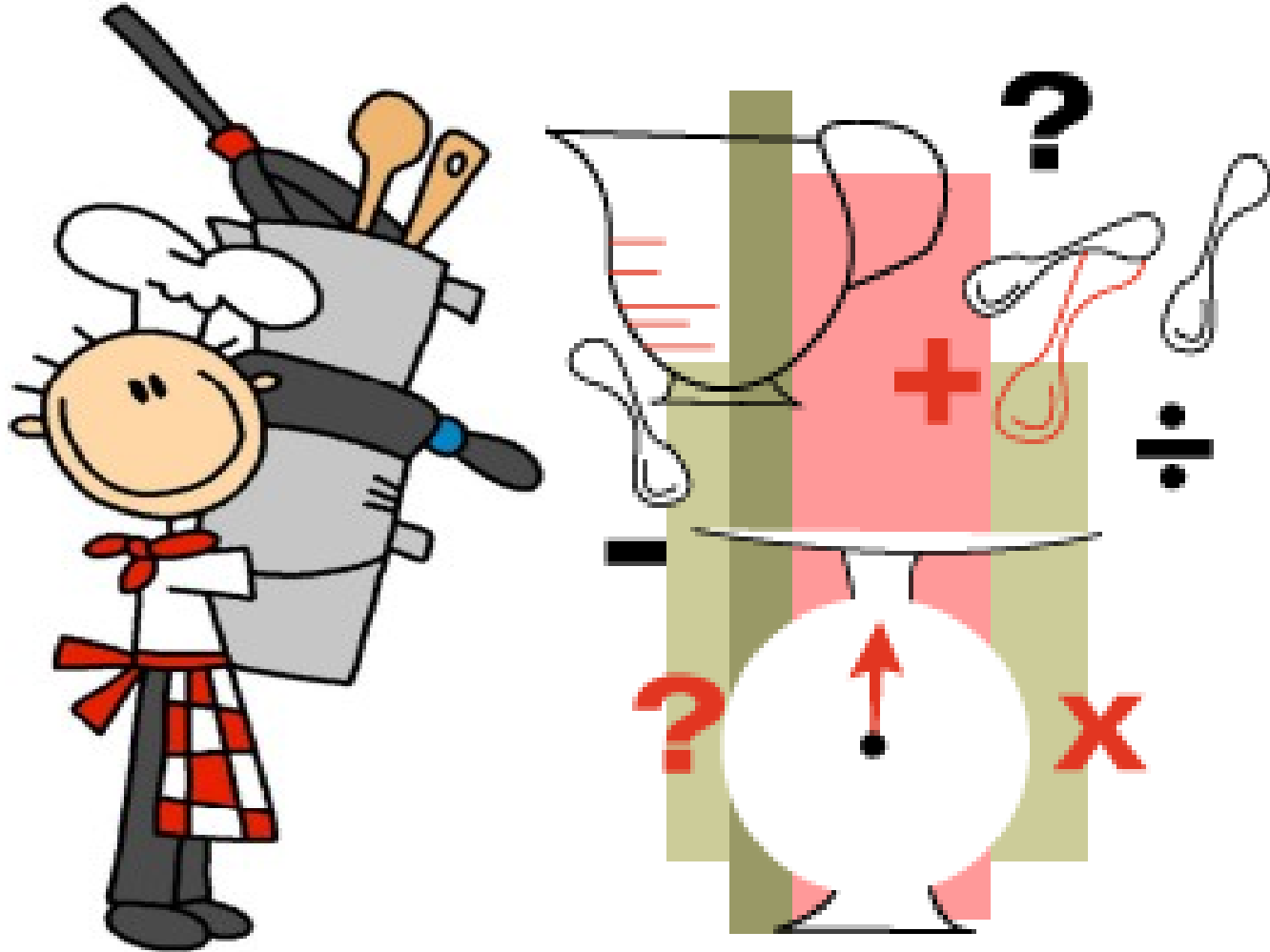


Helper Sheets



HELPFUL FORMULAS

When planning how much to prepare or purchase:

$$\frac{\text{\# of Servings Needed}}{\text{Helper Sheets Factor}} = \text{Amount of Purchased Units Needed}$$

Example: 450 Servings of Applesauce, #10 can

$$\frac{450 - 1/2c \text{ servings}}{23.8 - 1/2c \text{ servings} / \#10 \text{ can (helper sheets factor)}} = 18.9 \#10 \text{ cans needed} = \underline{19} \#10 \text{ cans needed}$$

(if a decimal, round up)

When identifying how many servings you have on hand & check your math:

$$\text{\# of Purchase Units On Hand} \times \text{Helper Sheets Factor} = \text{\# of Servings On Hand}$$

Example: Applesauce, #10 can

$$19 \#10 \text{ cans of Applesauce} \times 23.8 - 1/2c \text{ servings} / \#10 \text{ can (helper sheets factor)} = \underline{476} - 1/2c \text{ servings}$$

(always round down, if a decimal)

MEAT/MEAT ALTERNATE ITEM	PURCHASE UNIT	SERVINGS PER PURCHASE UNIT		
		1 oz.	1 1/2 oz.	2 oz.
Beans, Black-eyed, Dry, Canned, Cooked	#10 Can	37.7	25.1	18.9
Beans, Black-eyed, Dry, Cooked	Pound	28.3	18.9	14.2
Beans, Garbanzo, or Chickpeas, Canned, Drained	#10 Can	42.0	28.0	21.0
Beans, Great Northern, Dry, Canned, Drained	#10 Can	32.4	21.6	16.2
Beans, Great Northern, Dry, Whole	Pound	25.5	17.0	12.8
Beans, Kidney, Dry, Canned, Heated, Drained	#10 Can	38.9	25.9	19.5
Beans, Kidney, Dry, Whole	Pound	24.8	16.5	12.4
Beans, Pinto, Dry	Pound	21.0	14.0	10.5
Beans, Pinto, Canned	#10 Can	37.2	24.8	18.6
Beans, Refried, Canned	#10 Can	49.6	33.1	24.8
Beans, Refried, Dehydrated	Pound	20.5	13.7	10.3
Beef, Brisket, Fresh or Frozen, w/o Bone, 1/4" Trim	Pound	7.36	4.9	3.7
Beef, Brisket, Fresh or Frozen, w/o Bone, PFF	Pound	11.0	7.3	5.5
Beef, Chuck Roast, Fresh or Frozen, w/o Bone, PFF	Pound	8.64	5.8	4.3
Beef, Fajitas (Flank Steak), Fresh or Frozen, 1/4" Trim	Pound	10.7	7.1	5.4
Beef, Fajitas (Flank Steak), Fresh or Frozen, PFF	Pound	11.6	7.7	5.8
Beef, Fajitas, Inside Skirt Steak, Fresh or Frozen	Pound	10.2	6.8	5.1
Beef, Fajitas, Outside Skirt Steak, Fresh or Frozen	Pound	11.3	7.5	5.7
Beef, Ground, Fresh or Frozen, 10% Fat	Pound	12.1	8.1	6.1
Beef, Ground, Fresh or Frozen, 15% Fat	Pound	12.0	8.0	6.0
Beef, Ground, Fresh or Frozen, 20% Fat	Pound	11.8	7.9	5.9
Beef, Loin Steak, Fresh or Frozen, Bottom Sirloin, PFF	Pound	10.8	7.2	5.4

MEAT / MEAT ALTERNATES

MEAT/MEAT ALTERNATE ITEM	PURCHASE UNIT	SERVINGS PER PURCHASE UNIT		
		1 oz.	1 1/2 oz.	2 oz.
Beef, Rib, Ribeye, Fresh or Frozen, w/o Bone, PFF	Pound	10.0	6.7	5.0
Beef, Rump Roast, Fresh or Frozen	Pound	9.92	6.6	5.0
Beef, Stew Meat, Fresh or Frozen, w/o Bone, PFF	Pound	9.76	6.5	4.9
Beef Products, Canned or Frozen, w/ BBQ Sauce (1/4c = 1 oz MMA)	Pound	7.0	4.7	3.5
Beef Products, Canned or Frozen, Beef Stew (3/4c = 1 oz MMA)	Pound	2.33	1.6	1.2
Beef Products, Chili Con Carne w/o Beans, (1/2c = 1oz MMA)	Pound	3.5	2.3	1.8
Beef Products, Chili Con Carne w/ Beans, (3/4c = 1oz MMA)	Pound	2.33	1.6	1.2
Cheese, American, Mozzarella, Cheddar	Pound	16	10.7	8.0
Cheese, Cottage or Ricotta 2oz serving (1/4c) = 1oz MMA	Pound	8	5.3	4.0
Chicken, Fresh or Frozen, Whole, w/ Neck-Giblets	Pound	5.7	3.8	2.9
Chicken, Fresh or Frozen, Whole, w/o Neck-Giblets	Pound	7.04	4.7	3.5
Chicken, 8 piece, Frozen, Heated 1 breast OR 1 drumstick & 1 wing, OR 1 thigh w/ back = 2oz MMA	40 Lb Box			83.0
Chicken, Boneless, Fresh or Frozen, w/ skin (in natural proportions)	Pound	11.2	7.5	5.6
Chicken, Boneless, Fresh or Frozen, Tenders	Pound	11.6	7.7	5.8
Chicken, Cooked, Canned, Boned, Heated, Drained (1/8c serving= 1oz MMA)	Pound	14.8	9.9	7.4
Chicken, Cooked, Canned, Boned, Heated, Drained (1/8c serving= 1oz MMA)	50 oz Can	46.5	31.0	23.3
Chicken, Diced or Pulled, Cooked, Frozen	Pound	16.0	10.7	8.0

MEAT / MEAT ALTERNATES

MEAT/MEAT ALTERNATE ITEM	PURCHASE UNIT	SERVINGS PER PURCHASE UNIT		
		1 oz.	1 1/2 oz.	2 oz.
Chicken, 8 piece, Frozen, Heated, Breaded 1 breast OR 1 drumstick & 1 wing, OR 1 thigh w/ back = 2oz MMA	30 Lb Box			66.0
Chicken Products, Canned or Frozen, Chicken Salad (1/3c serving= 1oz cooked MMA)	Pound	3.46	2.3	1.7
Eggs, in Shell, Fresh, Large, Whole	Dozen	24.0	16.0	12.0
Eggs, Frozen, Whole Eggs, Pasteurized	Pound	18.0	12.0	9.0
Eggs, Dried, Whole Eggs	Pound	64.0	42.7	32.0
Peanut / Almond / Sunflower Butter (incl. Reduced Fat) (2 Tbsp = 1oz MMA)	#10 Can	#30 SC 97.5	#20 SC 65.0	#16 SC 48.8
Pork, Ground Fresh or Frozen, 20% Fat	Pound	11.8	7.9	5.9
Pork, Loin Chops, Fresh or Frozen, PFF	Pound	11.2	7.5	5.6
Pork, Loin Roast, Fresh or Frozen, PFF	Pound	10.2	6.8	5.1
Pork, Sausage, Fresh or Frozen (Bulk, Link or Patty)	Pound	7.52	5.0	3.8
Pork, Mild Cured, Ham, Canned, Heated, Lean	Pound	10.2	6.8	5.1
Pork, Mild Cured, Fully Cooked, Ham, Water Added Smoked, Rolled (1.22oz Ham w/ Water Added = 1oz MMA) (1.83oz Ham w/ Water Added = 1.5oz MMA) (2.44oz Ham w/ Water Added = 2oz MMA)	Pound	13.1	8.7	6.6
Pork, Mild Cured, Fully Cooked, Ham, Water Added Boiled w/o Bone (1.22oz Ham w/ Water Added = 1oz MMA) (1.83oz Ham w/ Water Added = 1.5oz MMA) (2.44oz Ham w/ Water Added = 2oz MMA)	Pound	13.1	8.7	6.6

MEAT / MEAT ALTERNATES

MEAT/MEAT ALTERNATE ITEM	PURCHASE UNIT	SERVINGS PER PURCHASE UNIT		
		1 oz.	1 1/2 oz.	2 oz.
Pork, Mild Cured, Fully Cooked, Ham, Water Added Chunked and Formed, smoked w/o Bone (1.22oz Ham w/ Water Added = 1oz MMA) (1.83oz Ham w/ Water Added = 1.5oz MMA) (2.44oz Ham w/ Water Added = 2oz MMA)	Pound	13.1	8.7	6.6
Pork, Mild Cured, Canned, Ham, Heated (1.2oz Ham w/ Water Added = 1oz MMA) (1.8oz Ham w/ Water Added = 1.5oz MMA) (2.44oz Ham w/ Water Added = 2oz MMA)	Pound	10.2	6.8	5.1
Pork, Sausage, Fresh, or Frozen Link, or Pattie (2.13 oz. = 1 oz MMA)	Pound	7.52	5.0	3.8
Salmon, Canned, Heated	15-1/2 Oz. Can	11.6	7.7	5.8
Salmon, Canned, Heated	64 Oz. Can	48.0	32.0	24.0
Salmon, Heated	4 lb Pouch	55.0	36.7	27.5
Tuna, Water Packed, Canned, Chunk Style	12-1/2 Oz. Can	10.5	7.0	5.3
Tuna, Water Packed, Canned, Chunk Style	66-1/2 Oz. Can	51.2	34.1	25.6
Tuna, Water Packed, Canned, Grated or Flake	60 Oz. Can	55.0	36.7	27.5
Turkey, Whole, Fresh or Frozen, No Skin (Without Neck & Giblets)	Pound	7.52	5.0	3.8
Turkey, Whole, Fresh or Frozen, With Skin (With Neck & Giblets)	Pound	7.68	5.1	3.8
Turkey Ham, Fully Cooked, Chilled or Frozen (1.4oz = 1oz MMA) (2.8oz = 2oz MMA)	Pound	11.2	7.5	5.6
Turkey Ham, Fully Cooked, Chilled or Frozen (15% added ingredients) (1.7oz = 1oz MMA) (3.4oz = 2oz MMA)	Pound	9.41	6.3	4.7
Turkey, Ground, Fresh or Frozen w/ Skin	Pound	11.2	7.5	5.6

MEAT / MEAT ALTERNATES

MEAT/MEAT ALTERNATE ITEM	PURCHASE UNIT	SERVINGS PER PURCHASE UNIT		
		1 oz.	1 1/2 oz.	2 oz.
Turkey Roast, Frozen, w/o Bone, USDA Food Only	Pound	10.5	7.0	5.3
Turkey, Boneless, Fresh or Frozen w/ Skin	Pound	11.2	7.5	5.6
Turkey, Cooked, Frozen, Diced or Pulled, w/o Skin	Pound	16.0	10.7	8.0
Tofu, Commercial (w/ minimum of 5 gms protein / 2.2oz weight) (1/4cup or 2.2oz wt = 1oz MMA)	Pound	7.28	4.9	3.6
Yogurt, Fresh or Soy, Plain or Flavored, Sweetened or Unsweetened, Commercially Prepared (1/2cup or 4 oz = 1oz MMA) (3/4cup or 6oz = 1.5oz MMA)	32oz Container	8	5.3	4.0
MEAT / MEAT ALTERNATES				

GRAINS/BREADS ITEM	PURCHASE UNIT	SERVINGS PER PURCHASE UNIT			
		1/4 CUP	1/3 CUP	3/8 CUP	1/2 CUP
Crackers, Graham	Each	2ct (13g or 0.5oz) = 1/2 GB		4ct (25g or 0.9) = 1 GB	
Crackers, Saltines	Each	4ct (10g or 0.4oz) = 1/2 GB		8ct (20g or 0.7oz) = 1 GB	
Croutons, Seasoned (1/4c =10g or .4oz = 1/2GB) (1/2c=20g or .7oz = 1GB)	Pound	44.6	33.5	29.7	22.3
Oatmeal, Rolled, Instant, Dry, Cooked	Pound	46.9	35.2	31.3	23.5
Oatmeal, Rolled, Quick, Dry, Cooked	Pound	47.6	35.7	31.7	23.8
Oatmeal, Rolled, Regular, Dry, Cooked	Pound	45.4	34.1	30.3	22.7
Pasta, Lasagna, Dry, Cooked	Pound	28.3	21.2	18.9	14.2
Pasta, Macaroni, Elbow, Dry, Cooked	Pound	39.0	29.3	26.0	19.5
Pasta, Noodles, Egg, Dry, Cooked	Pound	40.3	30.2	26.9	20.2
Pasta, Rotini, Dry, Cooked	Pound	33.8	25.4	22.5	16.9
Pasta, Spaghetti, Dry, Cooked	Pound	21.2	15.9	14.1	10.6
Pasta, Medium Shells, Dry, Cooked	Pound	26.7	20.0	17.8	13.4
Pasta, Wagon Wheels, Dry, Cooked	Pound	31.1	23.3	20.7	15.6
Pasta, Penne, Dry, Cooked	Pound	31.2	23.4	20.8	15.6
Rice, Brown, Instant, Dry, Cooked	Pound	28.8	21.6	19.2	14.4
Rice, Brown, Long Grain, Dry, Cooked	Pound	17.5	13.1	11.7	8.8
Rice, Wild, Dry, Cooked	Pound	34.8	26.1	23.2	17.4
Rice, White, Long Grain, Instant, Cooked 1c. Cooked = 2 G/B, 1/2 c. = 1 G/B	Pound	28.0	21.0	18.7	14.0
Rice, White, Long Grain, Regular, Cooked	Pound	30.0	22.5	20.0	15.0
Toast, Melba	Each	3ct (10g or .4oz)= 1/2 GB		5ct (20 g or .7oz) = 1 GB	

NOTE: REFER TO GRAINS/BREADS CHART IN FOOD BUYING GUIDE FOR GRAIN/BREAD EQUIVALENTS.

EXHIBIT A: SCHOOL LUNCH AND BREAKFAST
WHOLE GRAIN-RICH OUNCE EQUIVALENCY (OZ EQ) REQUIREMENTS FOR
SCHOOL MEAL PROGRAMS^{1,2}

GROUP A	OZ EQ FOR GROUP A
<ul style="list-style-type: none"> • Bread type coating • Bread sticks (hard) • Chow mein noodles • Savory Crackers (saltines and snack crackers) • Croutons • Pretzels (hard) • Stuffing (dry) Note: weights apply to bread in stuffing. 	1 oz eq = 22 gm or 0.8 oz 3/4 oz eq = 17 gm or 0.6 oz 1/2 oz eq = 11 gm or 0.4 oz 1/4 oz eq = 6 gm or 0.2 oz
GROUP B	OZ EQ FOR GROUP B
<ul style="list-style-type: none"> • Bagels • Batter type coating • Biscuits • Breads (sliced whole wheat, French, Italian) • Buns (hamburger and hot dog) • Sweet Crackers⁴ (graham crackers - all shapes, animal crackers) • Egg roll skins • English muffins • Pita bread (whole wheat or whole grain-rich) • Pizza crust • Pretzels (soft) • Rolls (whole wheat or whole grain-rich) • Tortillas (whole wheat or whole corn) • Tortilla chips (whole wheat or whole corn) • Taco shells (whole wheat or whole corn) 	1 oz eq = 28 gm or 1.0 oz 3/4 oz eq = 21 gm or 0.75 oz 1/2 oz eq = 14 gm or 0.5 oz 1/4 oz eq = 7 gm or 0.25 oz
GROUP C	OZ EQ FOR GROUP C
<ul style="list-style-type: none"> • Cookies³ (plain - includes vanilla wafers) • Cornbread • Corn muffins • Croissants • Pancakes • Pie crust (dessert pies³, cobbler³, fruit turnovers⁴, and meat/meat alternate pies) • Waffles 	1 oz eq = 34 gm or 1.2 oz 3/4 oz eq = 26 gm or 0.9 oz 1/2 oz eq = 17 gm or 0.6 oz 1/4 oz eq = 9 gm or 0.3 oz

¹ The following food quantities from Groups A-G, must contain at least 16 grams of whole-grain or can be made with 8 grams of whole-grain and 8 grams of enriched meal and/or enriched flour to be considered whole grain-rich.

² Some of the following grains may contain more sugar, salt, and/or fat than others. This should be a consideration when deciding how often to serve them.

³ Allowed only as dessert at lunch as specified in §210.10.

⁴ Allowed for desserts at lunch as specified in §210.10, and for breakfasts served under the SBP.

GROUP D	OZ EQ FOR GROUP D
<ul style="list-style-type: none"> • Doughnuts⁴ (cake and yeast raised, unfrosted) • Cereal bars, breakfast bars, granola bars⁴ (plain) • Muffins (all, except corn) • Sweet roll⁴ (unfrosted) • Toaster pastry⁴ (unfrosted) 	1 oz eq = 55 gm or 2.0 oz 3/4 oz eq = 42 gm or 1.5 oz 1/2 oz eq = 28 gm or 1.0 oz 1/4 oz eq = 14 gm or 0.5 oz
GROUP E	OZ EQ FOR GROUP E
<ul style="list-style-type: none"> • Cereal bars, breakfast bars, granola bars⁴ (with nuts, dried fruit, and/or chocolate pieces) • Cookies³ (with nuts, raisins, chocolate pieces and/or fruit purees) • Doughnuts⁴ (cake and yeast raised, frosted or glazed) • French toast • Sweet rolls⁴ (frosted) • Toaster pastry⁴ (frosted) 	1 oz eq = 69 gm or 2.4 oz 3/4 oz eq = 52 gm or 1.8 oz 1/2 oz eq = 35 gm or 1.2 oz 1/4 oz eq = 18 gm or 0.6 oz
GROUP F	OZ EQ FOR GROUP F
<ul style="list-style-type: none"> • Cake³ (plain, unfrosted) • Coffee cake⁴ 	1 oz eq = 82 gm or 2.9 oz 3/4 oz eq = 62 gm or 2.2 oz 1/2 oz eq = 41 gm or 1.5 oz 1/4 oz eq = 21 gm or 0.7 oz
GROUP G	OZ EQ FOR GROUP G
<ul style="list-style-type: none"> • Brownies³ (plain) • Cake³ (all varieties, frosted) 	1 oz eq = 125 gm or 4.4 oz 3/4 oz eq = 94 gm or 3.3 oz 1/2 oz eq = 63 gm or 2.2 oz 1/4 oz eq = 32 gm or 1.1 oz
GROUP H	OZ EQ FOR GROUP H
<ul style="list-style-type: none"> • Cereal Grains (barley, quinoa, etc) • Breakfast cereals (cooked)^{5,6} • Bulgur or cracked wheat • Macaroni (all shapes) • Noodles (all varieties) • Pasta (all shapes) • Ravioli (noodle only) • Rice (enriched white or brown) 	1 oz eq = 1/2 cup cooked or 1 ounce (28 g) dry
GROUP I	OZ EQ FOR GROUP I
<ul style="list-style-type: none"> • Ready to eat breakfast cereal (cold, dry)^{5,6} 	1 oz eq = 1 cup or 1 ounce for flakes and rounds 1 oz eq = 1.25 cups or 1 ounce for puffed cereal 1 oz eq = 1/4 cup or 1 ounce for granola

⁵ Refer to program regulations for the appropriate serving size for supplements served to children aged 1 through 5 in the NSLP; and meals served to children ages 1 through 5 and adult participants in the CACFP. Breakfast cereals are traditionally served as a breakfast menu item but may be served in meals other than breakfast.

⁶ Cereals must be whole-grain, or whole grain and enriched or fortified cereal.

VEGETABLE SUBGROUPS

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Dark Green Vegetables

bok choy
broccoli
cilantro
collard greens
dark green leafy lettuce
kale
mesclun
mustard greens
romaine lettuce
spinach
turnip greens
watercress

Starchy Vegetables

cassava
corn
fresh cowpeas, field peas,
or black-eyed peas (not dry)
green bananas
green peas
green lima beans
plantains
potatoes
taro
water chestnuts

Red & Orange Vegetables

acorn squash
butternut squash
carrots
hubbard squash
pumpkin
red peppers
sweet potatoes
tomatoes
tomato juice
tomato paste / sauce

Beans and peas

black beans
black-eyed peas (mature, dry)
garbanzo beans (chickpeas)
kidney beans
lentils
navy beans
pinto beans
soy beans
split peas
white beans

Other Vegetables

artichokes
asparagus
avocado
bean sprouts
beets
brussels sprouts
cabbage, green, red
cauliflower
celery
chili pepper, hot, green
cucumbers
eggplant
green beans
green peppers, bell, sweet
iceberg (head) lettuce
jicama
mushrooms
okra
olives
onions
parsnips
pickles / relish
squash, yellow / chayote
tomatillos
turnips
wax beans
zucchini

DARK GREEN VEGETABLES VEGETABLE SUBGROUP	PURCHASE UNIT	SERVINGS PER PURCHASE UNIT			
		1/4 CUP	1/3 CUP	3/8 CUP	1/2 CUP
Bok Choy, Fresh, Whole	Pound	15	11.3	10.0	7.5
Broccoli, Fresh,Cooked, Spears, Untrimmed	Pound	13.0	9.8	8.7	6.5
Broccoli, Fresh, RAW, Florets	Pound	28.8	21.6	19.2	14.4
Broccoli, Fresh, RAW, Spear, Untrimmed	Pound	9.8	7.4	6.5	4.9
Broccoli, Frozen, Cooked & Chopped	Pound	9.6	7.2	6.4	4.8
Collard Greens, Canned	#10 Can	27.0	20.3	18.0	13.5
Collard Greens, Fresh, Untrimmed, Cooked	Pound	6.2	4.7	4.1	3.1
Collard Greens, Frozen, (Chopped or Whole Leaf, Cooked)	Pound	9.0	6.8	6.0	4.5
Dark Green Leafy Lettuce	Pound	28.0	21.0	18.7	14.0
Kale, Fresh, Chopped, w/o Stems	Pound	45	33.8	30.0	22.5
Lettuce, Romaine	Pound	30.0	22.5	20.0	15.0
Mesclun	Pound	28.0	21.0	18.7	14.0
Mustard Greens, Fresh, Trimmed, w/o Stems	Pound	49.0	36.8	32.7	24.5
Mustard Greens, Frozen, Chopped	Pound	11.6	8.7	7.7	5.8
Spinach, Canned	#10 Can	25.2	18.9	16.8	12.6
Spinach, Frozen, Chopped	Pound	5.6	4.2	3.7	2.8
Spinach, Fresh Leaves, RTU	Pound	25.6	19.2	17.1	12.8
Turnip Greens, Canned	#10 Can	27.6	20.7	18.4	13.8
Turnip Greens, Fresh, Untrimmed, Cooked	Pound	6.0	4.5	4.0	3.0
Watercress, Fresh	Pound	50.5	37.9	33.7	25.3

DARK GREEN VEGGIES

RED/ORANGE VEGETABLES VEGETABLE SUBGROUP	PURCHASE UNIT	SERVINGS PER PURCHASE UNIT			
		1/4 CUP	1/3 CUP	3/8 CUP	1/2 CUP
Carrots, Frozen, Sliced	Pound	9.87	7.4	6.6	4.9
Carrots, Sticks RTU, 1/2 X 4 in.	Pound	15.4	11.6	10.3	7.7
Carrots, Baby, RTU, RAW	Pound	12.9	9.7	8.6	6.5
Carrots, Sliced	#10 Can	37.2	27.9	24.8	18.6
Sweet Potatoes, Canned, In Light Syrup	#10 Can	33.8	25.4	22.5	16.9
Sweet Potatoes, Canned, Whole	#10 Can	39.1	29.3	26.1	19.6
Sweet Potatoes, Canned, Mashed	#10 Can	49.1	36.8	32.7	24.6
Sweet Potatoe, Dehydrated, Flakes	Pound	18.5	13.9	12.3	9.3
Sweet Potatoes, Frozen, Mashed	Pound	7.55	5.7	5.0	3.8
Sweet Potato, Fresh, Whole	Pound	6.6	5.0	4.4	3.3
Sweet Potato, Fries, Cooked	Pound				8.0
Sweet Potato, Tots, Cooked	Pound				7.6
Tomatoes, Fresh,Cherry, (3 Cherry Tomatoes = 1/4c)	Pound	12.1	9.1	8.1	6.1
Tomatoes, Fresh,Cherry Tomato Halves, (6 Cherry Tomato Halves = 1/4c)	Pound	12.1	9.1	8.1	6.1
Tomatoes, Fresh, Medium (5 slices=1/4 c)	Pound	8.53	6.4	5.7	4.3
Tomatoes, Fresh, Large, 2 1/2"-2 3/4" Diameter (1/4 Large Tomato or 4 slices = 1/4 c. Veg.)	Pound	8.7	6.5	5.8	4.4
Tomatoes, Fresh, Diced	Pound	8.74	6.6	5.8	4.4
Tomatoes, Cooked, Diced	Pound	6.67	5.0	4.4	3.3
Tomatoes, Whole or Stewed, Heated, w/ Juice	#10 Can	45.5	34.1	30.3	22.8
Tomatoes, Crushed, Canned	#10 Can	46.6	35.0	31.1	23.3
Tomato Paste, 1TbIs = 1/4 c. Vegetable	#10 Can	192.0	144.0	128.0	96.0

RED ORANGE VEGGIES

RED/ORANGE VEGETABLES VEGETABLE SUBGROUP	PURCHASE UNIT	SERVINGS PER PURCHASE UNIT			
		1/4 CUP	1/3 CUP	3/8 CUP	1/2 CUP
Tomato, Spaghetti Sauce, Meatless	#10 Can	47.9	35.9	31.9	24.0
Tomato Sauce, Canned	#10 Can	50.7	38.0	33.8	25.4
Peppers, Red, Diced	Pound	9.70	7.3	6.5	4.9
Pumpkin, Heated, Canned	#10 Can	51.5	38.6	34.3	25.8
Squash, Acorn, Mashed	Pound	4.7	3.5	3.1	2.4
Squash, Butternut, Cubed, Cooked	Pound	7.5	5.6	5.0	3.8
Squash, Butternut, Mashed, Cooked	Pound	5.4	4.1	3.6	2.7
Squash, Hubbard, Cubed, Cooked	Pound	4.4	3.3	2.9	2.2
Squash, Hubbard, Mashed, Cooked	Pound	4.3	3.2	2.9	2.2
				RED ORANGE VEGGIES	

BEANS/PEAS/LEGUMES VEGETABLE SUBGROUP	PURCHASE UNIT	SERVINGS PER PURCHASE UNIT			
		1/4 CUP	1/3 CUP	3/8 CUP	1/2 CUP
Beans, Baked, Sauce & Pork	#10 Can	48.9	36.7	32.6	24.5
Beans, Baked in Sauce, Vegetarian	#10 Can	47.1	35.3	31.4	23.6
Beans, Black, Dry, Canned	#10 Can	27.8	20.9	18.5	13.9
Beans, Black, Dry, Whole	Pound	18.3	13.7	12.2	9.2
Beans, Great Northern, Dry, Canned	#10 Can	32.4	24.3	21.6	16.2
Beans, Great Northern, Dry, Whole	Pound	25.5	19.1	17.0	12.8
Beans, Kidney, Heated, Drained	#10 Can	38.9	29.2	25.9	19.5
Beans, Kidney, Dry, Whole	Pound	24.8	18.6	16.5	12.4
Beans, Navy, Dry	Pound	23.9	17.9	15.9	12.0
Beans, Pinto, Heated, Drained	#10 Can	37.2	27.9	24.8	18.6
Beans, Pinto, Dry	Pound	21.0	15.8	14.0	10.5
Beans, Refried, Dry, Canned	#10 Can	49.6	37.2	33.1	24.8
Beans, Refried, Dehydrated, Cooked	Pound	20.5	15.4	13.7	10.3
Beans, White			0.0	0.0	0.0
Lentils, Dry, Cooked	Pound	29.6	22.2	19.7	14.8
Peas, Black-eyed, Dry, Cooked	Pound	28.3	21.2	18.9	14.2
Peas, Split, Dry, Cooked	Pound	23.1	17.3	15.4	11.6
Beans, Soy, Fresh, Shelled, Cooked (Edamame)	Pound	6.9	5.2	4.6	3.5
Beans, Soy, Fresh, Whole in Shell, Cooked (Edamame)	Pound	6.9	5.2	4.6	3.5
Beans, Soy, Dry, Canned	Pound	7.3	5.5	4.9	3.7

BEANS-PEAS-LEGUMES

STARCHY VEGETABLES VEGETABLE SUBGROUP	PURCHASE UNIT	SERVINGS PER PURCHASE UNIT			
		1/4 CUP	1/3 CUP	3/8 CUP	1/2 CUP
Beans, Lima, Heated, Drained	#10 Can	42.4	31.8	28.3	21.2
Beans, Lima, Dry, Baby	Pound	23.4	17.6	15.6	11.7
Cassava (Yucca), Fresh, Peeled, Cooked, Chunk	Pound	8.1	6.1	5.4	4.1
Corn, Cream Style, Heated	#10 Can	46.4	34.8	30.9	23.2
Corn, Frozen, Whole Kernel, Cooked	Pound	11.0	8.3	7.3	5.5
Corn, Whole Kernel, Heated, Canned	#10 Can	39.6	29.7	26.4	19.8
Corn, Frozen, On the Cob, 3" Ear	Pound	4.25	3.2	2.8	2.1
Corn, Frozen, On the Cob, 5 1/4" Ear	Pound	2.44	1.8	1.6	1.2
Peas, Blackeyed, (Not Dry)	#10 Can	37.7	28.3	25.1	18.9
Peas, Field, Canned with Snaps	#10 Can	37.6	28.2	25.1	18.8
Peas, Green, Heated, Drained	#10 Can	36.7	27.5	24.5	18.4
Peas, Green, Frozen, Cooked, Drained	Pound	9.59	7.2	6.4	4.8
Plantains, Fresh Ripe, Cooked	Pound	5.6	4.2	3.7	2.8
Potatoes, Dehydrated, Diced	Pound	45.1	33.8	30.1	22.6
Potatoes, Dehydrated, Flake	Pound	50.5	37.9	33.7	25.3
Potatoes, Dehydrated, Granules	Pound	50.5	37.9	33.7	25.3
Potatoes, Dehydrated, Slices	Pound	43.5	32.6	29.0	21.8
Potatoes, Diced, Canned	#10 Can	39.9	29.9	26.6	20.0
Potatoes, Diced, Frozen, Precooked	Pound	8.97	6.7	6.0	4.5
Potatoes, Fries, Straight, Frozen, Ovenable	Pound	14.0	10.5	9.3	7.0

STARCHY VEGGIES

STARCHY VEGETABLES VEGETABLE SUBGROUP	PURCHASE UNIT	SERVINGS PER PURCHASE UNIT			
		1/4 CUP	1/3 CUP	3/8 CUP	1/2 CUP
Potatoes, Fries,Crinkle, Frozen, Ovenable	Pound	16.2	12.2	10.8	8.1
Potatoes, Fries, Frozen, ShoeString Reg Moisture	Pound	17.5	13.1	11.7	8.8
Potatoes, Fries, Frozen, ShoeString Low Moisture	Pound	14.2	10.7	9.5	7.1
Potatoes, Curley Fries, Frozen 1/3 inch	Pound	21.8	16.4	14.5	10.9
Potatoes, Circles, Frozen (1/4c=5 circles)	Pound	12.6	9.5	8.4	6.3
Potatoes, Red, Whole, Cooked w/ Skin	Pound	9.88	7.4	6.6	4.9
Potatoes, Russet, Baked w/ Skin 100 ct. (8oz each)	Pound	6.76	5.1	4.5	3.4
Potatoes, Wedges	Pound	11.9	8.9	7.9	6.0
Potatoes, Hashbrowns, Diced	Pound	7.7	5.8	5.1	3.9
Potatoes, Rounds, Frozen, (4 pcs = 1/4cup)	Pound	12.7	9.5	8.5	6.4
Potatoes, Small Whole, Canned	#10 Can	43.7	32.8	29.1	21.9
Taro (Malanga), Peeled, Diced, Cooked	Pound	7.95	6.0	5.3	4.0
Water Chestnuts, Canned	#10 Can	6.7	5.0	4.5	3.4
Hashbrown, Shredded, RAW, Preportioned 3oz RAW Patty = 3/8c Cooked Vegetable					

STARCHY VEGGIES

OTHER VEGETABLES VEGETABLE SUBGROUP	PURCHASE UNIT	SERVINGS PER PURCHASE UNIT			
		1/4 CUP	1/3 CUP	3/8 CUP	1/2 CUP
Artichokes, Canned, Bottoms	#300 Can	5.97	4.5	4.0	3.0
Artichokes, Canned, Hearts	#300 Can	4.67	3.5	3.1	2.3
Artichokes, Frozen, Hearts	Pound	10.0	7.5	6.7	5.0
Asparagus, Fresh	Pound	4.8	3.6	3.2	2.4
Asparagus, Canned, Cuts & Tips	#10 Can	27.8	20.9	18.5	13.9
Asparagus, Canned, Spears	#10 Can	26.4	19.8	17.6	13.2
Asparagus, Frozen, Spears	Pound	10.7	8.0	7.1	5.4
Asparagus, Frozen, Cuts & Tips	Pound	8.10	6.1	5.4	4.1
Avocados, Fresh, Sliced, (California, 48 ct. Fresh, 3 sl=1/4c)	Pound	5.52	4.1	3.7	2.8
Beans, Green, Cut, Drained	#10 Can	45.3	34.0	30.2	22.7
Beans, Green, French Style, Drained	#10 Can	36.5	27.4	24.3	18.3
Beans, Green, Fresh, Trimmed	Pound	22.0	16.5	14.7	11.0
Beans, Green, Frozen, Cut	Pound	11.6	8.7	7.7	5.8
Beans, Green, Frozen, French Style	Pound	12.0	9.0	8.0	6.0
Bean Sprouts, Fresh (Soybean)	Pound	17.2	12.9	11.5	8.6
Beans, Wax, Fresh, Whole	Pound	10.5	7.9	7.0	5.3
Beans, Wax, Canned	#10 Can	34.3	25.7	22.9	17.2
Beets, Sliced, Heated, Drained	#10 Can	36.4	27.3	24.3	18.2
Brussels Sprouts, Frozen	Pound	10.4	7.8	6.9	5.2
Cabbage, Chopped, RAW, Green, Untrimmed	Pound	17.7	13.3	11.8	8.9

OTHER VEGGIES

OTHER VEGETABLES VEGETABLE SUBGROUP	PURCHASE UNIT	SERVINGS PER PURCHASE UNIT			
		1/4 CUP	1/3 CUP	3/8 CUP	1/2 CUP
Cabbage, Shredded, RAW, Green, Untrimmed	Pound	26.4	19.8	17.6	13.2
Cabbage, Shred., Cooked, Green, Untrimmed	Pound	13.8	10.4	9.2	6.9
Cabbage, Shredded, RAW, Red, RTU	Pound	22.8	17.1	15.2	11.4
Cauliflower, Fresh, RAW, Florets	Pound	12.3	9.2	8.2	6.2
Cauliflower, Fresh, Cooked, Drained, Florets	Pound	8.8	6.6	5.9	4.4
Cauliflower, Frozen, Florets	Pound	9.2	6.9	6.1	4.6
Celery, RAW, RTU, (3 Sticks = 1/4cup) 1/2" X 4"	Pound	14.0	10.5	9.3	7.0
Cucumbers, RAW, Peeled, Diced	Pound	10.5	7.9	7.0	5.3
Cucumbers, RAW, Unpeeled, Sliced	Pound	12.4	9.3	8.3	6.2
Eggplant, Fresh, Cooked, Cubed	Pound	6.7	5.0	4.5	3.4
Lettuce, Iceberg head RTU	Pound	29.2	21.9	19.5	14.6
Lettuce, Salad Mix (mostly Iceberg, some Romaine, w/ Shredded Carrot & Red Cabbage)	Pound	26.4	19.8	17.6	13.2
Lettuce, Mixed Greens (equal amounts of Iceberg and Romaine w/ Shredded Carrots & Red Cabbage)	Pound	25.7	19.3	17.1	12.9
Mushrooms, Fresh, RAW, Sliced	Pound	18.7	14.0	12.5	9.4
Mushrooms, RAW, Sliced, RTU (7 sl = 1/4c)	Pound	18.5	13.9	12.3	9.3
Mushrooms, Canned, Drained	#10 Can	49.4	37.1	32.9	24.7
Mushrooms, Frozen, Slices	Pound	12.2	9.2	8.1	6.1
Okra, Fresh, Sliced, Cooked	Pound	9.0	6.8	6.0	4.5

OTHER VEGGIES

OTHER VEGETABLES VEGETABLE SUBGROUP	PURCHASE UNIT	SERVINGS PER PURCHASE UNIT			
		1/4 CUP	1/3 CUP	3/8 CUP	1/2 CUP
Okra, Frozen, Cut	Pound	9.1	6.8	6.1	4.6
Onions, RAW, Chopped	Pound	9.3	7.0	6.2	4.7
Onions, RAW, Sliced	Pound	14.2	10.7	9.5	7.1
Parsnips, Fresh, Cooked, Mashed	Pound	7.2	5.4	4.8	3.6
Peppers, Green, RAW, Diced	Pound	9.7	7.3	6.5	4.9
Pickles, Canned, Chips	Gallon	60.3	45.2	40.2	30.2
Pickles, Canned, Spears	Gallon	49.28	37.0	32.9	24.6
Squash, Yellow, Canned, Sliced	#10 Can	26.5	19.9	17.7	13.3
Squash, Yellow, Fresh, Cube, Cooked	Pound	7.3	5.5	4.9	3.7
Squash, Yellow, Fresh, Sliced, Cooked	Pound	8.42	6.3	5.6	4.2
Squash, Yellow, Frozen, Sliced, Cooked	Pound	7.9	5.9	5.3	4.0
Squash, Zucchini, Fresh, Cubed, Cooked	Pound	7.6	5.7	5.1	3.8
Squash, Zucchini, Fresh, Sliced, Cooked	Pound	10.2	7.7	6.8	5.1
Squash, Zucchini, Frozen, Sliced	Pound	7.0	5.3	4.7	3.5
Squash, Zucchini, RAW, Sticks (3 Sticks = 1/4cup) 1/2" X 4"	Pound	11.9	8.9	7.9	6.0

OTHER VEGGIES

FRUIT ITEM	PURCHASE UNIT	SERVINGS PER PURCHASE UNIT			
		1/4 CUP	1/3 CUP	3/8 CUP	1/2 CUP
Apples, Sliced, Canned	#10 Can	50.4	37.8	33.6	25.2
Apples, Sliced, Frozen	Pound	12.7	9.5	8.5	6.4
Apples, Fresh, Small, 125-138 Count/Case, *1/4 apple = 1/4cup Fruit, Unpeeled	Pound	6.8	5.1	4.5	3.4
Applesauce, Canned	#10 Can	47.6	35.7	31.7	23.8
Apricots, Fresh, Medium, 1 apricot = 1/4c Fruit	Pound	11.9	8.9	7.9	6.0
Apricots, Halves, Canned	#10 Can	48.0	36.0	32.0	24.0
Apricots, Halves, Frozen, Thawed & Drained	Pound	4.90	3.7	3.3	2.5
Apricots, Slices, Canned	#10 Can	45.7	34.3	30.5	22.9
Apricots, Sliced, Frozen, Thawed & Drained	Pound	4.91	3.7	3.3	2.5
Bananas, Fresh, Regular, 100-120 ct. 1/2 banana = 1/4c Fruit	Pound	7.07	5.3	4.7	3.5
Blackberries, Fresh, RAW	Pound	11.9	8.9	7.9	6.0
Blackberries, Frozen, Whole, Cooked, Sugar Added	Pound	8.0	6.0	5.3	4.0
Blueberries, Fresh, RAW	Pound	11.9	8.9	7.9	6.0
Blueberries, Frozen, Whole, Cooked, Sugar Added	Pound	7.8	5.9	5.2	3.9
Blueberries, Frozen, Whole, Thawed, Unsweetened	Pound	11.9	8.9	7.9	6.0
Cantalope, Fresh, Cubes, 18 ct.	Pound	5.73	4.3	3.8	2.9
Cantalope, Fresh, Cubes, 15 ct.	Pound	6.74	5.1	4.5	3.4

FRUITS

FRUIT ITEM	PURCHASE UNIT	SERVINGS PER PURCHASE UNIT			
		1/4 CUP	1/3 CUP	3/8 CUP	1/2 CUP
Cherries, Red Tart, Canned	#10 Can	46.8	35.1	31.2	23.4
Cherries, Frozen, Red Tart, Thawed, Drained	Pound	7.0	5.3	4.7	3.5
Cranberry Relish or Sauce, Canned	#10 Can	48.0	36.0	32.0	24.0
Fruit Mix Cocktail, W/Juice (Peaches, Pears, Pineapple, Grapes, Cherries)	#10 Can	46.9	35.2	31.3	23.5
Grapefruit, Fresh, Peeled, 27-32 ct (Large) (1/2 Grapefruit = 1/2cup Fruit)	Pound	6.48	4.9	4.3	3.2
Grapes, Fresh, Seedless, w/o Stems	Pound	10.5	7.9	7.0	5.3
Grapes, Fresh, With Seeds & Stems	Pound	10.1	7.6	6.7	5.1
Honeydew Melon, Fresh,Cubed	Pound	4.9	3.7	3.3	2.5
Kiwi, Fresh, Peeled, Chunks (1 Kiwi = 1/4cup Fruit)	Pound	8.38	6.3	5.6	4.2
Orange, Fresh, 138 count, Unpeeled	Pound	6.8	5.1	4.5	3.4
Orange, Fresh, 125 count, Unpeeled	Pound	7.02	5.3	4.7	3.5
Orange, Fresh, Sections	Pound	3.5	2.6	2.3	1.8
Orange, Mandarin, Canned, w/ Juice	#10 Can	48.3	36.2	32.2	24.2
Orange, Mandarin, Canned, In Juice (drained)	#10 Can	44.8	33.4	29.8	22.4
Papaya, Fresh, Whole	Pound	8.6	6.5	5.7	4.3
Peach, Fresh, Small (2-1/8" Diameter), 84 count, (1 Small Peach = 1/2cup Fruit)	Pound	11.0	8.3	7.3	5.5
Peach, Fresh, Medium (2-1/2" Diameter), 60 count, (1 Medium Peach =3/4cup Fruit)	Pound	5.4	4.1	3.6	2.7
Peach, Halves, w/Juice, Canned	#10 Can	47.1	35.3	31.4	23.6
Peaches, Sliced, w/ Juice, Canned	#10 Can	50.0	37.5	33.3	25.0
Peaches, Diced, w/ Juice, Canned	#10 Can	48.6	36.5	32.4	24.3

FRUITS

FRUIT ITEM	PURCHASE UNIT	SERVINGS PER PURCHASE UNIT			
		1/4 CUP	1/3 CUP	3/8 CUP	1/2 CUP
Peaches, Frozen, Sliced, Thawed & Drained	Pound	5.46	4.1	3.6	2.7
Pear, Fresh, Small, 150 count, (1 Small Pear = 1/2cup Fruit)	Pound	8.2	6.2	5.5	4.1
Pear, Fresh, Medium,120 count, (1 Medium Pear = 3/4cup Fruit)	Pound	9.9	7.4	6.6	5.0
Pears, Diced, w/ Juice, Canned	#10 Can	47.6	35.7	31.7	23.8
Pears, Halves, w/ Juice, Canned	#10 Can	52.0	39.0	34.7	26.0
Pears, Sliced, w/ Juice, Canned	#10 Can	49.7	37.3	33.1	24.9
Pineapple, Fresh, Cubed	Pound	6.4	4.8	4.3	3.2
Pineapple, Chunks, w/ Juice, Canned	#10 Can	49.9	37.4	33.3	25.0
Pineapple, Tidbits, w/ Juice, Canned	#10 Can	50.1	37.6	33.4	25.1
Pineapple, Crushed, w/ Juice, Canned	#10 Can	49.5	37.1	33.0	24.8
Pineapple, Slices, w/ Juice, Canned	#10 Can	47.5	35.6	31.7	23.8
Plums, Fresh, (Purple, Red or Black), (Size 45 & 50 or 2" Diameter, 1 Plum = 1/2cup Fruit)	Pound	9.98	7.5	6.7	5.0
Prunes, Dehydrated, Pitted, USDA Foods	Pound	10.6	8.0	7.1	5.3
Pomegranate, Fresh, Fruit Kernels	Pound	6.34	4.8	4.2	3.2
Raisins, Seedless, (1.3-1.5 oz pkg. = 1/4cup Fruit)	Pound	12.6	9.5	8.4	6.3
Raspberries, Frozen, Thawed w/ Juice	Pound	7.2	5.4	4.8	3.6
Strawberries, Fresh, Whole	Pound	10.5	7.9	7.0	5.3
Strawberries, Frozen, Sliced, Sweetend, Thawed w/ Juice	Pound	7.1	5.3	4.7	3.6
					FRUITS

FRUIT ITEM	PURCHASE UNIT	SERVINGS PER PURCHASE UNIT			
		1/4 CUP	1/3 CUP	3/8 CUP	1/2 CUP
Tangerines, Fresh, 120 Count, Peeled, Sections (1 Tangerine = 3/8cup Fruit)	Pound	7.78	5.8	5.2	3.9
Tangerines, Mandarin Oranges	Pound	7.3	5.5	4.9	3.7
Watermelon, Fresh, Cubed, w/o Rind	Pound	6.1	4.6	4.1	3.1
<i>*Recommend 1 apple (125-138 ct) = 1/2cup Fruit</i>					FRUITS

Basics at a Glance

Recipe Abbreviations

approx.	= approximate
tsp or t	= teaspoon
Tbsp or T	= tablespoon
c	= cup
pt	= pint
qt	= quart
gal	= gallon
wt	= weight
oz	= ounce
lb or #	= pound (e.g., 3#)
g	= gram
kg	= kilogram
vol	= volume
mL	= milliliter
L	= liter
fl oz	= fluid ounce
No. or #	= number (e.g., #3)
in. or "	= inches (e.g., 12")
°F	= degree Fahrenheit
°C	= degree Celsius or centigrade

Volume Equivalents for Liquids



60 drops	= 1 tsp	
1 Tbsp	= 3 tsp	= 0.5 fl oz
1/8 cup	= 2 Tbsp	= 1 fl oz
1/4 cup	= 4 Tbsp	= 2 fl oz
1/3 cup	= 5 Tbsp + 1 tsp	= 2.65 fl oz
3/8 cup	= 6 Tbsp	= 3 fl oz
1/2 cup	= 8 Tbsp	= 4 fl oz
5/8 cup	= 10 Tbsp	= 5 fl oz
2/3 cup	= 10 Tbsp + 2 tsp	= 5.3 fl oz
3/4 cup	= 12 Tbsp	= 6 fl oz
7/8 cup	= 14 Tbsp	= 7 fl oz
1 cup	= 16 Tbsp	= 8 fl oz
1/2 pint	= 1 cup	= 8 fl oz
1 pint	= 2 cups	= 16 fl oz
1 quart	= 2 pt	= 32 fl oz
1 gallon	= 4 qt	= 128 fl oz

Equivalent Weights



16 oz	= 1 lb	= 1.000 lb
12 oz	= 3/4 lb	= 0.750 lb
8 oz	= 1/2 lb	= 0.500 lb
4 oz	= 1/4 lb	= 0.250 lb
1 oz	= 1/16 lb	= 0.063 lb

Fraction to Decimal Equivalents



1/8	= 0.125
1/4	= 0.250
1/3	= 0.333
3/8	= 0.375
1/2	= 0.500
5/8	= 0.625
2/3	= 0.666
3/4	= 0.750
7/8	= 0.875

Metric Equivalents by Weight



Customary Unit (avoirdupois)	Metric Unit
Ounces (oz)	Grams (g)
1 oz	= 28.35 g
4 oz	= 113.4 g
8 oz	= 226.8 g
16 oz	= 453.6 g
Pounds (lb)	Grams (g)
1 lb	= 453.6 g
2 lb	= 907.2 g
Pounds (lb)	Kilograms (kg)
2.2 lb	= 1 kg (1000 g)

Metric Equivalents by Volume



Customary Unit (fl oz)	Metric Unit
1 cup (8 fl oz)	= 236.59 mL
1 quart (32 fl oz)	= 946.36 mL
1.5 quarts (48 fl oz)	= 1.42 L
33.818 fl oz	= 1.0 L



Scoops (Dishers)



Size/No. ¹	Level Measure	Color Code ²
6	2/3 cup	
8	1/2 cup	
10	3/8 cup	
12	1/3 cup	
16	1/4 cup	
20	3-1/3 Tbsp	
24	2-2/3 Tbsp	
30	2 Tbsp	
40	1-2/3 Tbsp	
50	3-3/4 tsp	
60	3-1/4 tsp	
70	2-3/4 tsp	
100	2 tsp	

¹Scoops are left or right hand or squeeze type that can be used for both hands. Number on the scoop indicates how many level scoops make one quart. For example, eight No. 8 scoops = 1 quart.



²Use colored dots matching the brand-specific color coding of scoop sizes.

Ladles Portion Servers



Ladle fl oz	Approx. Measure	Portion Server fl oz
1 oz	1/8 cup	1 oz
2 oz	1/4 cup	2 oz
3 oz	3/8 cup	3 oz
4 oz	1/2 cup	4 oz
6 oz	3/4 cup	6 oz
8 oz	1 cup	8 oz
12 oz	1-1/2 cups	—

Ladles and portion servers (measuring-serving spoons that are volume-standardized) are labeled "oz." "Fl oz" would be more accurate since they measure volume, not weight.

Use ladles for serving soups, stews, creamed dishes, sauces, gravies, and other liquid products.

Use portion servers (solid or perforated) for portioning solids and semi-solids such as fruits and vegetables, and condiments.

Cooking or Serving Spoons



Solid Spoons

Perforated Spoons

Slotted Spoons

Spoons vary in length (11", 13", 15", 18", 21") for ease of use in cooking or serving. Spoons can have plastic handles that are heat-resistant. Level scoops, ladles, and portion servers provide more accurate portion control than serving spoons that are not volume-standardized measure.

Specialty Spoons



A thumb notch on a server or spoon handle prevents the spoon from slipping into the pan and prevents hands from sliding into the food. Triple-edge (solid or perforated) spoons have a flat edge that increases the area where the spoon touches the bottom of the pan when stirring.

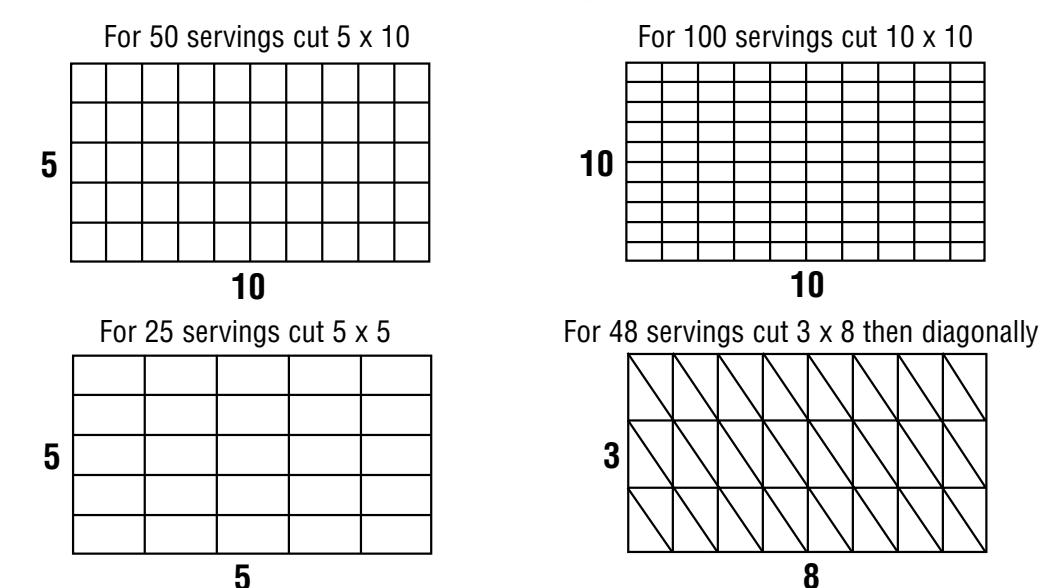
Steamtable Pan Capacity

Pan Size	Approx. Capacity	Serving Size	Ladle (fl oz)	Scoop #	Approx. # Servings
12" x 20" x 2-1/2"	2 gal	1/2 cup	4 oz	8	64
		3/8 cup	3 oz	10	80
		1/3 cup	2.65 oz	12	96
		1/4 cup	2 oz	16	128
12" x 20" x 4"	3-1/2 gal	1/2 cup	4 oz	8	112
		3/8 cup	3 oz	10	135
		1/3 cup	2.65 oz	12	168
		1/4 cup	2 oz	16	224
12" x 20" x 6"	5 gal	1/2 cup	4 oz	8	160
		3/8 cup	3 oz	10	200
		1/3 cup	2.65 oz	12	240
		1/4 cup	2 oz	16	320

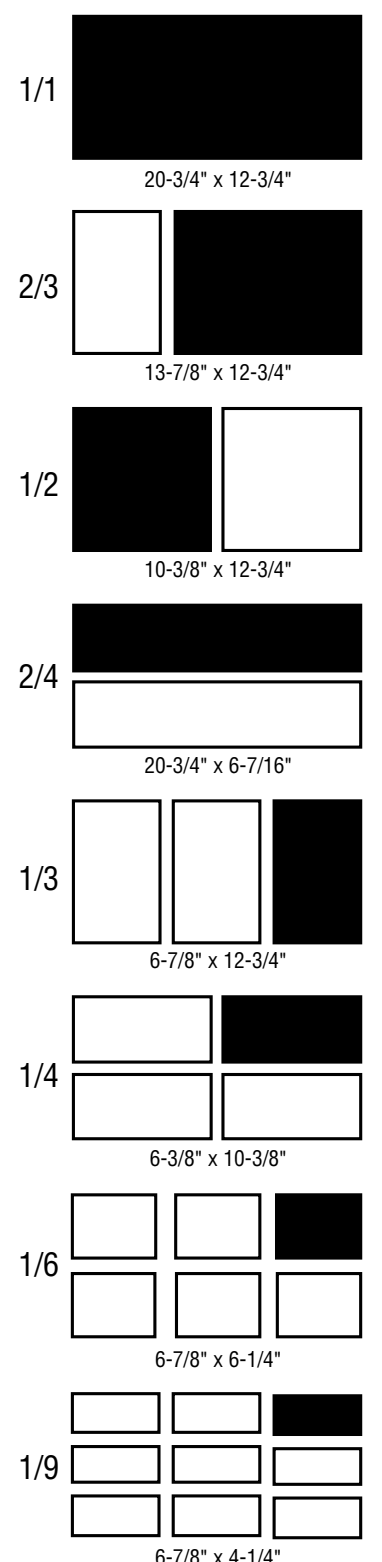
Approximate Dimensions of Serving Sizes from Different Pan Sizes

Pan	Approx. Size	No. and Approx. Size Servings per Pan		
		25	50	100
Baking or steamtable	12" x 20" x 2-1/2"	2" x 3-3/4"	2" x 2"	-----
Sheet or bun	18" x 26" x 1"	3-1/4" x 5"	3-1/4" x 2-1/2"	1-3/4" x 2-1/2"

Cutting Diagrams for Portioning



Other Pan Sizes



Steamtable or counter pans are available in various sizes. Smaller size pans may require the use of an adapter bar.



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