contains at least an 1/8 cup (2 tablespoons) of visible fruit per serving the fruit portion may credit toward the fruits component. Document meal pattern contribution with a standardized recipe or a Product Formulation Statement. Generally, cakes with fruit contain an insufficient amount of fruit per serving.
Coconut, Dried	X			Dried coconut credits as twice the volume served. For example, a 1/4 cup dried coconut credits as a 1/2 cup fruit. See the Fruits section in the <i>Food Buying Guide</i> .
Coconut, Flour			X	Coconut flour is not creditable.
Coconut, Fresh or Frozen	X			See the Fruits section in the <i>Food Buying Guide</i> .
Cranberry Juice Cocktail			X	Juice cocktails contain an insufficient amount of juice and are not creditable.
Cranberry Sauce or Relish		X		Sauces must contain an 1/8 cup (2 tablespoons) of fruit per serving. Document meal pattern contribution with a standardized recipe or Product Formulation Statement. See the Fruits section in the <i>Food Buying Guide</i> .
Dried Fruit, Whole (such as Raisins, Apricots, Prunes, Cranberries)	X			Dried fruit credits as twice the volume served. For example, a 1/4 cup raisins credits as a 1/2 cup fruit. See the Fruits section in the <i>Food Buying Guide</i> . Please note they may be a choking hazard for some populations.
Fig Bars			X	Fig bars contain an insufficient amount of fruit per serving and do not credit toward the fruits component. Fig bars are a grain-based dessert and cannot count toward the grains component. This product is high in sugar.
Frozen Fruit-Flavored Bars, Freezer Pops			X	Frozen fruit-flavored bars contain an insufficient amount of juice and are not creditable.



# FRUITS

Food	Creditable			Additional Information
	Yes	Maybe	No	
Frozen Fruit Juice Bars		X		Frozen fruit juice bars must contain at least an 1/8 cup (2 tablespoons) of fruit and/or full-strength 100% fruit juice per serving. Only the fruit or full-strength 100% fruit juice portion may be counted toward the fruit requirement. Document meal pattern contribution with a standardized recipe or a Product Formulation Statement.
Fruit, Fresh, Frozen, Canned, or Dried (All Varieties)	X			See the Fruits section in the <i>Food Buying Guide</i> .
Fruit Cobblers/ Crisps		X		Fruit cobblers and crisps must contain at least an 1/8 cup (2 tablespoons) of visible fruit per serving. Document meal pattern contribution with a standardized recipe or a Product Formulation Statement. Cobblers and crisps are grain-based desserts and cannot count toward the grains component.
Fruit Juice Bases			X	Juice bases contain an insufficient amount of fruit juice per serving and are not creditable.
Fruit Juice Concentrates		X		Juice concentrates may only be credited when reconstituted to full-strength juice.
Fruit Drinks			X	Fruit drinks contain an insufficient amount of juice and are not creditable.
Fruit-Flavored Powders and Syrups			X	Fruit-flavored powders and syrups do not meet the definition of fruit or juice and are not creditable.
Fruit-Flavored Punch			X	Fruit-flavored punch contains an insufficient amount of juice and is not creditable.
Fruit-Flavored Waters			X	Fruit-flavored waters contain an insufficient amount of juice and are not creditable.

# FRUITS

Food	Creditable			Additional Information
	Yes	Maybe	No	
Fruit Sauces		X		Fruit sauces must contain at least an ⅛ cup (2 tablespoons) of visible fruit per serving. Document meal pattern contribution with a standardized recipe or a Product Formulation Statement. Generally, commercial sauces contain an insufficient amount of fruit per serving. These products are high in sugar.
Fruit Snacks (100% Fruit Strips, Leather, Fruit Drops, or other Fruit Snack type products)			X	Fruit snacks are not creditable.
Gelatin Containing Fruit and/or Fruit Juice (Aspic)		X		Gelatin containing fruit must contain at least an ⅛ cup (2 tablespoons) of visible fruit per serving. Document meal pattern contribution with a standardized recipe or a Product Formulation Statement. Please note that juice is only creditable when served as a beverage.
Honey			X	Honey is a sweetener and is not creditable. See the Other Foods section in the <i>Food Buying Guide</i> for purchasing information. For food safety reasons, honey should not be served to children less than 1 year of age.
Ice Cream, Fruit Flavors			X	Fruit-flavored ice cream contains an insufficient amount of fruit to credit toward the fruits component. See the Other Foods section in the <i>Food Buying Guide</i> for purchasing information.
Jam			X	Jam is a condiment and is not creditable. See the Other Foods section in the <i>Food Buying Guide</i> for purchasing information.
Jelly			X	Jelly is a condiment and is not creditable. See the Other Foods section in the <i>Food Buying Guide</i> for purchasing information.
Juice Blends - All Fruit		X		Juice blends containing full-strength 100% fruit juice are creditable.



# FRUITS

Food	Creditable			Additional Information
	Yes	Maybe	No	
Juice Blends - Fruit and Vegetable		X		Juice blends containing combinations of full-strength 100% fruit and vegetable juice are creditable. May be credited toward the fruits component when fruit is the most prominent ingredient.
Lemonade			X	For lemonade to be palatable, the lemon juice must be diluted to the point that there is insufficient full-strength juice per serving.
Lemon Pie Filling			X	Lemon pie filling contains an insufficient amount of fruit per serving and is not creditable.
Maple Syrup			X	Maple syrup is a condiment or sweetener and is not creditable. See the Other Foods section in the <i>Food Buying Guide</i> for purchasing information.
Muffins Containing Fruit		X		Muffins must contain at least an 1/8 cup (2 tablespoons) of visible fruit per serving. Document meal pattern contribution with a standardized recipe or a Product Formulation Statement. Generally, muffins contain an insufficient amount of fruit per serving.
Nectars - Fruit		X		Full-strength 100% fruit nectars are creditable. Please note that there are no industry standards for nectars, and juice content may range anywhere from 0 to 100%.
Pie Filling - Fruit		X		Pie filling must contain at least an 1/8 cup (2 tablespoons) of visible fruit per serving. Document meal pattern contribution with a standardized recipe or a Product Formulation Statement. Grain-based desserts cannot count toward the grains component.
Pineapple Upside - Down Cake		X		Cake must contain at least an 1/8 cup (2 tablespoons) of visible fruit per serving. Document meal pattern contribution with a standardized recipe or a Product Formulation Statement. Cake is a grain-based dessert and cannot count toward the grains component.
Preserves			X	Preserves are considered a condiment and are not creditable.
Puddings Containing Fruit, Commercial			X	Commercial puddings contain insufficient fruit per serving and are not creditable toward the fruits component.



# FRUITS

Food	Creditable			Additional Information
	Yes	Maybe	No	
Puddings Containing Fruit, Homemade		X		Homemade pudding containing fruit must contain at least an 1/8 cup (2 tablespoons) of visible fruit per serving to credit toward the fruits component. Document meal pattern contribution with a standardized recipe. In most cases, puddings are an “Other Food” and do not contribute to the meal pattern requirements. See the Other Foods section in the <i>Food Buying Guide</i> for purchasing information.
Sherbet, Commercial or Homemade			X	Sherbet is not creditable. See the Other Foods section in the <i>Food Buying Guide</i> for purchasing information.
Sorbets, Commercial or Homemade		X		Sorbets must contain at least an 1/8 cup (2 tablespoons) of fruit per serving. Document meal pattern contribution with a standardized recipe or a Product Formulation Statement.
Syrup (Fruit Flavored)			X	Syrup is a condiment and is not creditable. See the Other Foods section in the <i>Food Buying Guide</i> for purchasing information.
Toaster Pastries with Fruit			X	Toaster pastries contain an insufficient amount of fruit per serving and do not credit toward the fruits component. Toaster pastries are a grain-based dessert and cannot count toward the grains component. This product is high in sugar.
Yogurt, Commercial (Fruit added by Provider)		X		Yogurt containing fruit added by the provider must contain at least an 1/8 cup (2 tablespoons) of visible fruit per serving. Document meal pattern contribution with a standardized recipe. Yogurt must contain no more than 23 g of total sugars per 6 oz.
Yogurt with Fruit, Commercial			X	The entire volume of commercial yogurt with fruit may contribute to the meat alternate component but cannot count toward the fruits component. See the Meats/Meat Alternates section in the <i>Food Buying Guide</i> for additional crediting information. Must contain no more than 23 g of total sugars per 6 oz.