

Food Buying Guide for Child Nutrition Programs

Section 3 Fruits

Section 3 - Fruits

1. Food As Purchased (AP)	2. Purchase Unit	3. Servings per Purchase Unit, Edible Portion (EP)	4. Serving Size per Meal Contribution	5. Purchase Units for 100 Servings	6. Additional Information
ACAI					
Acai, frozen Unsweetened, Puree ¹	Pound	9.83	1/4 cup thawed fruit	10.20	1 lb AP = about 2-3/8 cups thawed fruit puree
APPLES					
Apples, fresh 100 count Whole	Pound	15.60	1/4 cup raw, unpeeled fruit	6.50	1 lb AP = 0.93 lb (about 3-7/8 cups) ready-to-serve or -cook raw, cored, unpeeled apples; 1/4 cup raw, unpeeled fruit = about 1/5 apple
Apples, fresh 125-138 count Whole, Includes USDA Foods	Pound	14.80	1/4 cup raw, unpeeled fruit	6.80	1 lb AP = 0.91 lb (3-2/3 cups) ready-to-serve or -cook raw, cored, unpeeled apples; 1/4 cup raw, unpeeled fruit = about 1/4 apple
	Pound	3.00	1 baked apple (about 1/2 cup cooked fruit)	33.40	
	Pound	11.40	1/4 cup raw, cored, peeled fruit	8.80	1 lb AP = 0.78 lb (about 2-3/4 cups) ready-to-serve or -cook raw, cored, peeled apples
	Pound	6.80	1/4 cup cored, peeled, cooked, unsweetened fruit	14.80	1 lb AP = 0.78 lb (about 1-3/4 cups) cored, peeled, cooked apples; 1 lb AP = 0.78 lb (about 2-3/4 cups) ready-to-serve or -cook raw, cored, peeled apples
	Pound	5.80	1/4 cup cooked, sieved, unsweetened fruit	17.30	
Apples, fresh 88-163 count (approx. 2-1/2 inch to 3-inch diameter) Whole	3 lb Bag	39.50	1/4 cup raw, unpeeled, cored, sliced fruit	2.60	1 lb AP = 0.85 lb (about 3-7/8 cups) ready-to-serve, cored, unpeeled apples
Apples, fresh Whole, Includes USDA Foods	Pound	14.56	1/4 cup raw, unpeeled, cored, sliced fruit	6.90	1 lb AP = 0.91 lb raw, unpeeled, cored apple
Apples, canned Slices, Solid pack, Includes USDA Foods	No. 10 Can (100 oz)	50.40	1/4 cup fruit and liquid	2.00	
	No. 10 Can (100 oz)	47.50	1/4 cup drained fruit	2.11	1 No. 10 can = about 89.0 oz (11-7/8 cups) drained apples
	Pound	8.06	1/4 cup fruit and liquid	12.50	

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APPLES (continued)					
Apples, frozen Unsweetened, Sliced, IQF, Includes USDA Foods	Pound	12.70	1/4 cup tempered fruit	7.90	1 lb AP = 0.99 lb (about 3-1/8 cups) tempered, ready-to-serve or -cook apples
	Pound	8.80	1/4 cup heated fruit	11.40	
Apples, dried Slices or Rings, Regular moisture	Pound	21.10	1/4 cup dried fruit (credits as 1/2 cup fruit in NSLP/SBP and CACFP)	4.80	1 lb AP = about 5-1/4 cups dried apples
	Pound	28.70	1/4 cup cooked fruit	3.50	
APPLESAUCE					
Applesauce¹, canned Smooth or Chunky, Includes USDA Foods	No. 10 Can (108 oz)	47.60	1/4 cup fruit	2.20	1 No. 10 can = about 12 cups applesauce
	No. 2-1/2 Can (29 oz)	12.80	1/4 cup fruit	7.90	1 No. 2-1/2 can = about 3-1/8 cups applesauce
	23 oz Jar	10.10	1/4 cup fruit	10.00	
BANANAS					
Apple Bananas, fresh 4-1/2 to 5-1/2 inch, Whole	Pound	7.16	1/4 cup fruit, unpeeled (about 1 apple banana)	14.00	
Apple Bananas, fresh 4-1/2 inch to 5-1/2 inch, Sliced	Pound	7.16	1/4 cup raw, 1/2-inch sliced fruit	14.00	1 lb AP = 0.66 lb (about 1-3/4 cups) peeled, 1/2-inch slices of apple banana
APRICOTS					
Apricots, fresh Medium (approx. 1- 3/8 inch diameter), Whole	Pound	11.90	1/4 cup fruit (about 1 whole, medium, raw apricot)	8.50	1 lb AP = 0.93 lb ready-to-serve, raw apricots
	Pound	10.80	1/4 cup raw, seeded, unpeeled fruit halves	9.30	
Apricots, canned Diced, Includes USDA Foods	No. 10 Can (108 oz)	48.00	1/4 cup fruit and liquid	2.10	1 No. 10 can = about 12 cups fruit and liquid
Apricots, canned Halves, Unpeeled	No. 10 Can (106 oz)	48.00	1/4 cup fruit and liquid	2.10	
	No. 10 Can (106 oz)	29.32	1/4 cup drained fruit	3.42	1 No. 10 can = about 62.0 oz (7-1/3 cups) drained apricots
	No. 2-1/2 Can (29 oz)	13.20	1/4 cup fruit and liquid	7.60	
	No. 2-1/2 Can (29 oz)	7.50	1/4 cup drained fruit	13.34	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 liquid	15.30	
	No. 300 Can (15-1/4 oz)	6.08	1/4 cup heated, drained fruit	16.50	

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APRICOTS (continued)					
Apricots, canned Slices, Peeled	No. 10 Can (106 oz)	45.70	1/4 cup fruit and liquid	2.20	
	No. 10 Can (106 oz)	30.64	1/4 cup drained fruit	3.27	1 No. 10 can = about 62.0 oz (7-2/3 cups) drained apricots
	No. 2-1/2 Can (29 oz)	12.50	1/4 cup fruit and liquid	8.00	
	No. 2-1/2 Can (29 oz)	8.00	1/4 cup drained fruit	12.50	1 No. 2-1/2 can = about 17.2 oz (2 cups) drained apricots
	Pound	6.90	1/4 cup fruit and liquid	14.50	
	Pound	4.50	1/4 cup drained fruit	22.23	1 lb AP = about 8.9 oz (1-1/8 cups) drained apricots
Apricots, canned Whole, With pits, Peeled	No. 10 Can (106 oz)	44.20	1/4 cup pitted fruit and liquid	2.30	
	No. 10 Can (106 oz)	29.00	1/4 cup pitted, drained fruit	3.45	1 No. 10 can = about 52.0 oz (7-1/4 cups) drained, pitted apricots
	No. 2-1/2 Can (29 oz)	12.10	1/4 cup pitted fruit and liquid	8.30	
	No. 2-1/2 Can (29 oz)	7.00	1/4 cup pitted, drained fruit	14.29	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 liquid	15.00	
	Pound	4.00	1/4 cup pitted, drained fruit	25.00	1 lb AP = about 6.9 oz (1 cup) drained, pitted apricots
Apricots, canned Whole, With pits, Unpeeled	No. 10 Can (106 oz)	43.60	1/4 cup pitted fruit and liquid	2.30	
	No. 10 Can (106 oz)	25.32	1/4 cup pitted, drained fruit	4.00	1 No. 10 can = about 53.0 oz (6-1/3 cups) drained, pitted apricots
	No. 2-1/2 Can (29 oz)	11.90	1/4 cup pitted fruit and liquid	8.50	
	No. 2-1/2 Can (29 oz)	7.00	1/4 cup pitted, drained fruit	14.29	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 liquid	15.20	
	Pound	3.50	1/4 cup pitted, drained fruit	28.58	1 lb AP = about 7.0 oz (7/8 cup) drained, pitted apricots
Apricots, frozen Unsweetened, Halves, Unpeeled	Pound	6.70	1/4 cup cooked fruit and liquid	15.00	1 lb AP = 1-2/3 cups cooked fruit
	Pound	7.25	1/4 cup thawed fruit and liquid	13.80	1 lb AP = 1-3/4 cups thawed fruit and liquid

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APRICOTS (continued)					
	Pound	4.90	1/4 cup thawed, drained fruit	20.50	1 lb AP = 1-1/8 cups thawed, drained fruit
Apricots, frozen Unsweetened, Sliced, Unpeeled	Pound	7.26	1/4 cup thawed fruit and liquid	13.80	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	20.40	1 lb AP = 0.63 lb (about 1-1/8 cups) ready-to-serve, thawed, drained apricots
	20 lb Bag	142.60	1/4 cup thawed fruit and liquid	0.71	20 lb Bag = about 35-2/3 cups thawed apricots and liquid
	20 lb Bag	96.40	1/4 cup thawed, drained fruit	1.10	20 lb Bag = about 24-1/8 cups thawed, drained apricots
Apricots, dried Halves, Regular moisture	Pound	11.30	1/4 cup fruit (credits as 1/2 cup fruit in NSLP/SBP and CACFP)	8.90	1 lb dry = about 2-7/8 cups or 100 apricot halves; 1/4 cup fruit = 9 medium dried halves
	Pound	23.40	1/4 cup cooked fruit	4.30	1 lb dry = about 2-7/8 cups or 100 apricot halves
BANANAS					
Bananas, fresh 150 count, 7 to 7-7/8 inch, Whole	Pound	3.60	1 banana (1/2 cup fruit)	27.80	
	Pound	7.20	1/4 cup sliced fruit	13.90	1 lb AP = 0.64 lb (about 1-5/8 cups) ready-to-serve banana slices
Bananas, fresh 100-120 count, Regular, Whole	Pound	7.07	1/4 cup raw, 1/2-inch sliced fruit	14.20	1 lb AP = 0.64 lb (about 1-3/4 cups) peeled, 1/2-inch slices of bananas
	Pound	5.39	1/4 cup raw fruit, unpeeled (about 1/2 banana)	18.60	
	Pound	5.20	1/4 cup mashed fruit	19.30	
Bananas, canned Mashed	No. 10 Can (116 oz)	50.90	1/4 cup fruit	2.00	
	Pound	7.00	1/4 cup fruit	14.30	
Bananas, frozen Unsweetened, Puree ¹	Pound	8.00	1/4 cup thawed fruit puree	12.50	1 lb AP = about 2 cups thawed fruit puree
Bananas, dried² Slices, 100% dried fruit only	Pound	19.60	1/4 cup dried fruit slices (credits as 1/2 cup fruit in NSLP/SBP and CACFP)	5.20	1 lb AP = 1 lb (about 4-7/8 cups) ready-to-serve dried bananas
BLACKBERRIES (BOYSENBERRIES)					
Blackberries (Boysenberries), fresh, Whole, (Similar to Wild Blackberries)	Quart (20 oz)	14.90	1/4 cup raw fruit	6.80	1 qt AP = 1.2 lb (about 3-3/4 cups) ready-to-serve raw blackberries

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BERRY BLEND					
Berry blend, frozen Unsweetened	Pound	7.83	1/4 cup thawed, drained fruit	12.80	1 lb AP = 0.85 lb (about 1-7/8 cups) thawed, drained fruit
BLACKBERRIES (BOYSENBERRIES)					
Blackberries (Boysenberries), fresh Whole, (Similar to Wild Blackberries)	Pound	11.90	1/4 cup raw fruit	8.50	1 lb AP = 0.96 lb (about 2-7/8 cups) ready-to-serve raw blackberries
Blackberries (Boysenberries), canned Whole	No. 10 Can (103 oz)	47.80	1/4 cup fruit and liquid	2.10	
	No. 10 Can (103 oz)	42.64	1/4 cup drained fruit	2.35	1 No. 10 can = about 66.0 oz (10-2/3 cups) drained blackberries
	Pound	7.42	1/4 cup fruit and liquid	13.50	
	Pound	6.00	1/4 cup drained	16.67	1 lb AP = about 9.2 oz (1-1/2 cups) drained blackberries
Blackberries (Boysenberries), frozen Unsweetened, Whole	Pound	8.00	1/4 cup cooked fruit (sugar added by SFA during cooking)	12.50	
	Pound	9.00	1/4 cup thawed fruit (sugar added by SFA)	11.20	
Blackberries (Boysenberries), frozen Unsweetened, Puree ¹	Pound	7.70	1/4 cup thawed fruit	13.00	1 lb AP = about 1-7/8 cups thawed fruit juice
	5 lb 12 oz Container	44.20	1/4 cup thawed fruit	2.30	5 lb 12 oz container = about 11 cups thawed fruit juice
BLUEBERRIES					
Blueberries, fresh Whole	Pint (14-1/4 oz)	10.70	1/4 cup raw fruit	9.40	1 pt AP = 0.87 lb (about 2-2/3 cups) ready-to-serve raw blueberries
	Pound	11.90	1/4 cup raw fruit	8.50	1 lb AP = 0.96 lb ready-to-serve raw blueberries
Blueberries, canned Whole	No. 10 Can (105 oz)	47.60	1/4 cup fruit and liquid	2.20	
	No. 10 Can (105 oz)	37.00	1/4 cup drained fruit	2.71	1 No. 10 can = about 55.0 oz (9-1/4 cups) drained blueberries
	No. 300 Can (15 oz)	6.80	1/4 cup fruit and liquid	14.80	
	No. 300 Can (15 oz)	5.50	1/4 cup drained fruit	18.20	1 No. 300 can = about 8.2 oz (1-3/8 cups) drained blueberries
	Pound	7.20	1/4 cup fruit and liquid	13.90	

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BLUEBERRIES (continued)					
Blueberries, frozen Unsweetened, Puree ¹	Pound	8.00	1/4 cup thawed fruit puree	12.50	1 lb AP = about 2 cups thawed fruit puree
Blueberries, frozen Unsweetened, Whole	Pound	7.80	1/4 cup cooked fruit (sugar added by SFA during cooking)	12.90	
Blueberries, frozen Unsweetened, Whole, Individually quick-frozen, Includes USDA Foods	Pound	11.90	1/4 cup thawed, unsweetened fruit	8.50	1 lb AP = 0.91 lb (2-7/8 cups) ready-to-serve blueberries
Blueberries, wild Frozen, Includes USDA Foods	Pound	15.00	1/4 cup thawed fruit	6.70	
Blueberries, dried Whole	Pound	12.40	1/4 cup dried fruit (credits as 1/2 cup fruit in NSLP/SBP and CACFP)	8.10	1 lb AP = 1 lb (about 3 cups) ready-to-serve dried blueberries
CACTUS FRUIT (PRICKLY PEAR)					
Cactus Fruit (Prickly Pear), fresh Whole fruit	Pound	4.83	1/4 cup peeled, diced fruit (1/2-inch cubes), with seeds	20.80	1 lb AP = 0.53 lb (about 1-1/8 cups) ready to serve raw, peeled, diced cactus fruit with seeds
	Pound	3.74	1/4 cup peeled, juice and pulp, without seeds	26.80	1 lb = 0.48 lb (about 7/8 cup) ready-to-cook peeled cactus juice and pulp without seeds
CANTALOUPE					
Cantaloupe, fresh ³ Whole, 18 Count (5-inch diameter, about 30 oz)	Pound	5.73	1/4 cup cubed or diced fruit	17.50	1 lb AP = 0.47 lb (about 1-3/8 cups) ready-to-serve raw melon, 1 melon = about 14 oz EP; 1/4 cup cubed or diced fruit = about 1/10 medium melon
Cantaloupe, fresh ³ Whole, 15 Count (5-3/4-inch diameter, about 40 oz)	Pound	6.74	1/4 cup cubed or diced fruit	14.90	1 lb AP = 0.56 lb (about 1-2/3 cups) ready-to-serve, raw, peeled, diced melon, 1 melon = about 1.3 lb EP; 1/4 cup cubed or diced fruit = about 1/16 large melon
Cantaloupe, frozen Melon balls, Unsweetened	Pound	8.70	1/4 cup fruit	11.50	1 lb = 35 melon balls
CHERRIES, MARASCHINO					
Cherries, Maraschino, canned Large	Pound	6.20	1/4 cup drained fruit	16.20	
Cherries, Maraschino, canned Small	Pound	5.70	1/4 cup drained fruit	17.60	

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CHERRIES, RED TART					
Cherries, Red Tart, fresh, Whole	Pound	6.40	1/4 cup cooked, pitted fruit, sugar added	15.70	1 lb AP = 0.87 lb pitted cherries
Cherries, Red Tart, canned Pitted, Water packed	No. 10 Can (102 oz)	46.80	1/4 cup fruit and liquid	2.20	1 No. 10 can = about 11-3/4 cups pitted cherries and liquid
	No. 10 Can (102 oz)	36.20	1/4 cup drained fruit	2.80	1 No. 10 can = about 70.0 oz (9 cups) drained, pitted cherries
	Pound	7.29	1/4 cup fruit and liquid	13.80	
	Pound	5.79	1/4 cup drained fruit	17.30	
Cherries, Red Tart, frozen Unsweetened, Pitted, Includes USDA Foods	Pound	11.40	1/4 cup thawed, fruit and liquid	8.80	1 lb AP = 0.98 lb (about 2-3/4 cups) thawed cherries and liquid
	Pound	7.00	1/4 cup drained fruit	14.30	1 lb AP = 0.70 lb (about 1-3/4 cups) thawed, drained cherries
	Pound	5.90	1/4 cup cooked fruit and liquid	17.00	
	40 lb Package	457.40	1/4 cup thawed, fruit and liquid	0.22	40 lb pkg = about 114-1/4 cups thawed cherries and liquid
	40 lb Package	280.80	1/4 cup thawed, drained fruit	0.36	40 lb pkg = about 70-1/8 cups thawed, drained cherries
Cherries, Red Tart, dried Whole, Without pits, Includes USDA Foods	40 lb Package	236.70	1/4 cup cooked fruit and liquid	0.43	
	Pound	11.80	1/4 cup dried fruit (credits as 1/2 cup fruit in NSLP/SBP and CACFP)	8.50	
	2 lb Package	23.60	1/4 cup dried fruit (credits as 1/2 cup fruit in NSLP/SBP and CACFP)	4.30	
	4 lb Package	47.20	1/4 cup dried fruit (credits as 1/2 cup fruit in NSLP/SBP and CACFP)	2.20	1 lb AP = 1 lb (about 2-7/8 cups) dried cherries
CHERRIES, SWEET					
Cherries, Sweet, fresh Whole, With pits	Pound	8.50	1/4 cup raw, pitted cherries	11.80	1 lb AP = 0.98 lb ready-to-serve with pits or 0.84 lb pitted cherries; 1/4 cup raw, pitted cherries = about 7 whole cherries
Cherries, Sweet, canned Whole, With pits	No. 10 Can (106 oz)	45.80	1/4 cup pitted, fruit and liquid	2.20	

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CHERRIES, SWEET (continued)					
Cherries, Sweet, canned Whole, With pits	No. 10 Can (106 oz)	37.00	1/4 cup pitted, drained fruit	2.70	1 No. 10 can = about 59.0 oz (9-1/4 cups) drained, pitted cherries
	No. 2-1/2 Can (29 oz)	12.50	1/4 cup pitted, fruit and liquid	8.00	
	No. 2-1/2 Can (29 oz)	9.50	1/4 cup pitted, drained fruit	10.50	1 No. 2-1/2 can = about 17.6 oz (2-3/8 cups) drained, pitted cherries
	Pound	6.91	1/4 cup pitted, fruit and liquid	14.50	
	Pound	5.32	1/4 cup pitted, drained fruit	18.80	1 lb AP = about 8.4 oz (1-1/3 cups) drained, pitted cherries
Cherries, Sweet, frozen Unsweetened, Pitted, Without stem, IQF	Pound	7.00	1/4 cup drained fruit	14.30	1 lb AP = 0.81 lb (about 1-3/4 cups) thawed, drained cherries
CHOCKEYCHERRIES					
Chokecherries, fresh Whole, With pits	Pound	7.00	1/4 cup raw, pitted fruit	14.30	1 lb AP = 0.60 lb (about 1.75 cups) pitted chokecherries
CLEMENTINES					
Clementines, fresh Whole	Pound	6.00	1 whole, peeled clementine (about 3/8 cup fruit)	16.70	1 lb AP = 0.86 lb (about 2-1/4 cups) peeled clementine sections
COCONUT					
Coconut, fresh or frozen Shredded	Pound	23.20	1/4 cup fruit	4.40	1 lb in shell = about 0.48 lb (2-3/4 cups) shredded or grated ready-to-serve
Coconut, dried Flakes	Pound	20.40	1/4 cup dried fruit (credits as 1/2 cup fruit in NSLP/SBP and CACFP)	5.00	
Coconut, dried Shredded	Pound	19.60	1/4 cup dried fruit (credits as 1/2 cup fruit in NSLP/SBP and CACFP)	5.20	
CRANBERRIES					
Cranberries, fresh Whole	Pound	15.60	1/4 cup raw, chopped fruit	6.50	1 lb AP = 0.95 lb ready-to-serve or -cook raw cranberries
	Pound	11.10	1/4 cup cooked fruit, sugar added, whole berry	9.10	1 lb AP = 0.95 ready-to-serve or -cook raw cranberries
	Pound	9.90	1/4 cup cooked fruit, sugar added, strained	10.20	1 lb AP = 0.95 lb ready-to-serve or -cook raw cranberries
Cranberries, dried Sweetened, Whole, Includes USDA Foods	Pound	13.80	1/4 cup dried fruit (credits as 1/2 cup fruit in NSLP/SBP and CACFP)	7.30	1 lb AP = 1 lb (about 3-3/8 cups) ready-to-serve or -cook cranberries

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CRANBERRIES (continued)					
Cranberries, dried Sweetened, Whole, Includes USDA Foods	5 lb Package	69.00	1/4 cup dried fruit (credits as 1/2 cup fruit in NSLP/SBP and CACFP)	1.50	1 lb AP = 1 lb (about 3-3/8 cups) ready-to-serve or -cook cranberries
	30 lb Package	414.00	1/4 cup dried fruit (credits as 1/2 cup fruit in NSLP/SBP and CACFP)	0.25	1 lb AP = 1 lb (about 3-3/8 cups) ready-to-serve or -cook cranberries
CRANBERRY RELISH or SAUCE					
Cranberry Relish or Sauce, canned Whole	No. 10 Can (117 oz)	48.00	1/4 cup fruit	2.10	
	No. 300 Can (16 oz)	6.70	1/4 cup fruit	15.00	
Cranberry Relish or Sauce, canned Strained	No. 10 Can (117 oz)	47.90	1/4 cup fruit	2.10	
	No. 300 Can (16 oz)	6.50	1/4 cup fruit	15.40	
CURRENTS					
Currents, dried	Pound	13.80	1/4 cup dried fruit (credits as 1/2 cup fruit in NSLP/SBP and CACFP)	7.30	1 lb dry = about 3-3/8 cups dry currents
DATES					
Dates, dried Moisturized, With pits, Whole	Pound	10.00	1/4 cup pitted, dried fruit (credits as 1/2 cup fruit in NSLP/SBP and CACFP)	10.00	
Dates, dried Pieces, Regular moisture	Pound	12.70	1/4 cup dried fruit (credits as 1/2 cup fruit in NSLP/SBP and CACFP)	7.90	1 lb dry = about 3-1/8 cups dried dates
	30 lb Package	383.60	1/4 cup dried fruit (credits as 1/2 cup fruit in NSLP/SBP and CACFP)	0.27	30 lb pkg = about 95-7/8 cups dried dates
Dates, dried Pitted, Regular moisture	Pound	11.10	1/4 cup whole, dried fruit (credits as 1/2 cup fruit in NSLP/SBP and CACFP)	9.10	1 lb dry = about 2-3/4 cups dried dates
	Pound	10.60	1/4 cup chopped, dried fruit (credits as 1/2 cup fruit in NSLP/SBP and CACFP)	9.50	1 lb dry = about 2-2/3 cups dried dates

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DRAGON FRUIT					
Dragon fruit (Pitaya), fresh Whole	Pound	6.67	1/4 cup diced fruit	15.00	1 lb AP = 0.71 lb (about 1-5/8 cups) peeled, diced fruit (about 1 dragon fruit)
FIGS					
Figs, fresh Small, Whole	Pound	8.00	1/4 cup small, raw fruit (about 2-1/2 figs)	12.50	1 lb AP = 1 lb (about 2 cups) ready-to-serve raw figs, 1 lb = about 20 small figs
Figs, canned Puree ¹	2 Gallons	128.00	1/4 cup fruit	0.80	2 gallon container = 32 cups fruit juice
Figs, canned Whole	No. 10 Can (110 oz)	49.30	1/4 cup fruit and liquid	2.10	
	No. 10 Can (110 oz)	35.00	1/4 cup drained fruit	2.90	1 No. 10 can = about 64.0 oz (8-3/4 cups) drained figs
	No. 2-1/2 Can (30 oz)	13.40	1/4 cup fruit and liquid	7.50	
	No. 2-1/2 Can (30 oz)	10.00	1/4 cup drained fruit	10.00	1 No. 2-1/2 can = about 18.6 oz (2-1/2 cups) drained figs
	Pound	7.17	1/4 cup fruit and liquid	14.00	
Figs, dried Whole	Pound	10.40	1/4 cup dried fruit (credits as 1/2 cup fruit in NSLP/SBP and CACFP), about 3 figs	9.70	1 lb dry = about 2-5/8 cups or 30 figs
	Pound	13.40	1/4 cup cooked fruit and liquid	7.50	1 lb dry = about 2-5/8 cups or 30 figs
Figs, dried Diced and Sugared	Pound	12.70	1/4 cup dried fruit pieces (credits as 1/2 cup fruit in NSLP/SBP and CACFP)	7.90	1 lb dry = 3-1/8 cups dried, sugared figs; 1/4 cup dried fruit pieces = about 28 pieces
	25 lb Box	319.90	1/4 cup diced fruit (credits as 1/2 cup fruit in NSLP/SBP and CACFP)	0.32	25 lb Box = about 80 cups dried, sugared figs; 1/4 cup dried fruit = about 28 pieces
FRUIT, MIXED					
Fruit, Mixed, chilled (may include: honeydew melon, cantaloupe, watermelon, grapes, etc.)	Gallon (97.7 oz)	64.00	1/4 cup fruit and liquid	1.60	1 gallon container = 16 cups fruit and liquid
Fruit, Mixed, canned Extra light syrup pack (peaches, pears, grapes), Includes USDA Foods	No. 10 Can (105 oz)	36.00	1/4 cup drained fruit	2.80	1 No. 10 can = about 4.2 lbs or about 67.2 oz (9 cups) drained fruit

Section 3 - Fruits

1. Food As Purchased (AP)	2. Purchase Unit	3. Servings per Purchase Unit, Edible Portion (EP)	4. Serving Size per Meal Contribution	5. Purchase Units for 100 Servings	6. Additional Information
FRUIT, MIXED (continued)					
Fruit, Mixed, canned Fruit Cocktail (peaches, pears, pineapple, grapes, cherries)	No. 10 Can (106 oz)	46.90	1/4 cup fruit and liquid	2.20	
	No. 10 Can (106 oz)	37.00	1/4 cup drained fruit	2.71	1 No. 10 can = about 69.0 oz (9-1/4 cups) drained fruit
	No. 2-1/2 Can (29 oz)	12.80	1/4 cup fruit and liquid	7.90	
	No. 2-1/2 Can (29 oz)	9.50	1/4 cup drained fruit	10.53	1 No. 2-1/2 can = about 18.3 oz (2-3/8 cups) drained fruit
	No. 300 Can (15 oz)	6.30	1/4 cup fruit and liquid	15.90	
Fruit, Mixed, canned (may include: apricots, peaches, pears, pineapple, cherries, grapes, etc.), Includes USDA Foods	No. 10 Can (106 oz)	48.60	1/4 cup fruit and liquid	2.10	
	No. 10 Can (106 oz)	34.00	1/4 cup drained fruit	3.00	1 No. 10 can = about 62.0 oz (8-1/2 cups) drained fruit
	No. 2-1/2 Can (29 oz)	13.30	1/4 cup fruit and liquid	7.60	
	No. 2-1/2 Can (29 oz)	9.32	1/4 cup drained fruit	10.73	1 No. 2-1/2 can = about 16.9 oz (2-1/3 cups) drained fruit
	No. 300 Can (15 oz)	6.50	1/4 cup fruit and liquid	15.40	
Fruit, Mixed, frozen Unsweetened (may include: peaches, grapes, apricots, pears, pineapple, cherries, etc.)	136 oz Tub	58.20	1/4 cup thawed, fruit and liquid	1.80	136 oz tub = about 14-3/8 cups thawed fruit and liquid
	136 oz Tub	23.40	1/4 cup thawed, drained fruit	4.30	136 oz tub = about 49.4 oz (5-3/4 cups) thawed, drained fruit
Fruit, Mixed, dried Regular moisture, Includes USDA Foods	Pound	9.70	1/4 cup dried fruit (credits as 1/2 cup fruit in NSLP/SBP and CACFP)	10.40	
GRAPEFRUIT					
Grapefruit, fresh 27-32 Count, (large), Whole	Pound	6.48	1/4 cup fruit sections peeled (about 2 sections)	15.50	1 lb AP = 0.74 lb (about 1-5/8 cups) peeled, ready-to-serve raw grapefruit sections
	Pound	4.53	1/4 cup fruit sections, peeled, without membrane (about 2 sections)	22.10	1 lb AP = 0.58 lb (about 1-1/8 cups) ready-to-serve raw, peeled grapefruit sections without membrane
	Pound	2.00	1/2 grapefruit (about 1/2 cup fruit and liquid)	50.00	1 lb AP = 0.48 lb (7/8 cup) fruit and liquid

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GRAPEFRUIT (continued)					
Grapefruit, fresh 27-32 Count, (large), Whole	Pound	3.50	1/4 cup fruit and liquid	28.60	1 lb AP = 0.48 lb (7/8 cup) fruit and liquid
Grapefruit, canned Sections	No. 3 Cylinder (50 oz)	23.30	1/4 cup fruit and liquid	4.30	
	No. 3 Cylinder (50 oz)	12.50	1/4 cup drained fruit	8.00	1 No. 3 Cyl = about 26.0 oz (3-1/8 cups) drained grapefruit
Grapefruit, frozen Sections, Unsweetened	Pound	7.50	1/4 cup fruit and liquid	13.40	
	Pound	4.50	1/4 cup drained fruit	22.23	1 lb AP = about 0.55 lb (1-1/8 cups) thawed, drained grapefruit
GRAPEFRUIT and ORANGE SECTIONS					
Grapefruit and Orange Sections, chilled	Gallon (136 oz)	63.90	1/4 cup fruit and liquid	1.60	
	Gallon (136 oz)	53.00	1/4 cup drained fruit	1.89	1 gallon = about 91.0 oz (13-1/4 cups) drained fruit
	Pound	7.51	1/4 cup fruit and liquid	13.40	
	No. 3 Cylinder	22.60	1/4 cup fruit and liquid	4.50	
	No. 3 Cylinder	14.00	1/4 cup drained fruit	7.15	1 No. 3 Cyl = about 26.0 oz (3-1/2 cups) drained fruit
Grapefruit and Orange Sections, canned	Pound	7.23	1/4 cup fruit and liquid	13.90	
	Pound	4.50	1/4 cup drained fruit	22.23	1 lb AP = about 8.5 oz (1-1/8 cups) drained fruit
GRAPES					
Grapes, fresh Seedless, Whole, With stem	Pound	10.50	1/4 cup whole fruit	9.60	1 lb AP = 0.97 lb (about 2-5/8 cups) ready-to-serve grapes; 1/4 cup whole fruit = about 7 large grapes
	Pound	9.27	1/4 cup fruit halves	10.80	1 lb AP = 0.97 lb (about 2-1/4 cups) ready-to-serve grape halves; 1/4 cup fruit halves = about 14 large grape halves
Grapes, fresh Seedless, Whole, Without stem	Pound	11.66	1/4 cup whole fruit	8.60	
Grapes, fresh Whole, With seeds and stem	Pound	10.10	1/4 cup seeded fruit halves	10.00	1 lb AP = 0.89 lb raw seeded grapes; 1/4 cup seeded fruit halves = about 12 grape halves
Grapes, canned Seedless, Whole	No. 10 Can (108 oz)	50.00	1/4 cup fruit and liquid	2.00	
	No. 10 Can (108 oz)	40.00	1/4 cup drained fruit	2.50	1 No. 10 can = about 67.0 oz (10 cups) drained grapes

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1. Food As Purchased (AP)	2. Purchase Unit	3. Servings per Purchase Unit, Edible Portion (EP)	4. Serving Size per Meal Contribution	5. Purchase Units for 100 Servings	6. Additional Information
GRAPES (continued)					
Grapes, canned Seedless, Whole	No. 2-1/2 Can (30 oz)	13.80	1/4 cup fruit and liquid	7.30	
	No. 2-1/2 Can (30 oz)	11.00	1/4 cup drained fruit	9.10	1 No. 2-1/2 can = about 18.6 oz (2-3/4 cups) drained grapes
	Pound	7.40	1/4 cup fruit and liquid	13.60	
	Pound	6.00	1/4 cup drained fruit	16.67	1 lb AP = about 9.9 oz (1-1/2 cups) drained grapes
GUAVA					
Guava, frozen Puree ¹ , Unsweetened	30 oz Container	13.30	1/4 cup fruit	7.60	30 oz container = about 29.6 oz (3-1/3 cups) thawed fruit juice
	Pound	7.20	1/4 cup fruit	13.90	
HONEYDEW MELONS					
Honeydew Melon, fresh³ Whole	Pound	4.90	1/4 cup fruit cubes	20.50	1 lb AP = 0.46 lb (about 1-1/8 cups) ready-to-serve melon cubes
Honeydew Melon, frozen Unsweetened	Pound	8.70	1/4 cup fruit balls	11.50	1 lb = about 35 melon balls
HUCKLEBERRIES					
Huckleberries, wild, fresh Whole	Pound	10.00	1/4 cup raw fruit	10.00	1 lb AP = 1 lb (about 2-1/2 cups) ready-to-serve raw wild huckleberries
Huckleberries, wild, frozen Whole, IQF	Pound	11.00	1/4 cup thawed fruit	9.10	1 lb AP = 0.94 lb (about 2-3/4 cup) thawed wild huckleberries
JUICES					
Juices, canned^{4,5} Single strength (100% fruit juice such as apple, grape, grapefruit, grapefruit- orange, lemon, lime, orange, pineapple, prune, tangerine)	No. 10 Can (96 fl oz)	48.00	1/4 cup fruit juice	2.10	1 No. 10 can = 12 cups juice
	No. 3 Can (46 fl oz)	23.00	1/4 cup fruit juice	4.40	
	Quart (32 fl oz)	16.00	1/4 cup fruit juice	6.30	
	No. 2-1/2 Can (25-1/2 fl oz)	12.70	1/4 cup fruit juice	7.90	
Juices, frozen^{4,5} Concentrated, any fruit (such as apple, grape, grapefruit, grapefruit- orange, and orange) (1 part juice concentrate to 3 parts water)	32 oz Can (about 38 oz)	64.00	1/4 cup 1 tablespoon concentrate (1/4 cup fruit juice)	1.60	32 fl oz can reconstituted = 16 cups (128 fl oz). Reconstitute 1 part juice concentrate with not more than 3 parts water.

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JUICES (continued)					
Juices, frozen Concentrated, any fruit (such as apple, grape, grapefruit, grapefruit-orange, and orange) (1 part juice concentrate to 3 parts water)	6 oz Can (about 7 oz)	12.00	1 tablespoon concentrate (1/4 cup fruit juice)	8.40	6 fl oz can reconstituted = 3 cups (24 fl oz)
KIWI					
Kiwi, fresh 33-39 Count, Whole	Pound	8.38	1/4 cup peeled fruit chunks	12.00	1 lb AP = 0.87 lb (about 2 cups) ready-to-serve peeled kiwi chunks
	Pound	10.60	1/4 cup unpeeled fruit chunks	9.50	1 lb AP = 0.99 lb (about 2-2/3 cups) ready-to-serve unpeeled kiwi chunks
	Pound	8.99	1/4 cup peeled fruit slices	11.20	1 lb AP = 0.85 lb (about 2-1/4 cups) ready-to-serve peeled 1/4-inch kiwi slices; 1/4 cup peeled fruit slices = about six 1/4-inch slices
	Pound	11.60	1/4 cup unpeeled fruit slices	8.70	1 lb AP = 0.99 lb (about 2-7/8 cups) ready-to-serve unpeeled 1/4-inch kiwi slices; 1/4 cup unpeeled fruit slices = about six 1/4-inch slices
	Pound	10.80	1/4 cup unpeeled fruit halves	9.30	1 lb AP = 0.99 lb ready-to-serve unpeeled kiwi halves; 1/4 cup unpeeled fruit halves = about 2 halves or 3/4 of a whole kiwi
LEMONS					
Lemons, fresh Whole	Pound	3.10	1/4 cup fruit juice	32.30	1 lb AP = 0.43 lb (about 3/4 cup) juice
LIMES					
Limes, fresh Whole	Pound	3.50	1/4 cup fruit juice	28.60	1 lb AP = 0.47 lb (about 7/8 cup) juice
LYCHEE					
Lychee, fresh Whole	Pound	6.00	1/4 cup pitted fruit	16.70	1 lb AP = 0.69 lb peeled, pitted lychee
MANGOES					
Mangoes, fresh Whole	Pound	7.60	1/4 cup cubed or sliced fruit	13.20	1 lb AP = 0.69 lb ready-to-serve raw mangoes
Mangoes, frozen Unsweetened, Cubed, IQF	Pound	6.00	1/4 cup thawed, drained fruit	16.70	1 lb AP = 0.74 lb (about 1-1/2 cups) thawed, drained fruit
Mangoes, frozen Unsweetened, Diced	Pound	7.50	1/4 cup thawed, drained fruit	13.40	1 lb AP = 0.86 lb (about 1-7/8 cups) thawed, drained fruit

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MANGOES (continued)					
Mangoes, dried Slices, 100% dried fruit only	Pound	21.00	1/4 cup dried fruit (credits as 1/2 cup fruit in NSLP/SBP and CACFP)	4.80	1 lb AP = 1 lb (about 5-1/4 cups) ready-to-serve dried mangoes
NECTARINES					
Nectarines, fresh All sizes	Pound	10.70	1/4 cup unpeeled, diced fruit	9.40	1 lb AP = 0.88 lb ready-to-serve unpeeled 1/2-inch nectarine slices
Nectarines, fresh Size 88-96 (2-1/4 inch diameter), Whole	Pound	4.40	1 whole, raw nectarine (about 1/2 cup fruit)	22.80	
	Pound	8.80	1/4 cup fruit and liquid (about 1/2 nectarine)	11.40	
Nectarines, fresh Size 56-64 (2-3/4 inch diameter), Whole	Pound	3.05	1 whole, raw nectarine (about 3/4 cup fruit)	32.80	
	Pound	9.15	1/4 cup fruit and liquid	11.00	1/4 cup fruit and liquid = about 1/3 nectarine
ORANGES					
Oranges, fresh All sizes, Whole, Includes USDA Foods	Pound	3.50	1/4 cup fruit sections, membranes removed, drained	28.60	1 lb AP = 0.40 lb ready-to-serve oranges
	Pound	3.60	1/4 cup fruit juice	27.80	1 lb AP = 0.48 lb (7/8 cup) juice
Oranges, fresh 72-88 count (approx. 3-inch diameter), Arizona or California, Whole	Pound	10.16	1/4 cup fruit sections, membranes removed, drained	9.90	1 lb = 0.73 lb (about 2-1/2 cups) ready-to-serve oranges
Oranges, fresh 138 count, Arizona or California, Whole	Pound	3.40	1 orange (about 1/2 cup fruit and liquid)	29.50	
	Pound	6.80	1/4 cup fruit and liquid (about 1/2 peeled orange)	14.80	
Oranges, fresh 125 count, Florida or Texas, Whole	Pound	2.90	1 orange (about 5/8 cup fruit and liquid)	34.50	
Oranges, fresh 126 count, Florida or Texas, Whole	Pound	7.02	1/4 cup fruit and liquid (about 1/2 peeled orange)	14.30	1 lb AP = about 0.76 lb (1-3/4 cups) ready-to-serve peeled oranges
Oranges, fresh 113 count, Arizona or California, Whole	Pound	2.80	1 orange (about 5/8 cup fruit and liquid)	35.80	
	Pound	5.60	1/4 cup fruit and liquid (about 1/2 peeled orange)	17.90	

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ORANGES (continued)					
Oranges, fresh Mandarin	Pound	10.00	1/4 cup peeled fruit sections	10.00	1 lb AP = 0.73 lb (about 2-1/2 cups) peeled mandarin sections
Oranges, canned Mandarin	No. 10 Can (106 oz)	46.37	1/4 cup fruit and liquid	2.20	1 No. 10 can = about 11-1/2 cups mandarins and liquid
	No. 10 Can (106 oz)	30.20	1/4 cup drained fruit	3.40	1 No. 10 can = about 60 oz (7-1/2 cups) drained mandarins
	Pound	7.30	1/4 cup fruit and liquid	13.70	
	Pound	6.00	1/4 cup drained fruit	16.70	1 lb AP = about 0.61 lb (about 1-1/2 cups) drained mandarins
PAPAYA					
Papaya, fresh Whole	Pound	8.60	1/4 cup cubed fruit	11.70	1 lb AP = about 0.67 lb ready-to-serve papaya
	Pound	5.10	1/4 cup mashed fruit	19.70	1 lb AP = about 0.67 lb ready-to-serve papaya
Papaya, frozen Puree ¹ , Unsweetened	30 oz Container	12.80	1/4 cup fruit	7.90	30 oz container = about 3-1/4 cups thawed papaya juice
	Pound	7.21	1/4 cup fruit	13.90	1 lb AP = about 1-3/4 cups thawed papaya juice
PASSION FRUIT					
Passion Fruit, fresh Whole	Pound	3.45	1/4 cup juice and pulp (no seeds)	29.00	1 lb AP = 0.45 lb (about 1-3/4 cups) ready-to-serve seedless, raw passion fruit juice and pulp
PEACHES					
Peaches, fresh Size 88 and 84, (small), (2-1/8 inch diameter), Whole	Pound	5.50	1 whole, raw small peach (about 3/8 cup fruit)	18.20	
	Pound	8.25	1/4 cup fruit (about 2/3 peach)	12.20	
Peaches, fresh Size 80, Whole	Pound	4.50	1 whole, raw peach (about 1/2 cup fruit)	22.30	
	Pound	9.00	1/4 cup fruit (about 1/2 peach)	11.20	
	Pound	10.70	1/4 cup raw, sliced fruit (about 3 slices, 1/2-inch slices)	9.40	1 lb AP = 0.93 lb (about 2-2/3 cups) ready-to-serve unpeeled, pitted, sliced peaches
	Pound	10.20	1/4 cup raw, diced fruit	9.90	1 lb AP = 0.93 lb (about 2-1/2 cups) ready-to-serve unpeeled, pitted, diced peaches
Peaches, fresh Size 64 & 60, (medium), (2-1/2 inch diameter), Whole	Pound	3.50	1 whole raw peach (about 2/3 cup fruit)	28.60	

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PEACHES (continued)					
Peaches, fresh Size 64 & 60, (medium), (2-1/2 inch diameter), Whole	Pound	7.00	1/4 cup fruit (about 1/2 peach)	14.70	1 lb AP = 0.76 lb ready-to-serve or -cook unpeeled, pitted, raw peaches
	Pound	5.10	1/4 cup raw, diced fruit	19.70	1 lb AP = 0.76 lb ready-to-serve or -cook unpeeled, pitted, raw peaches
	Pound	7.70	1/4 cup raw, sliced fruit	13.00	1 lb AP = 0.76 lb ready-to-serve or -cook unpeeled, pitted, raw peaches
	Pound	7.40	1/4 cup cooked, sliced fruit, sugar added	13.60	
Peaches, fresh Size 56, Whole	Pound	2.89	1 whole raw peach (about 3/4 cup fruit)	34.70	
	Pound	8.67	1/4 cup fruit	11.60	1/4 cup fruit = about 1/3 peach
	Pound	10.64	1/4 cup unpeeled, pitted, diced fruit	9.40	1 lb AP = 0.96 lb (about 2-2/3 cups) ready-to-serve unpeeled, pitted, diced peaches
Peaches, canned Clings, Diced, Light syrup pack, Includes USDA Foods	No. 10 Can (106 oz)	48.60	1/4 cup fruit and liquid	2.10	1 No. 10 can = about 12-1/8 cups fruit and liquid
	No. 10 Can (106 oz)	35.40	1/4 cup drained fruit	2.90	1 No. 10 can = about 79.0 oz (8-3/4 cups) drained peaches
	No. 2-1/2 Can (29 oz)	13.30	1/4 cup fruit and liquid	7.60	1 No. 2-1/2 can = about 3-1/3 cups peaches and liquid
	No. 2-1/2 Can (29 oz)	9.10	1/4 cup drained fruit	11.00	1 No. 2-1/2 can = about 17.5 oz (2-1/4 cups) drained peaches
	Pound	7.33	1/4 cup fruit and liquid	13.70	
	Pound	5.34	1/4 cup drained fruit	18.80	1 lb AP = about 9.8 oz (1-1/4 cups) drained peaches
Peaches, canned Clings or Freestone, Halves	No. 10 Can (106 oz)	47.10	1/4 cup fruit and liquid (about 1 peach half with juice)	2.20	
	No. 10 Can (106 oz)	32.50	1/4 cup drained fruit, clings	3.10	1 No. 10 can = about 64.0 oz (8-1/8 cups) drained clings
	No. 10 Can (106 oz)	26.60	1/4 cup drained fruit, Freestones	3.80	1 No. 10 can = about 60.0 oz (6-2/3 cups) drained Freestones
	No. 2-1/2 Can (29 oz)	12.90	1/4 cup fruit and liquid	7.80	
	No. 2-1/2 Can (29 oz)	8.50	1/4 cup drained fruit, clings	11.80	1 No. 2-1/2 can = about 17.0 oz (2-1/8 cups) drained clings
	No. 2-1/2 Can (29 oz)	8.00	1/4 cup drained fruit, Freestones	12.50	1 No. 2-1/2 can = about 15.7 oz (2 cups) drained Freestones

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PEACHES (continued)					
	No. 300 Can (15 oz)	6.36	1/4 cup fruit and liquid	15.80	
Peaches, canned Clings, Sliced, Light syrup pack, Includes USDA Foods	No. 10 Can (105 oz)	50.00	1/4 cup fruit and liquid	2.00	1 No. 10 can = about 105.0 oz (12-1/2 cups) fruit and liquid
	No. 10 Can (105 oz)	36.10	1/4 cup drained fruit	2.80	1 No. 10 can = about 72.0 oz (9 cups) drained peaches
Peaches, canned Clings, Quarters	No. 10 Can (106 oz)	48.50	1/4 cup fruit and liquid	2.10	
	No. 10 Can (106 oz)	39.50	1/4 cup drained fruit	2.60	1 No. 10 can = about 71.0 oz (9-7/8 cups) drained peaches
Peaches, canned Freestone, Sliced, Includes USDA Foods	No. 10 Can (106 oz)	47.50	1/4 cup fruit and liquid	2.20	
	No. 10 Can (106 oz)	27.00	1/4 cup drained fruit	3.80	1 No. 10 can = about 60.0 oz (6-3/4 cups) drained Freestones
	No. 2-1/2 Can (29 oz)	13.00	1/4 cup fruit and liquid	7.70	
	No. 2-1/2 Can (29 oz)	8.00	1/4 cup drained fruit	12.50	1 No. 2-1/2 can = about 15.7 oz (2 cups) drained Freestones
	No. 300 Can (16 oz)	6.40	1/4 cup fruit and liquid	15.70	
	No. 300 Can (16 oz)	3.00	1/4 cup drained fruit	33.40	1 No. 300 can = about 8.1 oz (3/4 cup) drained Freestones
Peaches, canned Spiced, Whole	Pound	2.70	2 small peaches (about 1/4 cup drained, pitted, fruit)	37.10	1 lb AP = 0.34 lb drained, pitted peaches
Peaches, frozen Diced, Sweetened	No. 12 Tub (136 oz)	64.00	1/4 cup thawed, fruit and liquid	1.60	1 No. 12 tub = about 136.0 oz (16 cups) thawed peaches and liquid
	No. 12 Tub (136 oz)	47.90	1/4 cup thawed, drained fruit	2.10	1 No. 12 tub = about 102.4 oz (12 cups) thawed drained fruit
	Pound	7.47	1/4 cup thawed, fruit and liquid	13.40	1 lb AP = 1 lb (about 1-3/4 cups) thawed fruit and liquid
	Pound	5.60	1/4 cup thawed, drained fruit	17.90	1 lb AP = 0.72 lb (about 1-3/8 cups) thawed, drained fruit
Peaches, frozen Sliced, Sweetened or Unsweetened, Includes USDA Foods	Pound	7.34	1/4 cup thawed, fruit and liquid	13.70	1 lb AP = about 1-3/4 cups thawed peaches and liquid
	Pound	5.46	1/4 cup thawed, drained fruit	18.40	1 lb AP = 0.97 lb (about 1-1/3 cups) thawed, drained peaches
	Pound	7.10	1/4 cup cooked fruit	14.10	

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PEACHES (continued)					
Peaches, frozen Sliced, Sweetened or Unsweetened, Includes USDA Foods	20 lb Bag	147.40	1/4 cup thawed, fruit and liquid	0.68	20-lb Bag = about 36-7/8 cups thawed peaches and liquid
	20 lb Bag	109.30	1/4 cup thawed, drained fruit	0.92	20-lb Bag = about 27-1/3 cups thawed, drained peaches
	20 lb Bag	142.00	1/4 cup cooked fruit	0.71	
Peaches, dried Halves	Pound	12.70	1/4 cup dried fruit (credits as 1/2 cup fruit in NSLP/SBP and CACFP)	7.90	1 lb AP = about 3-1/8 cups ready-to-serve dried peach halves
	Pound	22.90	1/4 cup cooked fruit and liquid	4.40	
PEARS					
Pears, fresh All sizes, Whole, Includes USDA Foods	Pound	7.90	1/4 cup raw, pared, sliced fruit	12.70	
	Pound	5.70	1/4 cup cooked, pared, fruit halves, sugar added	17.60	
Pears, fresh 150 count, Whole	Pound	4.10	1 whole, raw pear (about 1/2 cup fruit)	24.40	1 lb AP = 0.92 lb ready-to-serve or -cook raw, unpared pears
Pears, fresh 120 count, Whole	Pound	3.30	1 whole, raw, medium pear (about 3/4 cup fruit)	30.40	
	Pound	7.10	1/4 cup raw, pared, cubed fruit	14.10	1 lb AP = 0.78 lb ready-to-serve or -cook raw, pared pears
Pears, fresh 100 count, D'Anjou or, Bosc or, Bartlett, Whole	Pound	2.29	1 whole, raw pear (about 1-1/4 cups fruit)	43.70	1 lb AP = 0.94 lb (about 3 cups) ready-to-cook or -serve raw cored, wedged pears
Pears, canned Diced, Packed in juice or light syrup, Includes USDA Foods	No. 10 Can (106 oz)	47.60	1/4 cup fruit and liquid	2.20	
	No. 10 Can (106 oz)	38.00	1/4 cup drained fruit	2.70	1 No. 10 can = about 66.0 oz (9-1/2 cups) drained pears
	No. 2-1/2 Can (29 oz)	13.10	1/4 cup fruit and liquid	7.70	
	No. 2-1/2 Can (29 oz)	10.50	1/4 cup drained fruit	9.60	1 No. 2-1/2 can = about 18.4 oz (2-5/8 cups) drained pears
	Pound	7.20	1/4 cup fruit and liquid	13.90	
	Pound	6.00	1/4 cup drained fruit	16.70	1 lb AP = about 10.2 oz (1-1/2 cups) drained pears

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1. Food As Purchased (AP)	2. Purchase Unit	3. Servings per Purchase Unit, Edible Portion (EP)	4. Serving Size per Meal Contribution	5. Purchase Units for 100 Servings	6. Additional Information
PEARS (continued)					
Pears, canned Halves, Packed in juice or light syrup, Includes USDA Foods	No. 10 Can (105 oz)	52.00	1/4 cup fruit and liquid (about 1 pear half with juice)	2.00	
	No. 10 Can (105 oz)	31.00	1/4 cup drained fruit	3.30	1 No. 10 can = about 62.0 oz (7-3/4 cups) drained pears
	No. 2-1/2 Can (29 oz)	14.30	1/4 cup fruit and liquid (about 1 pear half with juice)	7.00	
	No. 2-1/2 Can (29 oz)	8.00	1/4 cup drained fruit	12.50	1 No. 2-1/2 can = about 15.8 oz (2 cups) drained pears
	No. 300 Can (15 oz)	7.02	1/4 cup fruit and liquid (about 1 pear half with juice)	14.30	
	No. 300 Can (15 oz)	3.00	1/4 cup drained fruit	33.40	1 No. 300 can = about 7.3 oz (3/4 cup) drained pears
Pears, canned Sliced, Packed in juice or light syrup, Includes USDA Foods	No. 10 Can (105 oz)	49.70	1/4 cup fruit and liquid	2.10	1 No. 10 can = about 12-3/8 cups pears and liquid
	No. 10 Can (105 oz)	29.50	1/4 cup drained fruit	3.40	1 No. 10 can = about 59.6 oz (7-3/8 cups) drained pears
Pears, dried Regular moisture, Halves	Pound	10.70	1/4 cup dried fruit (about 2-1/2 halves, credits as 1/2 cup fruit in NSLP/SBP and CACFP)	9.40	1 lb AP = about 2-2/3 cups or 22 dried pear halves
	Pound	20.30	1/4 cup cooked fruit and liquid	5.00	
PERSIMMONS					
Persimmons, fresh Japanese, Fuyu, Whole	Pound	11.70	1/4 cup unpeeled, diced, raw fruit	8.60	1 lb AP = 0.98 lb (about 2-7/8 cups) ready-to-serve raw, 1/2-inch diced, unpeeled persimmons
	Pound	15.70	1/4 cup unpeeled, raw fruit wedges	6.40	1 lb AP = 0.98 lb (about 3-7/8 cups) ready-to-serve raw, unpeeled persimmons wedges
PINEAPPLE					
Pineapple, fresh Whole	Pound	6.40	1/4 cup raw, cubed fruit	15.70	1 lb AP = 0.54 lb ready-to-serve raw pineapple
	Pound	4.61	1/4 cup raw sticks (about 3 sticks, 1/2-inch by 3-inch sticks)	21.70	1 lb AP = 0.57 lb (about 1-1/8 cups) ready-to-serve 1/2-inch by 3-inch pineapple sticks
	Pound	7.50	1/4 cup fruit and liquid	13.40	
Pineapple, canned Chunks, Packed in juice or light syrup	No. 10 Can (106 oz)	49.90	1/4 cup fruit and liquid	2.10	1 No. 10 can = about 12-3/8 cups pineapple and liquid

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1. Food As Purchased (AP)	2. Purchase Unit	3. Servings per Purchase Unit, Edible Portion (EP)	4. Serving Size per Meal Contribution	5. Purchase Units for 100 Servings	6. Additional Information
PINEAPPLE (continued)					
Pineapple, canned Chunks, Packed in juice or light syrup	No. 10 Can (106 oz)	31.80	1/4 cup drained fruit	3.20	1 No. 10 can = about 64.6 oz (8 cups) drained pineapple
	No. 2 Can (20 oz)	9.40	1/4 cup fruit and liquid	10.70	
	No. 2 Can (20 oz)	7.50	1/4 cup drained fruit	13.40	1 No. 2 can = about 12.4 oz (1-7/8 cups) drained pineapple
Pineapple, canned Chunks, Packed in juice	No. 300 Can (15-1/4 oz can)	8.08	1/4 cup fruit and juice	12.40	1 15-1/4 oz can = about 1-3/4 cups fruit and juice
	No. 300 Can (15-1/4 oz can)	5.58	1/4 cup drained fruit	18.00	1 15-1/4 oz can = about 9 oz (1-1/4 cups) drained pineapple
Pineapple, canned Chunks, Packed in juice or light syrup	Pound	7.53	1/4 cup fruit and liquid	13.30	
Pineapple, canned Crushed, Packed in juice or light syrup	No. 10 Can (106 oz)	49.50	1/4 cup fruit and liquid	2.10	1 No. 10 can = about 12-3/8 cups pineapple and liquid
	No. 10 Can (106 oz)	36.10	1/4 cup drained fruit	2.80	1 No. 10 can = about 75.6 oz (9 cups) drained pineapple
	No. 2 Can (20 oz)	9.20	1/4 cup fruit and liquid	10.90	
	No. 2 Can (20 oz)	8.00	1/4 cup drained fruit	12.50	1 No. 2 can = about 13.8 oz (2 cups) drained pineapple
Pineapple, canned Crushed, Packed in juice	No. 300 Can (15-1/4 oz)	6.83	1/4 cup fruit and juice	14.70	1 15-1/4 oz can = about 1-3/4 cups fruit and juice
	No. 300 Can (15-1/4 oz)	4.33	1/4 cup drained fruit	23.10	1 15-1/4 oz can = about 8.5 oz (1 cup) drained pineapple
Pineapple, canned Crushed, Packed in juice or light syrup	Pound	7.56	1/4 cup fruit and liquid	13.30	
Pineapple, canned Slices, Packed in juice or light syrup	No. 10 Can (107 oz)	47.50	1/4 cup fruit and liquid	2.20	
	No. 10 Can (107 oz)	37.70	1/4 cup drained fruit	2.70	1 No. 10 can = about 62.0 oz (9-1/3 cups or 60 slices) drained pineapple; 1/4 cup drained fruit = about 1-3/4 slices
	No. 2 Can (20 oz)	8.87	1/4 cup fruit and liquid	11.30	
	No. 2 Can (20 oz)	7.04	1/4 cup drained fruit	14.30	1 No. 2 can = about 13.0 oz (2 cups) drained pineapple
	Pound	7.10	1/4 cup fruit and liquid	14.10	
	Pound	5.63	1/4 cup drained fruit	17.80	

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1. Food As Purchased (AP)	2. Purchase Unit	3. Servings per Purchase Unit, Edible Portion (EP)	4. Serving Size per Meal Contribution	5. Purchase Units for 100 Servings	6. Additional Information
PINEAPPLE (continued)					
Pineapple, canned Tidbits, Packed in juice or light syrup	No. 10 Can (106 oz)	50.10	1/4 cup fruit and liquid	2.00	1 No. 10 can = about 12 cups pineapple and liquid
	No. 10 Can (106 oz)	33.40	1/4 cup drained fruit	3.00	1 No. 10 can = about 67.3 oz (8-1/4 cups) drained pineapple
Pineapple, canned Tidbits, Packed in juice	No. 300 Can (15-1/4 oz)	7.66	1/4 cup fruit and juice	13.10	1 15-1/4 oz can = about 2 cups pineapple and juice
	No. 300 Can (15-1/4 oz)	6.00	1/4 cup drained fruit	16.70	1 15-1/4 oz can = about 1-1/2 cups drained pineapple
Pineapple, frozen Unsweetened, Chunks	Pound	7.30	1/4 cup thawed, drained fruit	13.70	1 lb AP = 0.61 lb (about 1-1/3 cups) thawed, drained pineapple
PLUMS					
Plums, fresh Italian, 1.5-inch by 2-inch, Whole	Pound	9.32	1/4 cup quartered fruit (about 5 quarters)	10.80	1 lb AP = 0.93 lb (about 2-1/3 cups) ready-to-serve or -cook unpeeled, pitted, quartered raw plums
	Pound	6.81	1/4 cup fruit and liquid	14.70	
Plums, fresh Purple, Red, or Black, 2-inch diameter, Whole, (Similar to Wild Plums)	Pound	4.99	1 whole, raw plum (about 1/2 cup fruit and liquid)	20.10	
	Pound	10.70	1/4 cup quartered fruit (about 2 quarters)	9.40	1 lb AP = 0.98 lb (about 2-2/3 cups) ready-to-serve or -cook unpeeled, pitted, raw plums
Plums, fresh Purple, Red, or Black 2-1/2 inch diameter, Whole	Pound	4.00	1 whole, pitted plum (about 5/8 cup fruit)	25.00	1 lb AP = 0.97 lb (about 2-7/8 cups) pitted plums
Plums, fresh Japanese or Hybrid, Whole, Size 60 & 65	Pound	6.40	1 whole, raw plum (about 3/8 cup fruit and liquid)	15.70	1 plum = about 1-1/2 inch diameter
Plums, canned Purple or Red, Halves, Unpeeled, No pits	No. 10 Can (105 oz)	49.20	1/4 cup fruit and liquid	2.10	1 No. 10 can = about 12-1/8 cups plums and liquid without pits
	No. 10 Can (105 oz)	24.70	1/4 cup drained fruit	4.10	1 No. 10 can = about 54.4 oz (6-1/8 cups) drained plums without pits
Plums, canned Purple or Red, Unpeeled, With pits, Whole	No. 10 Can (106 oz)	48.50	1/4 cup pitted, fruit and liquid	2.10	1 No. 10 can = about 12 cups plums with pits and liquid
	No. 10 Can (106 oz)	27.80	1/4 cup pitted, drained, fruit	3.60	1 No. 10 can = about 58.2 oz (6-7/8 cups) drained plums with pits
	No. 2-1/2 Can (30 oz)	14.50	1/4 cup pitted, fruit and liquid	6.90	

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1. Food As Purchased (AP)	2. Purchase Unit	3. Servings per Purchase Unit, Edible Portion (EP)	4. Serving Size per Meal Contribution	5. Purchase Units for 100 Servings	6. Additional Information
PLUMS (continued)					
Plums, canned Purple or Red, Unpeeled, With pits, Whole	No. 2-1/2 Can (30 oz)	8.00	1/4 cup pitted, drained, fruit	12.50	1 No. 2-1/2 can = about 16.5 oz (2 cups) drained plums with pits
	Pound	7.32	1/4 cup pitted, fruit and liquid	13.70	
	Pound	4.19	1/4 cup pitted, drained, fruit	23.90	1 lb AP = 8.8 oz (1 cup) drained plums with pits
Plums, dried (Prunes), canned With pits	No. 10 Can (108 oz)	46.00	1/4 cup fruit and liquid (about 4 prunes with liquid)	2.20	
	No. 10 Can (108 oz)	28.50	1/4 cup pitted, drained, fruit	3.60	1 No. 10 can = about 57.0 oz (7-1/8 cups) drained, pitted prunes
	25 oz Jar	10.60	1/4 cup fruit and liquid	9.50	
	25 oz Jar	6.66	1/4 cup pitted, drained, fruit	15.10	25 oz jar = about 13.2 oz (1-2/3 cups) drained, pitted prunes
Plums, dried (Prunes) Whole, Without pits	Pound	10.60	1/4 cup dried fruit (credits as 1/2 cup fruit in NSLP/SBP and CACFP)	9.50	1 lb dry = about 2-2/3 cups dried plums without pits; 1/4 cup dried fruit = about 6 medium prunes
Plums, dried (Prunes), canned Paste or Puree ¹	Gallon (11 lb)	64.00	1/4 cup fruit	1.60	1 gallon (11 lb) = 16 cups dried plum juice
	Pound	6.38	1/4 cup fruit	15.70	1 lb AP = about 1-1/2 cups juice
Plums, dried (Prunes) Whole, Regular moisture, With pits	Pound	9.60	1/4 cup dried fruit (credits as 1/2 cup fruit in NSLP/SBP and CACFP)	10.50	1 lb dry = about 2-3/8 cups dried plums with pits; 1/4 cup dried fruit = about 6 medium dried prunes
	Pound	12.90	1/4 cup cooked fruit and liquid	7.80	
Plums, dried (Prunes) Whole, Without pits	Pound	14.70	1/4 cup cooked fruit and liquid	6.90	
POMEGRANATE					
Pomegranate, fresh Whole	Pound	2.70	1/4 cup juice and pulp (no seeds)	37.10	1 lb AP = 0.35 lb (about 2/3 cups) ready-to-serve, peeled, raw pomegranate juice and pulp without seeds
	Pound	6.34	1/4 cup fruit kernels	15.80	1 lb AP = about 1-1/2 cups peeled, pomegranate kernels
RAISINS					
Raisins Regular moisture, Seedless, Includes USDA Foods	Pound	12.60	1/4 cup dried fruit (credits as 1/2 cup fruit in NSLP/SBP and CACFP)	8.00	1 lb AP = about 3-1/8 cups raisins

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1. Food As Purchased (AP)	2. Purchase Unit	3. Servings per Purchase Unit, Edible Portion (EP)	4. Serving Size per Meal Contribution	5. Purchase Units for 100 Servings	6. Additional Information
RAISINS (continued)					
Raisins Regular moisture, Seedless, Includes USDA Foods	Package (1.3 oz to 1.5 oz)	1.00	1/4 cup dried fruit (credits as 1/2 cup fruit in NSLP/SBP and CACFP)	100.00	
	Pound	21.40	1/4 cup cooked fruit	4.70	
RAMBUTAN					
Rambutan, fresh Whole	Pound	4.00	1/4 cup pitted fruit	25.00	1 lb AP = 0.49 lb peeled, pitted rambutan
RASPBERRIES					
Raspberries, fresh Whole, (Similar to Salmonberries, Wild Raspberries)	Pint (11-1/2 oz)	8.70	1/4 cup raw, whole fruit	11.50	1 pt AP = 0.69 lb (about 2-1/8 cups) ready-to-serve raw raspberries
	Pound	12.10	1/4 cup raw, whole fruit	8.30	1 lb AP = 0.96 lb (about 3 cups) ready-to-serve raw raspberries
Raspberries, canned Red, Whole	No. 10 Can (103 oz)	48.00	1/4 cup fruit and liquid	2.10	1 No. 10 can = 53.0 oz drained raspberries
	Pound	7.45	1/4 cup fruit and liquid	13.50	1 lb AP = about 8.25 oz drained raspberries
Raspberries, frozen Unsweetened, Fruit and liquid	Pound	7.20	1/4 cup thawed, fruit and liquid	13.90	
Raspberries, frozen Red, Unsweetened Puree¹	Pound	7.69	1/4 cup thawed fruit puree	13.10	1 lb AP = about 1-7/8 cups thawed fruit puree
	5 lb 12 oz Container	44.20	1/4 cup thawed fruit puree	2.30	5 lb 12 oz container = about 11 cups thawed fruit puree
Raspberries, frozen Red, Whole, Unsweetened, Grade A, Individually quick-frozen	Pound	12.50	1/4 cup thawed, drained fruit	8.00	1 lb AP = 1 lb (about 3 cups) ready-to-serve, thawed, drained raspberries
RHUBARB					
Rhubarb, fresh Without leaves	Pound	6.20	1/4 cup cooked fruit, sugar added	16.20	1 lb AP = 0.86 lb ready-to-cook rhubarb
Rhubarb, frozen Unsweetened	Pound	10.00	1/4 cup cooked fruit, sugar added	10.00	
STARFRUIT (CARAMBOLA)					
Starfruit (Carambola), fresh Whole	Pound	13.50	1/4 cup sliced fruit	7.50	1 lb AP = 0.97 lb (about 3-7/8 cups) ready-to-serve 1/4-inch sliced (about 46 slices) Starfruit
	Pound	9.50	1/4 cup chopped fruit	10.30	1 lb AP = 0.97 lb (or about 2-7/8 cups) chopped Starfruit

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1. Food As Purchased (AP)	2. Purchase Unit	3. Servings per Purchase Unit, Edible Portion (EP)	4. Serving Size per Meal Contribution	5. Purchase Units for 100 Servings	6. Additional Information
STRAWBERRIES					
Strawberries, fresh Whole, (Similar to Wild Strawberries)	Pint (11-1/2 oz)	7.90	1/4 cup raw, whole fruit	12.00	1 pt AP = about 0.66 lb ready-to-serve raw strawberries
	Pound	10.50	1/4 cup raw, whole fruit	9.60	1 lb AP = 0.88 lb ready-to-serve raw strawberries
Strawberries, frozen Sliced, Unsweetened, Includes USDA Foods	Pound	7.28	1/4 cup thawed, fruit and liquid	13.80	1 lb AP = 1 lb (about 1-3/4 cups) ready-to-serve thawed strawberries and liquid
Strawberries, frozen Sliced, Sweetened, Includes USDA Foods	Pound	7.10	1/4 cup thawed, fruit and liquid	14.10	
Strawberries, frozen Unsweetened, Puree ¹	Pound	8.00	1/4 cup thawed fruit puree	12.50	1 lb AP = about 2 cups thawed fruit puree
Strawberries, frozen Whole, Grade A, Unsweetened, Individually quick-frozen, Includes USDA Foods	Pound	11.90	1/4 cup thawed fruit	8.50	1 lb AP = 1 lb (about 2-7/8 cups) ready-to-serve, thawed strawberries
Strawberries, dried	Pound	10.90	1/4 cup dried fruit (credits as 1/2 cup fruit in NSLP/SBP and CACFP)	9.20	1 lb AP (dried) = 1 lb (about 2-2/3 cups) ready-to-serve dried strawberries
TANGELOS					
Tangelos, fresh Whole	Pound	6.67	1/4 cup peeled fruit sections	15.00	1 lb AP = 0.74 lb (about 1-2/3 cups) ready-to-serve peeled, tangelos sections
TANGERINES					
Tangerines, fresh 120 count, Whole	Pound	4.00	1 whole, raw tangerine (about 3/8 cup fruit and liquid)	25.00	
Tangerines, fresh 121 count, Whole	Pound	7.78	1/4 cup peeled fruit sections	12.90	1 lb AP = 0.80 lb (about 1-7/8 cups) ready-to-serve peeled, tangerine sections
Tangerines, fresh 150 count, Whole	Pound	5.00	1 whole, peeled tangerine (about 1/2 cup fruit)	20.00	1 lb AP = 0.85 lb (about 2-1/2 cups) peeled, tangerine sections
Tangerines, canned Mandarin Oranges	Pound	7.30	1/4 cup fruit and liquid	13.70	
	Pound	6.00	1/4 cup drained fruit	16.67	1 lb AP = about 0.61 lb (about 1-1/2 cups) drained tangerines
UGLI FRUIT					
Ugli Fruit, fresh Whole	Pound	6.33	1/4 cup peeled, chopped fruit	15.80	1 lb AP = 0.67 lb (about 1-1/2 cups) ready-to-serve, raw, peeled, chopped ugli fruit. One 32-count ugli fruit = about 14.6 oz

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WATERMELON					
Watermelon, fresh ³ Whole	Melon (about 27 lb)	168.90	1/4 cup fruit	0.60	
	Pound	6.10	1/4 cup diced fruit without rind	16.40	1 lb AP = 0.61 lb (about 1-1/2 cups) ready-to-serve raw, 1/2-inch diced watermelon without rind

Footnotes: Fruits

- ¹ Purees do not credit toward the meal pattern requirements when used to improve the nutrient profile such as applesauce used to replace oil in brownies. Purees will credit as juice if included in a beverage.
- ² Note: Fried banana chips are not creditable towards meal pattern requirements.
- ³ In response to Salmonella outbreaks associated with raw melon, the Food and Drug Administration has provided guidance for safe handling practices for melons that include washing the outer surface of the melon thoroughly with cool tap water to remove surface dirt.
- ⁴ According to the Food and Drug Administration, unpasteurized juice may contain harmful bacteria that may put children, pregnant women, the elderly, and persons with weakened immune systems at risk for serious illness or even death. Unpasteurized juice is normally found in the refrigerated section of grocery or health food stores or at cider mills or farm markets. Unpasteurized juice should have warning information on the label or on a nearby sign at the point of purchase. When serving juice, use only pasteurized juice. Pasteurized juice is normally found as frozen concentrated juice or in non-refrigerated shelf-stable containers, such as juice boxes, bottles, or cans. Pasteurized juice can also be found in the refrigerated sections of stores.
- ⁵ The canned and frozen juices listed in Column 1 are usually available in the can size listed in Column 2.