

Food Buying Guide for Child Nutrition Programs

VEGETABLES

RED/ORANGE SUBGROUP

Section 2 - Vegetables – Red/Orange Subgroup					
1. Food As Purchased, AP	2. Purchase Unit	3. Servings Per Purchase Unit, EP	4. Serving Size per Meal Contribution	5. Purchase Units for 100 Servings	6. Additional Information
CARROTS					
Carrots, fresh <i>Without tops</i>	Pound	10.30	1/4 cup raw vegetable strips (about 3 strips, 4-inch by 1/2 inch)	9.8	1 lb AP = 0.70 lb ready-to-cook, or serve raw carrot sticks
	Pound	10.60	1/4 cup raw, chopped vegetable	9.5	
	Pound	15.40	1/4 cup raw, shredded vegetable	6.5	1 lb AP = 0.83 lb (about 3-3/4 cups) trimmed, peeled, shredded carrot
	Pound	8.10	1/4 cup raw shredded vegetable with dressing	12.4	
	Pound	8.63	1/4 cup cooked, drained shredded vegetable	11.6	1 lb AP = 0.79 lb (about 2-1/8 cups) trimmed, peeled, shredded, cooked carrot
	Pound	10.90	1/4 cup raw, sliced vegetable (5/16-inch slices)	9.2	1 lb AP = 0.83 lb (about 2-2/3 cups) trimmed, peeled, sliced carrots
	Pound	8.16	1/4 cup cooked, drained sliced vegetable (5/16-inch slices)	12.3	1 lb AP = 0.76 lb (about 2 cups) cooked, sliced carrots
Carrots, fresh <i>Shredded</i> <i>Ready-to-use</i>	Pound	19.90	1/4 cup raw vegetable	5.1	1 lb AP = 1 lb shredded carrots ready-to-use (about 4-7/8 cups)
	Pound	11.20	1/4 cup cooked, drained vegetable	9.0	1 lb AP = 0.92 lb (about 2-3/4 cups) cooked carrots

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CARROTS (continued)					
Carrots, fresh <i>Sliced Peeled Ready-to-use</i>	Pound	12.60	1/4 cup raw vegetable slices (5/16-inch slices)	8.0	1 lb AP = 1 lb (about 3- 1/8 cups) ready-to-serve or- cook carrot
Carrots, fresh <i>Sticks, Ready-to- use (1/2-inch by 4-inch)</i>	Pound	15.40	1/4 cup raw vegetable (about 3 sticks)	6.5	1 lb AP = 1lb (about 3- 3/4 cups) carrot sticks
Carrots, fresh <i>Baby Ready-to-use</i>	Pound	12.90	1/4 cup raw vegetable	7.8	1 lb AP= 1 lb (about 3- 1/8 cups) ready-to-serve raw carrots
	Pound	11.40	1/4 cup cooked, drained vegetable	8.8	1 lb AP= 0.97 lb (about 2-3/4 cups) cooked carrots
Carrots, canned <i>Diced Includes USDA Foods</i>	No. 10 can (105 oz)	34.30	1/4 cup heated, drained vegetable	3.0	1 No. 10 can = about 62.0 oz (8-1/2 cups) heated, drained carrots
	No. 10 can (105 oz)	40.00	1/4 cup drained vegetable	2.5	1 No. 10 can = about 67.0 oz (10 cups) drained, unheated carrots
	Pound	5.22	1/4 cup heated, drained vegetable	19.2	
	Pound	6.09	1/4 cup drained vegetable	16.5	
Carrots, canned <i>Sliced Includes USDA Foods</i>	No. 10 can (105 oz)	37.20	1/4 cup heated, drained vegetable	2.7	1 No. 10 can = about 65.0 oz (9-1/4 cups) heated, drained carrot
	No. 10 can (105 oz)	43.40	1/4 cup drained vegetable	2.4	1 No. 10 can = about 70.0 oz (10-3/4 cups) drained, unheated carrots
	No. 300 can (15 oz)	5.20	1/4 cup heated, drained vegetable	19.3	1 No. 300 can = about 8.6 oz (1-1/4 cups) heated, drained carrots

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CARROTS (continued)					
Carrots, canned <i>Sliced</i> <i>Includes USDA</i> <i>Foods</i>	No. 300 can (15 oz)	5.88	1/4 cup drained vegetable	17.1	1 No. 300 can = about 8.5 oz (1-3/8 cups) drained, unheated carrots
Carrots, frozen <i>Sliced</i> <i>Includes USDA</i> <i>Foods</i>	Pound	9.87	1/4 cup cooked, drained vegetable	10.2	1 lb AP = 0.95 lb (about 2-3/8 cups) cooked, drained carrots
Carrots, frozen <i>Baby</i>	Pound	10.90	1/4 cup cooked, drained vegetable	9.2	
PEPPERS, BELL ORANGE OR RED					
Peppers, Bell, fresh <i>Orange or Red</i> <i>Medium or Large</i> <i>Whole</i>	Pound	9.70	1/4 cup chopped or diced raw vegetable	10.4	1 lb AP = 0.80 lb ready- to-serve or -cook raw peppers
	Pound	14.70	1/4 cup raw vegetable strips	6.9	1 lb AP = 0.73 lb cooked peppers
	Pound	9.80	1/4 cup cooked, drained vegetable strips	10.3	
Peppers, Bell, frozen <i>Orange or Red</i> <i>Diced</i>	Pound	12.10	1/4 cup thawed vegetable	8.3	1 lb AP = 1 lb (about 3 cups) thawed peppers
	Pound	7.30	1/4 cup cooked, drained vegetable	13.7	
Peppers, Bell, dehydrated <i>Orange or Red</i> <i>Diced</i>	Pound	99.20	1/4 cup rehydrated, cooked vegetable	1.1	1 lb dry = about 9-1/4 cups dehydrated pepper
	Pound	38.60	1/4 cup dehydrated vegetable	2.6	

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PEPPERS, CHERRY					
Peppers, fresh <i>Cherry</i> <i>Whole with stem</i>	Pound	14.40	1/4 cup raw vegetable (about 3 peppers)	7.0	1 lb AP = 0.95 lb (about 3-1/2 cups) ready-to-serve or cook raw pepper
PIMIENTOS (PIMENTOS)					
Pimientos, canned <i>Chopped or Diced</i>	No. 10 can (102 oz)	40.70	1/4 cup drained vegetable	2.5	1 No. 10 can = about 74.0 oz (10-1/8 cups) drained pimientos
	No. 2-1/2 can (27-1/2 oz)	8.39	1/4 cup drained vegetable	12.0	1 No. 2-1/2 can = about 17.6 oz (2 cups) drained pimientos
	Pound	6.40	1/4 cup drained vegetable	15.7	
Pimientos, canned <i>Whole</i>	No. 10 can (102 oz)	38.50	1/4 cup drained, chopped vegetable	2.6	1 No. 10 can = about 71 oz (9-3/4 cups) drained pimientos
	No. 2-1/2 can (28 oz)	11.00	1/4 cup drained, chopped vegetable	9.1	1 No. 2-1/2 can = about 20.2 oz (2-3/4 cups) drained pimientos
	No. 300 can (13-3/4 oz)	4.97	1/4 cup drained vegetable	20.2	1 No. 300 can = about 9.2 oz (1-1/8 cups) drained pimientos
	7 oz can	2.80	1/4 cup drained, chopped vegetable	35.8	7-oz can = about 5.2 oz (2/3 cup) drained pimientos
	Pound	6.03	1/4 cup drained chopped vegetable	16.6	
PUMPKIN					
Pumpkin, fresh <i>Whole</i>	Pound	4.70	1/4 cup cooked, mashed vegetable	21.3	1 lb AP = 0.70 lb ready-to-cook pumpkin
Pumpkin, canned	No. 10 can (106 oz)	51.50	1/4 cup heated vegetable	2.0	

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PUMPKIN (continued)					
Pumpkin, canned	No 2-1/2 can (29 oz)	14.10	1/4 cup heated vegetable	7.1	
	No. 300 can (15 oz)	7.04	1/4 cup heated vegetable	14.3	
	Pound	7.77	1/4 cup heated vegetable	12.9	
SALSA¹					
Salsa, canned <i>USDA Foods (all vegetable ingredients plus a minor amount of spices)</i>	No. 10 can (106 oz)	49.30	1/4 cup vegetable	2.1	1 No. 10 can = about 12-1/3 cups salsa
Salsa, canned¹ <i>Chunky Commercial (all vegetable ingredients plus a minor amount of spices)</i>	Gallon (8 lb 10 oz)	63.90	1/4 cup vegetable	1.6	1 gallon container = 16 cups salsa
SQUASH, WINTER					
Squash, Winter, fresh <i>Acorn Whole</i>	1 squash (8 oz)	2.00	1/2 small squash baked in skin (about 1/4 cup vegetable)	50.0	1 lb AP = 0.87 lb ready- to-cook squash in skin
	Pound	4.70	1/4 cup cooked, drained, pared, mashed vegetable	21.3	1 lb AP = 0.70 lb ready- to-cook pared squash

¹ For salsa products that contain all vegetable ingredients plus a minor amount of spices or flavorings, one hundred percent of the product may be used to meet the volume vegetable/fruit requirement for meal pattern requirements. When products contain non-vegetable ingredients like gums, starches or stabilizers, water or vinegar, only that portion of the product that is a vegetable ingredient may be counted towards the volume requirement.

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SQUASH, WINTER					
Squash, Winter, fresh <i>Butternut Whole</i>	Pound	7.50	1/4 cup cooked, drained, pared, cubed vegetable	13.4	1 lb AP = 0.84 lb ready- to-cook pared squash
	Pound	5.40	1/4 cup cooked, pared, drained, mashed vegetable	18.6	
Squash, Winter, fresh <i>Hubbard Whole</i>	Pound	4.40	1/4 cup cooked, drained, pared, cubed vegetable	22.8	1 lb AP = 0.64 lb ready- to-cook pared squash
	Pound	4.30	1/4 cup cooked, drained, pared, mashed vegetable	23.3	
Squash, Winter, frozen <i>Mashed All varieties</i>	Pound	7.00	1/4 cup cooked vegetable	14.3	
SWEET POTATOES					
Sweet Potatoes, fresh <i>Whole Includes USDA Foods</i>	Pound	6.60	1/4 cup baked vegetable	15.2	1 lb AP = 0.61 lb baked sweet potato without skin
	Pound	5.50	1/4 cup cooked, mashed vegetable	18.2	1 lb AP = 0.80 lb peeled ready-to-cook sweet potatoes
	Pound	9.10	1/4 cup cooked, sliced vegetable	11.0	
Sweet Potatoes, canned <i>Cut Packed in light syrup Includes USDA Foods</i>	No. 10 can (108 oz)	33.80	1/4 cup heated, drained vegetable	3.0	1 No. 10 can = about 60.9 oz (8-3/8 cups) heated, drained sweet potatoes
	No. 2-1/2 can (29 oz)	12.20	1/4 cup heated, drained vegetable	8.2	1 No. 2-1/2 can = about 18.0 oz (3-1/8 cups) heated, drained sweet potatoes
	No. 300 can (15-3/4 oz)	5.16	1/4 cup heated, drained vegetable	19.4	1 No. 300 can = about 9.0 oz (1-1/4 cups) heated, drained sweet potatoes

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SWEET POTATOES (continued)					
Sweet Potatoes, canned <i>Mashed</i> <i>Includes USDA Foods</i>	No. 10 can (109 oz)	49.10	1/4 cup heated vegetable	2.1	1 No. 10 can = about 12-1/4 cups heated, mashed sweet potatoes
Sweet Potatoes, canned <i>Whole</i> <i>Includes USDA Foods</i>	No. 10 can (112 oz)	39.10	1/4 cup heated, drained vegetable	2.6	1 No. 10 can = about 78.6 oz (9-3/4 cups) heated, drained sweet potatoes
	No. 2-1/2 can (29 oz)	12.30	1/4 cup heated, drained vegetable	8.2	1 No. 2-1/2 can = about 18.0 oz (3-1/4 cups) heated, drained sweet potatoes
	No. 300 can (15-3/4 oz)	5.16	1/4 cup heated, drained vegetable	19.4	1 No. 300 can = about 9.6 oz (1-1/4 cups) heated, drained sweet potatoes
Sweet Potatoes, frozen <i>Mashed</i> <i>Includes USDA Foods</i>	Pound	7.55	1/4 cup cooked vegetable	13.3	1 lb AP = 0.99 lb (about 1-3/4 cups) cooked sweet potatoes
Sweet Potatoes, frozen <i>Center cuts</i> <i>Approx. 7/8 to 1-3/8-inch thick by 1-1/4 to 1-3/4 inch diameter</i>	Pound	9.70	1/4 cup cooked vegetable	10.4	1 lb AP = 0.98 lb (about 2-3/8 cups) cooked sweet potatoes
Sweet Potatoes, frozen <i>Center cuts</i> <i>Approx. 1-inch thick by 1-3/4 to 2-inch diameter</i>	Pound	9.25	1/4 cup cooked vegetable	10.9	1 lb AP = 0.93 lb (about 2-1/4 cups) cooked sweet potatoes

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SWEET POTATOES (continued)					
Sweet Potatoes, frozen <i>Random cut chunks</i> <i>Includes USDA Foods</i>	Pound	9.24	1/4 cup cooked vegetable	10.9	1 lb AP = 0.95 lb (about 2-1/4 cups) cooked sweet potatoes
Sweet Potatoes, frozen <i>Packed in syrup</i>	Pound	7.60	1/4 cup cooked, drained vegetable	13.2	
Sweet Potatoes, dehydrated <i>Flakes</i> <i>Low moisture</i>	Pound	18.50	1/4 cup reconstituted vegetable	5.5	1 lb dry = about 3-3/4 cups dehydrated sweet potato flakes
TOMATOES					
Tomatoes, fresh <i>Cherry</i> <i>Whole with stem</i>	Pound	12.10	1/4 cup whole vegetable (about 3 whole cherry tomatoes)	8.3	1 lb AP = 0.99 lb (about 3 cups) stemmed, whole cherry tomatoes
	Pound	10.60	1/4 cup vegetable halves (about 5 cherry tomato halves)	9.5	1 lb AP = 0.99 lb (about 2-2/3 cups) stemmed, halved cherry tomatoes
Tomatoes, fresh <i>Whole</i> <i>All sizes</i>	Pound	7.60	1/4 cup diced tomato	13.2	1 lb AP = 0.87 lb ready-to-serve raw diced tomatoes
	Pound	10.40	1/4 cup vegetable wedges	9.7	1 lb AP = 0.98 lb (about 2-1/2 cups) ready-to-serve 1/2 inch tomato wedges
Tomatoes, fresh <i>Small or Medium approx 2-1/8-inch to 2-1/4-inch diameter</i> <i>Whole</i>	Pound	8.53	1/4 cup sliced vegetable (about 5 slices, 1/8-inch thick)	11.8	1 lb AP = 0.87 lb (about 2-1/8 cups) 1/8-inch sliced tomatoes

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TOMATOES (continued)					
Tomatoes, fresh <i>Large or Extra large</i> <i>Approx. 2-1/2-inch to 2-3/4-inch diameter</i> <i>Whole</i>	Pound	8.70	1/4 cup sliced vegetable (about 4 slices, 1/8-inch thick)	11.5	1 lb AP = 0.86 lb sliced tomatoes (1/8-inch thick slices)
Tomatoes, fresh <i>Diced</i> <i>Ready-to-use</i>	Pound	8.74	1/4 cup raw vegetable	11.5	1 lb AP = 1 lb (about 2-1/8 cups) ready-to-serve tomatoes
	Pound	6.67	1/4 cup cooked vegetable	15.0	1 lb AP = 0.85 lb (about 1-2/3 cups) cooked tomatoes
Tomatoes, canned <i>Whole or Stewed</i> <i>Includes USDA Foods</i>	No. 10 can (102 oz)	45.50	1/4 cup heated vegetable and juice	2.2	1 No. 10 can = about 66.0 oz drained tomatoes
	No. 10 can (102 oz)	48.80	1/4 cup vegetable and juice	2.1	
	No. 2-1/2 can (28 oz)	12.50	1/4 cup heated vegetable and juice	8.0	1 No. 2-1/2 can = about 18.5 oz drained tomatoes
Tomatoes, canned <i>Whole or Stewed</i> <i>Includes USDA Foods</i>	No. 2-1/2 can (28 oz)	13.40	1/4 cup vegetable and juice	7.5	
	No. 300 can (14-1/2 oz)	6.14	1/4 cup heated vegetable and juice	16.3	
	No. 300 can (14-1/2 oz)	6.59	1/4 cup vegetable and juice	15.2	
	Pound	7.13	1/4 cup heated vegetable and juice	14.1	

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TOMATOES (continued)					
Tomatoes, canned <i>Crushed</i>	No. 10 can (102 oz)	46.60	1/4 cup heated vegetable and juice	2.2	1 No. 10 can = about 12 cups tomato and juice
	No. 2-1/2 can (28 oz)	12.70	1/4 cup heated vegetable and juice	7.9	1 No. 2-1/2 can = about 18.5 oz drained tomato
	Pound	7.30	1/4 cup heated vegetable and juice	13.7	
Tomatoes, canned <i>Diced</i> <i>Includes USDA Foods</i>	No. 10 can (102 oz)	49.20	1/4 cup heated vegetable and juice	2.1	1 No. 10 can = about 12-1/4 cups heated, tomatoes and juice
	No. 2-1/2 can (28 oz)	13.50	1/4 cup heated vegetable and juice	7.5	1 No. 2-1/2 can = about 18.5 oz drained, unheated tomatoes
	No. 300 can (14-1/2 oz)	6.99	1/4 cup heated vegetable and juice	14.4	
	Pound	7.71	1/4 cup heated vegetable and juice	13.0	
TOMATO PRODUCTS					
Tomato Products, Canned Tomato Paste <i>24%-28% Natural Tomato Soluble Solids (NTSS)</i> <i>Includes USDA Foods</i>	No. 10 can (111 oz)	192.00	1 tablespoon paste (1/4 cup vegetable)	0.53	1 No. 10 can = about 12 cups tomato paste
	No. 2-1/2 can (30 oz)	52.00	1 tablespoon paste (1/4 cup vegetable)	2.0	1 No. 2-1/2 can = about 3-1/4 cups tomato paste
	Pound	27.60	1 tablespoon paste (1/4 cup vegetable)	3.7	1 No. 10 can paste plus 3 cans water = 48 cups single strength tomato juice
	Picnic (12 oz)	20.70	1 tablespoon paste (1/4 cup vegetable)	4.9	12 oz can = about 1-1/4 cups tomato paste

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Tomato Products, canned Tomato Puree <i>Not less than 8% but less than 24% Natural Tomato Soluble Solids (NTSS)</i>	No. 10 can (106 oz)	96.00	2 tablespoons puree (1/4 cup vegetable)	1.1	1 No. 10 can = 12 cups puree, 1 No. 10 can tomato puree plus one can water = 24 cups single strength tomato juice
	No. 2-1/2 can (29 oz)	26.20	2 tablespoons puree (1/4 cup vegetable)	3.9	
	Pound	14.40	2 tablespoons puree (1/4 cup vegetable)	7.0	
Tomato Products, canned Tomato Sauce <i>Includes USDA Foods</i>	No. 10 can (106 oz)	50.70	1/4 cup vegetable	2.0	
	No. 300 can (15 oz)	6.85	1/4 cup vegetable	14.6	
Tomato Products, canned Tomato Sauce <i>Includes USDA Foods</i>	Pound	7.65	1/4 cup vegetable	13.1	
Tomato Products, canned Spaghetti Sauce, Meatless <i>USDA Foods</i>	No. 10 can (106 oz)	47.90	1/4 cup heated vegetable	2.1	1 No. 10 can = about 12 cups heated spaghetti sauce