FRUIT & VEGETABLE

Quick Reference Crediting Guide

This "Quick Reference Crediting Guide" is offered to NSLP & SFSP operators as a supplement to the full USDA references to show approximate serving sizes and yields for common fruits and vegetables. Unless noted, all fruit and vegetable portions should be planned and recorded using cup or volume measures such as ¼ cup, ½ cup, 1 cup, etc. Do not use ounce or weight measure such as 2 oz, 4 oz, or 8 oz.

This institution is an equal opportunity provider.

VEGETABLES (Subgroup)	Approximate Serving Size and Yield		
Avocado, sliced (Other)	3 slices = ¼ cup		
Bell Pepper (Red/Orange; Other)	Credits as served (Green Bell Pepper credits as Other vegetable)		
Baked beans (Beans/Peas)	Drained, credits as served	½ cup = ⅔ with sauce	⅔ cup with sauce = ½ cup
Black eyed-peas (Beans/Peas)	Credits as served		
Black beans (Beans/Peas)	Credits as served		
Broccoli (Dark Green)	1 spear = 5" long		Florets = credits as served
	1 medium spear = ¼ cup	2 medium spears = ½ cup	3 medium spear = ¾ cup
Carrots, Baby (Red/Orange)	Credits as served raw or cooked		2 oz pre-portioned bag = ½ cup
Carrots, Sticks (Red/Orange)	1 stick is 4 inches long and ½ inch wide		
	3 sticks = ¼ cup	6 sticks = ½ cup	12 sticks = 1 cup
Cauliflower (Other)	Credits as served		1 medium head = about 6 cups florets
Celery Sticks (Other)	1 stick is 3 inches long and ¾ inches wide		
	2 sticks = ⅛ cup	4 sticks = ¼ cup	8 sticks = ½ cup
Collard Greens (Dark Green)	Credits as served, when cooked		
Corn, fresh on cob (Starchy)	1 medium ear (5-6 inches long) = ½ cup cooked		3" corn cobbette = ¼ cup
Cucumber Slices (Other)	2 slices (each ⅛ inch thick) = ⅛ cup	4 slices (each ⅛ inch thick) = ¼ cup	8 slices (each ⅛ inch thick) = ½ cup
Cucumber Sticks (Other)	1 cucumber = 12 sticks		
	1 stick = ⅛ cup	2 sticks = ¼ cup	4 sticks = ½ cup
Green beans (Other)	Credits as served		
Lettuce, Head (Iceberg) (Other)	½ piece (4 ¼" and 4 ½") = ⅛ cup No Credit at less than 1/8 cup portion	1 piece (4 ¼" and 4 ½") = ¼ cup Credits at 1/8 cup · SFSP Credits at ¼ cup[1]	2 pieces (4 ¼" and 4 ½") = ½ cup Credits at 1/4 cup · SFSP Credits at ¼ cup[1]
Lettuce, Leaf (Dark Green)	1 large leaf = ¼ cup Credits at 1/8 cup · SFSP Credits at ¼ cup[1]	2 medium leaves = ¼ cup Credits at 1/8 cup · SFSP Credits at ¼ cup[1]	3 small leaves = ¼ cup Credits at 1/8 cup · SFSP Credits at ¼ cup[1]
Mixed Vegetables (Other/Additional)	Credits as served		
Peas, Green (Starchy)	Credits as served		
Potato, white or Russet (Starchy)	1 whole baked potato (~6 oz, 120 case count) = ½ cup	1 whole baked potato (~8 oz, 100 case count) = ¾ cup	1 whole baked potato (~10 oz, 80 case count) = 1 cup
Radishes (Other)	2 radishes (small) = ⅛ cup	4 radishes (small) = ¼ cup	8 radishes (small) = ½ cup
Romaine Lettuce (Dark Green)	1 cup raw = ½ cup vegetable credit . SFSP Credits as served[1]		
Salsa (Red/Orange)	Credits as served		
Spinach (Dark Green)	Credits as served in SFSP[1] and when cooked		1 cup raw = ½ cup vegetable credit in NSLP
Sweet Potato (Red/Orange)	Credits as served		
Tomato Wedges (Red/Orange)	⅛ tomato (3 inch diameter) = ⅛ cup	¼ tomato (3 inch diameter) = ¼ cup	½ tomato (3 inch diameter) = ½ cup
Tomato Slices (Red/Orange)	1 slice (each ¼ inch thick) = ⅛ cup	2 slices (each ¼ inch thick) = ¼ cup	4 slices (each ¼ inch thick) = ½ cup
Cherry Tomatoes (Red/Orange)	2 tomatoes = ⅛ cup	4 tomatoes = ¼ cup	8 tomatoes = ½ cup
Grape Tomatoes Red/Orange)	7 large = ¼ cup	14 large = ½ cup	21 large = ¾ cup

Fruits	Approximate Serving Size and Yield		
Apple	1 apple = 1 cup (125-138 count)	½ apple = ½ cup (125-138 count)	2 oz bag – sliced = ½ cup
Applesauce	Canned, credit as served	1 snack container (4 oz) = ½ cup	
Apricots	Canned, credit as served	1 medium apricot = ¼ cup	
Bananas	1 banana = ½ cup (120 count)		
Blueberries	Credits as served		
Cantaloupe	**1/10 of a medium** melon = ¼ cup	**1/16 of a medium** melon = ¼ cup	Cut, credit as served
Craisins/Raisins	1.3 - 1.5 oz box = ¼ cup = ½ cup credit (dried fruit = double portion credit)		
Grapes	7 large = ¼ cup	14 large = ½ cup	21 large = ¾ cup
Grapefruit	2 sections of a large grapefruit = ¼ cup	6 sections of a large grapefruit = ¾ cup	
Kiwi	¾ of a whole kiwi = ¼ cup	Offer as complement to canned or fresh fruit cups	
Mandarin Oranges	Credits as served	1 snack container (4 oz) = ½ cup	
Mangoes	Credits as served	1 snack container (4 oz) = ½ cup	
Mixed Fruit	Credits as served	1 snack container (4 oz) = ½ cup	
Nectarines	1 medium = ½ cup (2 ¼ inch **88-96 case count**)	1 large = ¾ cup (2 ¾ inch **56-64 case count**)	
Oranges, all sizes	½ whole = ¼ cup	1 whole = ½ cup	1 ½ or 6 quarters = ¾ cup
Pineapple	Fresh or canned, credits as served	1 snack container (4 oz) = ½ cup	
Peaches	½ whole = ¼ cup	1 whole = ½ cup	1 snack container (4 oz) = ½ cup
Pears	1 = ¾ cup (120 count, fresh)	Canned, credit as served	1 snack container (4 oz) = ½ cup
Plums	1 whole = ⅜ cup (1 ½ inch, **size 60 & 65**)	1 whole = ½ cup (2 inch, **size 45 & 50**)	
Strawberries	8 large berries = 1 cup		
Tangerines	1 = ⅜ cup	2 = ¾ cup	
Watermelon	Credits as served		

Canned fruits must be packed in juice, light syrup or water
For fruit cups, 4 oz = ½ cup
[1] In SFSP, dried fruits and raw, leafy greens credit as served.

REFERENCES:

USDA Food Buying Guide - USDA Food Buying Guide for School Meals Program

USDA's ChooseMyPlate.gov – My Plate Food Groups Overview