

# 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, EP	4. Serving Size per Meal Contribution	5. Purchase Units for 100 Servings	6. Additional Information
<b>APPLES</b>					
<b>Apples, fresh</b> <i>125-138 count Whole, Includes USDA Foods</i>	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	
<b>Apples, fresh</b> <i>Whole, Includes USDA Foods</i>	Pound	14.56	1/4 cup raw, unpeeled, cored, sliced fruit	6.90	1 lb AP = 0.91 lb raw, unpeeled, cored apple
<b>Apples, fresh</b> <i>100 count Whole</i>	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
<b>Apples, canned</b> <i>Slices, Solid pack, Includes USDA Foods</i>	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	
<b>Apples, frozen</b> <i>Unsweetened, Sliced, IQF, Includes USDA Foods</i>	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	
<b>Apples, dried</b> <i>Slices or Rings, Regular moisture</i>	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	

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<b>APPLESAUCE</b>					
<b>Applesauce<sup>1</sup>, canned</b> <i>Smooth or Chunky, Includes USDA Foods</i>	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	
<b>APRICOTS</b>					
<b>Apricots, fresh</b> <i>Medium (approx. 1- 3/8 inch diameter), Whole</i>	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	
<b>Apricots, canned</b> <i>Diced, Includes USDA Foods</i>	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
<b>Apricots, canned</b> <i>Halves, Unpeeled</i>	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	
<b>Apricots, canned</b> <i>Slices, Peeled</i>	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
<b>Apricots, canned</b> <i>Whole, With pits, Peeled</i>	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	

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<b>APRICOTS (continued)</b>					
<b>Apricots, canned</b> <i>Whole, With pits, Peeled</i>	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
<b>Apricots, canned</b> <i>Whole, With pits, Unpeeled</i>	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
<b>Apricots, frozen</b> <i>Unsweetened, Halves, Unpeeled</i>	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
	Pound	4.90	1/4 cup thawed, drained fruit	20.50	1 lb AP = 1-1/8 cups thawed, drained fruit
<b>Apricots, frozen</b> <i>Unsweetened, Sliced, Unpeeled</i>	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
<b>Apricots, dried</b> <i>Halves, Regular moisture</i>	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
<b>BANANAS</b>					
<b>Bananas, fresh</b> <i>150 count, 7 to 7-7/8 inch, Whole</i>	Pound	3.60	1 banana (1/2 cup fruit)	27.80	

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<b>BANANAS (continued)</b>					
<b>Bananas, fresh</b> <i>150 count, 7 to 7-7/8 inch, Whole</i>	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
<b>Bananas, fresh</b> <i>100-120 count, Regular, Whole</i>	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	
<b>Bananas, canned</b> <i>Mashed</i>	No. 10 Can (116 oz)	50.90	1/4 cup fruit	2.00	
	Pound	7.00	1/4 cup fruit	14.30	
<b>Bananas, dried<sup>2</sup></b> <i>Slices, 100% dried fruit only</i>	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
<b>BLACKBERRIES (BOYSENBERRIES)</b>					
<b>Blackberries (Boysenberries), fresh, Whole</b>	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
<b>Blackberries (Boysenberries), fresh Whole</b>	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
<b>Blackberries (Boysenberries), canned Whole</b>	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
<b>Blackberries (Boysenberries), frozen Unsweetened, Whole</b>	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	
<b>Blackberries (Boysenberries), frozen Unsweetened, Puree<sup>1</sup></b>	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

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<b>BLUEBERRIES</b>					
<b>Blueberries, fresh</b> <i>Whole</i>	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
<b>Blueberries, canned</b> <i>Whole</i>	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	
<b>Blueberries, frozen</b> <i>Unsweetened, Whole</i>	Pound	7.80	1/4 cup cooked fruit (sugar added by SFA during cooking)	12.90	
<b>Blueberries, frozen</b> <i>Unsweetened, Whole, Individually- quick-frozen, Includes USDA Foods</i>	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
<b>Blueberries, wild</b> <i>Frozen, Includes USDA Foods</i>	Pound	15.00	1/4 cup thawed fruit	6.70	
<b>Blueberries, dried</b> <i>Whole</i>	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
<b>CACTUS FRUIT (PRICKLY PEAR)</b>					
<b>Cactus Fruit (Prickly Pear), fresh</b> <i>Whole fruit</i>	Pound	4.99	1/4 cup peeled, diced fruit, with seeds	20.10	1 lb AP = 0.61 lb (about 1-1/8 cups) ready-to-serve raw, peeled, diced cactus 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
<b>CANTALOUPE</b>					
<b>Cantaloupe, fresh<sup>3</sup></b> <i>Whole, 18 Count (5-inch diameter, about 30 oz)</i>	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

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<b>CANTALOUPE (continued)</b>					
<b>Cantaloupe, fresh<sup>3</sup></b> <i>Whole, 15 Count (5-3/4-inch diameter, about 40 oz)</i>	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
<b>Cantaloupe, frozen</b> <i>Melon balls, Unsweetened</i>	Pound	8.70	1/4 cup fruit	11.50	1 lb = 35 melon balls
<b>CHERRIES, MARASCHINO</b>					
<b>Cherries, Maraschino, canned</b> <i>Large</i>	Pound	6.20	1/4 cup drained fruit	16.20	
<b>Cherries, Maraschino, canned</b> <i>Small</i>	Pound	5.70	1/4 cup drained fruit	17.60	
<b>CHERRIES, RED TART</b>					
<b>Cherries, Red Tart, fresh,</b> <i>Whole</i>	Pound	6.40	1/4 cup cooked, pitted fruit, sugar added	15.70	1 lb AP = 0.87 lb pitted cherries
<b>Cherries, Red Tart, canned</b> <i>Pitted, Water packed</i>	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	
<b>Cherries, Red Tart, frozen</b> <i>Unsweetened, Pitted, Includes USDA Foods</i>	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
<b>Cherries, Red Tart, dried</b> <i>Whole, Without pits, Includes USDA Foods</i>	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	

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<b>CHERRIES, RED TART (continued)</b>					
<b>Cherries, Red Tart, dried</b> <i>Whole, Without pits, Includes USDA Foods</i>	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
<b>CHERRIES, SWEET</b>					
<b>Cherries, Sweet, fresh</b> <i>Whole, With pits</i>	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
<b>Cherries, Sweet, canned</b> <i>Whole, With pits</i>	No. 10 Can (106 oz)	45.80	1/4 cup pitted, fruit and liquid	2.20	
	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
<b>CLEMENTINES</b>					
<b>Clementines, fresh</b> <i>Whole</i>	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
<b>COCONUT</b>					
<b>Coconut, fresh or frozen</b> <i>Shredded</i>	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
<b>Coconut, dried</b> <i>Flakes</i>	Pound	20.40	1/4 cup dried fruit (credits as 1/2 cup fruit in NSLP/SBP and CACFP)	5.00	
<b>Coconut, dried</b> <i>Shredded</i>	Pound	19.60	1/4 cup dried fruit (credits as 1/2 cup fruit in NSLP/SBP and CACFP)	5.20	
<b>CRANBERRIES</b>					
<b>Cranberries, fresh</b> <i>Whole</i>	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

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<b>CRANBERRIES (continued)</b>					
<b>Cranberries, fresh</b> <i>Whole</i>	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
<b>Cranberries, dried</b> <i>Sweetened, Whole, Includes USDA Foods</i>	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
	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
<b>CRANBERRY RELISH or SAUCE</b>					
<b>Cranberry Relish or Sauce, canned</b> <i>Whole</i>	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	
<b>Cranberry Relish or Sauce, canned</b> <i>Strained</i>	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	
<b>CURRENTS</b>					
<b>Currents, dried</b>	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
<b>DATES</b>					
<b>Dates, dried</b> <i>Moisturized, With pits, Whole</i>	Pound	10.00	1/4 cup pitted, dried fruit (credits as 1/2 cup fruit in NSLP/SBP and CACFP)	10.00	
<b>Dates, dried</b> <i>Pieces, Regular moisture</i>	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
<b>Dates, dried</b> <i>Pitted, Regular moisture</i>	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

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<b>DATES (continued)</b>					
<b>Dates, dried</b> <i>Pitted, Regular moisture</i>	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
<b>FIGS</b>					
<b>Figs, fresh</b> <i>Small, Whole</i>	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
<b>Figs, canned</b> <i>Puree<sup>1</sup></i>	2 Gallons	128.00	1/4 cup fruit	0.80	2 gallon container = 32 cups fruit juice
<b>Figs, canned</b> <i>Whole</i>	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	
<b>Figs, dried</b> <i>Whole</i>	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
<b>Figs, dried</b> <i>Diced and Sugared</i>	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
<b>FRUIT, MIXED</b>					
<b>Fruit, Mixed, chilled</b> <i>(may include: honeydew melon, cantaloupe, watermelon, grapes, etc.)</i>	Gallon (97.7 oz)	64.00	1/4 cup fruit and liquid	1.60	1 gallon container = 16 cups fruit and liquid
<b>Fruit, Mixed, canned</b> <i>Fruit Cocktail (peaches, pears, pineapple, grapes, cherries)</i>	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	

NOTE: For Footnotes please see the end of the section.

### Section 3 - Fruits

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
<b>FRUIT, MIXED (continued)</b>					
<b>Fruit, Mixed, canned</b> <i>Fruit Cocktail (peaches, pears, pineapple, grapes, cherries)</i>	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	
<b>Fruit, Mixed, canned</b> <i>(may include: apricots, peaches, pears, pineapple, cherries, grapes, etc.), Includes USDA Foods</i>	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	
<b>Fruit, Mixed, frozen</b> <i>Unsweetened (may include: peaches, grapes, apricots, pears, pineapple, cherries, etc.)</i>	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
<b>Fruit, Mixed, dried</b> <i>Regular moisture, Includes USDA Foods</i>	Pound	9.70	1/4 cup dried fruit (credits as 1/2 cup fruit in NSLP/SBP and CACFP)	10.40	
<b>GRAPEFRUIT</b>					
<b>Grapefruit, fresh</b> <i>27-32 Count, (large), Whole</i>	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
	Pound	3.50	1/4 cup fruit and liquid	28.60	1 lb AP = 0.48 lb (7/8 cup) fruit and liquid
<b>Grapefruit, canned</b> <i>Sections</i>	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
<b>Grapefruit, frozen</b> <i>Sections, Unsweetened</i>	Pound	7.50	1/4 cup fruit and liquid	13.40	

NOTE: For Footnotes please see the end of the section.

### Section 3 - Fruits

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
<b>GRAPEFRUIT (continued)</b>					
<b>Grapefruit, frozen</b> <i>Sections, Unsweetened</i>	Pound	4.50	1/4 cup drained fruit	22.23	1 lb AP = about 0.55 lb (1-1/8 cups) thawed, drained grapefruit
<b>GRAPEFRUIT and ORANGE SECTIONS</b>					
<b>Grapefruit and Orange Sections, chilled</b>	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
<b>Grapefruit and Orange Sections, canned</b>	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
<b>GRAPES</b>					
<b>Grapes, fresh</b> <i>Seedless, Whole, With stem</i>	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
<b>Grapes, fresh</b> <i>Seedless, Whole, Without stem</i>	Pound	11.66	1/4 cup whole fruit	8.60	
<b>Grapes, fresh</b> <i>Whole, With seeds and stem</i>	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
<b>Grapes, canned</b> <i>Seedless, Whole</i>	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
	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

NOTE: For Footnotes please see the end of the section.

## Section 3 - Fruits

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
<b>GUAVA</b>					
Guava, frozen <i>Puree<sup>1</sup>, Unsweetened</i>	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	
<b>HONEYDEW MELONS</b>					
Honeydew Melon, fresh <sup>3</sup> <i>Whole</i>	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 <i>Unsweetened</i>	Pound	8.70	1/4 cup fruit balls	11.50	1 lb = about 35 melon balls
<b>JUICES</b>					
Juices, canned <sup>4,5</sup> <i>Single strength (100% fruit juice such as apple, grape, grapefruit, grapefruit-orange, lemon, lime, orange, pineapple, prune, tangerine)</i>	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 <sup>4,5</sup> <i>Concentrated, any fruit (such as apple, grape, grapefruit, grapefruit-orange, and orange) (1 part juice concentrate to 3 parts water)</i>	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.
	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)
<b>KIWI</b>					
Kiwi, fresh <i>33-39 Count, Whole</i>	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

NOTE: For Footnotes please see the end of the section.

### Section 3 - Fruits

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
<b>KIWI (continued)</b>					
<b>Kiwi, fresh</b> 33-39 Count, Whole	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
<b>LEMONS</b>					
<b>Lemons, fresh</b> Whole	Pound	3.10	1/4 cup fruit juice	32.30	1 lb AP = 0.43 lb (about 3/4 cup) juice
<b>LIMES</b>					
<b>Limes, fresh</b> Whole	Pound	3.50	1/4 cup fruit juice	28.60	1 lb AP = 0.47 lb (about 7/8 cup) juice
<b>MANGOES</b>					
<b>Mangoes, fresh</b> Whole	Pound	7.60	1/4 cup cubed or sliced fruit	13.20	1 lb AP = 0.69 lb ready-to-serve raw mangoes
<b>NECTARINES</b>					
<b>Nectarines, fresh</b> 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
<b>Nectarines, fresh</b> 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	
<b>Nectarines, fresh</b> 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
<b>ORANGES</b>					
<b>Oranges, fresh</b> All sizes, Whole, Includes USDA Foods	Pound	3.50	1/4 cup fruit sections, membrane 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
<b>Oranges, fresh</b> 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	
<b>Oranges, fresh</b> 125 count, Florida or Texas, Whole	Pound	2.90	1 orange (about 5/8 cup fruit and liquid)	34.50	
<b>Oranges, fresh</b> 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

NOTE: For Footnotes please see the end of the section.

### Section 3 - Fruits

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
<b>ORANGES (continued)</b>					
<b>Oranges, fresh</b> <i>113 count, Arizona or California, Whole</i>	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	
<b>Oranges, canned</b> <i>Mandarin</i>	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 oranges
<b>PAPAYA</b>					
<b>Papaya, fresh</b> <i>Whole</i>	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
<b>Papaya, frozen</b> <i>Puree<sup>1</sup>, Unsweetened</i>	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
<b>PASSION FRUIT</b>					
<b>Passion Fruit, fresh</b> <i>Whole</i>	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
<b>PEACHES</b>					
<b>Peaches, fresh</b> <i>Size 88 and 84, (small), (2-1/8 inch diameter), Whole</i>	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	
<b>Peaches, fresh</b> <i>Size 80, Whole</i>	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
<b>Peaches, fresh</b> <i>Size 64 &amp; 60, (medium), (2-1/2 inch diameter), Whole</i>	Pound	3.50	1 whole raw peach (about 2/3 cup fruit)	28.60	
	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

NOTE: For Footnotes please see the end of the section.

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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
<b>PEACHES (continued)</b>					
<b>Peaches, fresh</b> <i>Size 64 &amp; 60, (medium), (2-1/2 inch diameter), Whole</i>	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	
<b>Peaches, fresh</b> <i>Size 56, Whole</i>	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
<b>Peaches, canned</b> <i>Clings, Diced, Light syrup pack, Includes USDA Foods</i>	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
<b>Peaches, canned</b> <i>Clings or Freestone, Halves</i>	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
	No. 300 Can (15 oz)	6.36	1/4 cup fruit and liquid	15.80	

NOTE: For Footnotes please see the end of the section.



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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
<b>PEACHES (continued)</b>					
<b>Peaches, canned</b> <i>Clings, Sliced, Light syrup pack, Includes USDA Foods</i>	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
<b>Peaches, canned</b> <i>Clings, Quarters</i>	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
<b>Peaches, canned</b> <i>Freestone, Sliced, Includes USDA Foods</i>	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
<b>Peaches, canned</b> <i>Spiced, Whole</i>	Pound	2.70	2 small peaches (about 1/4 cup drained, pitted, fruit)	37.10	1 lb AP = 0.34 lb drained, pitted peaches
<b>Peaches, frozen</b> <i>Diced, Sweetened</i>	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
<b>Peaches, frozen</b> <i>Sliced, Sweetened or Unsweetened, Includes USDA Foods</i>	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	
	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	

NOTE: For Footnotes please see the end of the section.

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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
<b>PEACHES (continued)</b>					
<b>Peaches, dried</b> <i>Halves</i>	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	
<b>PEARS</b>					
<b>Pears, fresh</b> <i>All sizes, Whole, Includes USDA Foods</i>	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	
<b>Pears, fresh</b> <i>150 count, Whole</i>	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
<b>Pears, fresh</b> <i>120 count, Whole</i>	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
<b>Pears, fresh</b> <i>100 count, D'Anjou or, Bosc or, Bartlett, Whole</i>	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
<b>Pears, canned</b> <i>Diced, Packed in juice or light syrup, Includes USDA Foods</i>	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
<b>Pears, canned</b> <i>Halves, Packed in juice or light syrup, Includes USDA Foods</i>	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

NOTE: For Footnotes please see the end of the section.

### Section 3 - Fruits

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
<b>PEARS (continued)</b>					
<b>Pears, canned</b> <i>Halves, Packed in juice or light syrup, Includes USDA Foods</i>	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
<b>Pears, canned</b> <i>Sliced, Packed in juice or light syrup, Includes USDA Foods</i>	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
<b>Pears, dried</b> <i>Regular moisture, Halves</i>	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	
<b>PERSIMMONS</b>					
<b>Persimmons, fresh</b> <i>Japanese, Fuyu, Whole</i>	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
<b>PINEAPPLE</b>					
<b>Pineapple, fresh</b> <i>Whole</i>	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	
<b>Pineapple, canned</b> <i>Chunks, Packed in juice or light syrup</i>	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
	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
	Pound	7.53	1/4 cup fruit and liquid	13.30	
<b>Pineapple, canned</b> <i>Crushed, Packed in juice or light syrup</i>	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

NOTE: For Footnotes please see the end of the section.

### Section 3 - Fruits

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
<b>PINEAPPLE (continued)</b>					
<b>Pineapple, canned</b> <i>Crushed, Packed in juice or light syrup</i>	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
	Pound	7.56	1/4 cup fruit and liquid	13.30	
<b>Pineapple, canned</b> <i>Slices, Packed in juice or light syrup</i>	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	
<b>Pineapple, canned</b> <i>Tidbits, Packed in juice or light syrup</i>	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
<b>Pineapple, frozen</b> <i>Unsweetened, Chunks</i>	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
<b>PLUMS</b>					
<b>Plums, fresh</b> <i>Italian, 1.5-inch by 2-inch, Whole</i>	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	
<b>Plums, fresh</b> <i>Purple, Red, or Black, 2-inch diameter, Whole</i>	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
<b>Plums, fresh</b> <i>Purple, Red, or Black 2-1/2 inch diameter, Whole</i>	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

NOTE: For Footnotes please see the end of the section.

## Section 3 - Fruits

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
<b>PLUMS (continued)</b>					
<b>Plums, fresh</b> <i>Japanese or Hybrid, Whole, Size 60 &amp; 65</i>	Pound	6.40	1 whole, raw plum (about 3/8 cup fruit and liquid)	15.70	1 plum = about 1-1/2 inch diameter
<b>Plums, canned</b> <i>Purple or Red, Halves, Unpeeled, No pits</i>	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
<b>Plums, canned</b> <i>Purple or Red, Unpeeled, With pits, Whole</i>	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	
	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
<b>Plums, dried (Prunes), canned</b> <i>With pits</i>	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
<b>Plums, dried (Prunes)</b> <i>Whole, Without pits</i>	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
<b>Plums, dried (Prunes), canned</b> <i>Paste or Puree<sup>1</sup></i>	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
<b>Plums, dried (Prunes)</b> <i>Whole, Regular moisture, With pits</i>	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	

NOTE: For Footnotes please see the end of the section.

### Section 3 - Fruits

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
<b>PLUMS (continued)</b>					
<b>Plums, dried (Prunes)</b> <i>Whole, Without pits</i>	Pound	14.70	1/4 cup cooked fruit and liquid	6.90	
<b>POMEGRANATE</b>					
<b>Pomegranate, fresh</b> <i>Whole</i>	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
<b>RAISINS</b>					
<b>Raisins</b> <i>Regular moisture, Seedless, Includes USDA Foods</i>	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
	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	
<b>RASPBERRIES</b>					
<b>Raspberries, fresh</b> <i>Whole</i>	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
<b>Raspberries, canned</b> <i>Red, Whole</i>	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
<b>Raspberries, frozen</b> <i>Unsweetened, Fruit and liquid</i>	Pound	7.20	1/4 cup thawed, fruit and liquid	13.90	
<b>Raspberries, frozen</b> <i>Red, Unsweetened Puree<sup>1</sup></i>	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
<b>Raspberries, frozen</b> <i>Red, Whole, Unsweetened, Grade A, Individually-quick frozen</i>	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
<b>RHUBARB</b>					
<b>Rhubarb, fresh</b> <i>Without leaves</i>	Pound	6.20	1/4 cup cooked fruit, sugar added	16.20	1 lb AP = 0.86 lb ready-to-cook rhubarb
<b>Rhubarb, frozen</b> <i>Unsweetened</i>	Pound	10.00	1/4 cup cooked fruit, sugar added	10.00	

NOTE: For Footnotes please see the end of the section.



### Section 3 - Fruits

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
<b>STARFRUIT (CARAMBOLA)</b>					
<b>Starfruit (Carambola), fresh</b> <i>Whole</i>	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
<b>STRAWBERRIES</b>					
<b>Strawberries, fresh</b> <i>Whole</i>	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
<b>Strawberries, frozen</b> <i>Sliced, Unsweetened, Includes USDA Foods</i>	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
<b>Strawberries, frozen</b> <i>Sliced, Sweetened, Includes USDA Foods</i>	Pound	7.10	1/4 cup thawed, fruit and liquid	14.10	
<b>Strawberries, frozen</b> <i>Whole, Grade A, Unsweetened, Individually- quick-frozen, Includes USDA Food</i>	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
<b>Strawberries, dried</b>	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
<b>TANGELOS</b>					
<b>Tangelos, fresh</b> <i>Whole</i>	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
<b>TANGERINES</b>					
<b>Tangerines, fresh</b> <i>120 count, Whole</i>	Pound	4.00	1 whole, raw tangerine (about 3/8 cup fruit and liquid)	25.00	
<b>Tangerines, fresh</b> <i>121 count, Whole</i>	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
<b>Tangerines, fresh</b> <i>150 count, Whole</i>	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
<b>Tangerines, canned</b> <i>Mandarin Oranges</i>	Pound	7.30	1/4 cup fruit and liquid	13.70	
<b>Tangerines, canned</b> <i>Mandarin Oranges</i>	Pound	6.00	1/4 cup drained fruit	16.67	1 lb AP = about 0.61 lb (about 1-1/2 cups) drained tangerines

NOTE: For Footnotes please see the end of the section.



### Section 3 - Fruits

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
<b>UGLI FRUIT</b>					
Ugli Fruit, fresh <i>Whole</i>	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
<b>WATERMELON</b>					
Watermelon, fresh <sup>3</sup> <i>Whole</i>	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

NOTE: For Footnotes please see the end of the section.

**Footnotes: Fruits**

- <sup>1</sup> 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.
- <sup>2</sup> Note: Fried banana chips are not creditable towards meal pattern requirements.
- <sup>3</sup> 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.
- <sup>4</sup> 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.
- <sup>5</sup> The canned and frozen juices listed in Column 1 are usually available in the can size listed in Column 2.