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FOOD PURCHASING GUIDE FOR GROUP FEEDING

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FOOD PURCHASING GUIDE FOR GROUP FEEDING

Prepared by

BETTY PETERKIN and BEATRICE EVANS

Consumer and Food Economics Research Division
Agricultural Research Service
U.S. DEPARTMENT OF AGRICULTURE

Agriculture Handbook No. 284

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This handbook is an expansion and revision of
Appendix E of "Planning Food for Institutions,"
Agriculture Handbook No. 16, U.S. Department of Agriculture

PREFACE

This Handbook presents information helpful to food managers in estimating quantities of foods to be purchased for group feeding in small and large institutions. Data for food items, including many of the new market forms, are presented for purchase units most commonly used. The latest information on yields from the weight "as purchased" to the weight "as served" was used to derive the estimated number of portions of specified sizes from a purchase unit and the approximate number of purchase units needed to serve 25 and 100 persons.

ACKNOWLEDGMENTS

Yield and weight data were developed in coopertion with the School Lunch Division, Consumer and Marketing Service, and the Human Nutrition Research Division, Agricultural Research Service, both of the U.S. Department of Agriculture, and the Fish and Wildlife Service of the U.S. Department of the Interior. Basic yield and weight data for many foods used in the preparation of this buying guide for institutions were also used in the preparation of a buying guide including foods and serving sizes appropriate for school lunches under the National School Lunch Program, "Food Buying Guide for Type A School Lunches," Program Aid 270, U.S. Department of Agriculture, Revised January 1964.

The authors express their appreciation to Dr. Eloise Cofer, a former member of our staff, now with the Agricultural Extension Service, University of North Carolina, Raleigh, N.C. She did much of the original work for this guide. Special thanks are due the many specialists throughout the Department for their contributions.

USDA ACCEPTANCE SERVICE FOR QUANTITY BUYERS

The Consumer Marketing Service of the U.S. Department of Agriculture offers a special "acceptance service" to assist food buyers in obtaining large volumes of food products tailored to meet their specific needs. This service can be used in purchasing fresh and processed fruits and vegetables, meats and meat products, poultry and eggs, and dairy products. For further information, write to Deputy Administrator, Marketing Services, Consumer and Marketing Service, U.S. Department of Agriculture, Washington, D.C., 20250.

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FOOD PURCHASING GUIDE FOR GROUP FEEDING

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INTRODUCTION

This food purchasing guide contains information useful in estimating the number of purchase units of foods to buy to serve a specific number of portions.

Foods have been listed by major groups in tables 1 through 21. Within each group the individual foods are arranged alphabetically. For each purchase unit specified, these data are given: Weight of the unit of purchase, yield from weight "as purchased" to weight "as served," size and description of portion, number of portions from each purchase unit, and the approximate number of purchase units needed for 25 and 100 portions.

Table 22 presents an easy method for computing the number of purchase units needed for portions of sizes other than those given in tables 1 through 21. Table 23 gives an easy method for finding the cost of a portion of food.

The yields of edible meat from the carcass of wholesale cuts of beef, lamb, and pork given in tables 24 to 26 are useful to institutions that raise their own meat animals or purchase meat by the carcass or wholesale cuts. The yields of canned and frozen products from fresh vegetables and fruits given in table 27 are useful to institutions that produce and preserve their own vegetables and fruits.

Table 28 gives the common can and jar sizes, and on page 48 equivalents used frequently by food planners are given.

EXPLANATION OF TERMS USED

Food as purchased.—Foods are described in the forms as purchased—fresh, frozen, canned, dried. Further descriptive information that would affect the yield is also given, such as: for meats—bone in, bone out; for carrots—with tops, without tops; and for potatoes—to be pared, ready-to-cook.

Unit of purchase.—Sizes of cans, packages, or other containers and weights of units in common use in the wholesale and retail markets are given. Usually, data for the 1-pound unit are given; from these the yield of any weight purchase unit can be determined.

Weight per unit.—Weights given for purchase units refer to weights as purchased on the market. Legal weights for contents of such units as bushels, lugs, crates, and boxes may vary in different States. The lowest of these weights is used to insure that the specified portions can be obtained. Weights for canned goods are the same as those given as net weight on the label.

Yield as served.—Yield as served refers to the weight of food "as served" as a percentage of weight "as purchased." Absence of information in this column means a weight yield was not used to determine the number of portions per purchase unit.

The same item "as purchased" may have more than one yield, depending on the way it is served. For example, 1 pound of fresh carrots without tops will yield 0.75 pound cooked and 0.82 pound grated raw.

The yield does not always refer to a serving that is all edible. For example, because pork chops are usually served with bone, the yield given is the percentage of the "as purchased" weight represented by the cooked chop with the bone in. On the other hand, the yield of the chuck roast, usually served without bone, is the percentage of the chuck "as purchased"—that is, cooked and served without the bone. For meats, the yield of cooked lean is given in an additional column.

The amount of ready-to-serve food obtained from a given amount of food "as purchased" may vary widely, depending on the size, grade, and general condition of the food, discards in preparation, and the method and time of cooking. For yields given in this Handbook, it is assumed that the food used is in good condition (free of rot, insect infestation, bruising), that only usual amounts are discarded in preparation, and that usual cooking methods and time of cooking for the food specified are used.

For yields given, discard of inedible material such as bones, pits, and shells, except where otherwise specified, is assumed. Also assumed as discard are some foods that could be eaten but are usually discarded, such as potato parings and outer leaves of vegetables.

The yields presented in these tables were obtained from Agriculture Handbook No. 102, "Food Yields Summarized by Different Stages of Preparation," and unpublished data from the Agricultural Research Service of the U.S. Department of Agriculture and from the Fish and Wildlife Service of the U.S. Department of the Interior. Yields for commercially prepared meat combinations (table 2) are based on minimum meat requirements for meat food products packed for interstate shipment under Federal inspection. Contents of cooked poultry meat in poultry products are based on regulations governing the inspection of poultry and poultry products, effective January 1, 1965.

Size and description of portion.—Weight or volume of portion commonly used is given. This portion for most foods refers to the amount served. For foods often used in combination with other foods, such as canned milk, nonfat dry milk, eggs, nuts, flour, and uncooked cereals, a portion refers to a measure commonly called for in institution recipes.

For meat, poultry, and fish, data for two sizes of portions are given. The larger portion may be appropriate for an adult serving; the smaller may be sufficient for a child's meal or a luncheon menu. The size of meat portions is given (1) in ounces of cooked meat as served including fat and, in some cases, bone; and (2) in ounces of cooked lean only.

For vegetables and fruits, the portion size is generally the weight of ½ cup rounded to the nearest ounce. It is assumed that canned, cooked fresh, and cooked dried fruits are served with sirup, and that heated canned vegetables and cooked fresh and frozen vegetables are served drained. It is assumed that solid-pack fruits are served without liquid.

Institutions that use a different portion size than those given may adjust the amount to purchase by the method given in table 22.

Portions per purchase unit.—In obtaining the portions per purchase unit or the yield of a purchase unit in portions, average quantities of refuse and usual weight losses in cooking are assumed. The number of portions may vary from that shown if the condition of the food purchased is poor or unusual waste occurs in preparation and cooking.

To obtain the number of units to purchase, the number of portions per purchase unit can be divided into the number of persons to be served. This may be the most practical method of computing the amount to purchase if the institution does not serve 25 or 100 persons or easy multiples of these numbers of persons.

For example, if 1 pound of meat will serve 2.57 portions of the size desired, the food manager of an institution serving 580 persons may divide 580 by 2.57 to get the amount of meat needed—226 pounds. It is because of such use of these figures, and not because the figures represent this degree of accuracy, that they have been carried to the nearest one-hundredth of a portion. Had the portions per pound of meat been rounded to the nearest number of portions per pound (3), the food manager would purchase only 193 pounds of meat—33 pounds short of the best estimate of his needs.

The number of portions per purchase unit can be used with the cost of the purchase unit and table 23 in obtaining the cost for one portion.

Approximate purchase units for 25 and 100 portions.—These columns represent 25 and 100 divided by the number of portions per purchase unit in the preceding column. The resulting number of purchase units is always carried to the next even one-quarter (¼) unit. Thus, the number of purchase units specified is always sufficient if the yield and portion size are as shown in the table. If the purchase units serve many portions, such as a bushel of apples or a No. 10 can of vegetables, this ¼ purchase unit may be very significant. If the purchase unit serves few portions as in the case of a pound of meat, the ¼ purchase unit is relatively unimportant.

QUANTITIES TO PURCHASE FOR 25 AND 100 PORTIONS

TABLE 1.—MEAT

Meat as purchased	Unit of purchase	Yield, cooked		Description of portion as served	Size of portion		Portions per purchase unit	Approximate purchase units for—	
		As served	Lean only		As served	Lean only		25 portions	100 portions
BEEF, FRESH OR FROZEN		*Percent*	*Percent*		*Ounces*	*Ounces*	*Number*	*Number*	*Number*
Brisket:									
Corned, bone out	Pound	60	41	Simmered	4	2.8	2.40	10½	41¾
					3	2.1	3.20	8	31¼
Fresh:									
Bone in	do	52	36	Simmered, bone out	4	2.8	2.08	12¼	48¼
					3	2.1	2.77	9¼	36¼
Bone out	do	67	46	Simmered	4	2.8	2.68	9½	37½
					3	2.1	3.57	7¼	28¼
Ground beef:									
Lean	do	75	75	Broiled	3	3.0	4.00	6¼	25
					2	2.0	6.00	4¼	16¾
Regular	do	72	72	Pan-fried	3	3.0	3.84	6¾	26¼
					2	2.0	5.76	4½	17½
Heart	do	39	39		2	2.0	3.12	8¼	32¼
Kidney	do	39	39		2	2.0	3.12	8¼	32¼
Liver	do	69	69	Braised	3	3.0	3.68	7	27¼
					2	2.0	5.52	4¾	18¼
Oxtails	do	29	29		(1)	(1)	(1)	(1)	(1)
Roasts:									
Chuck:									
Bone in	do	52	42	Roasted, moist heat, bone out	4	3.2	2.08	12¼	48¼
					3	2.4	2.77	9¼	36¼
Bone out	do	67	54	Roasted, moist heat	4	3.2	2.68	9½	37½
					3	2.4	3.57	7¼	28¼
7-Rib (shortribs removed):									
Bone in	do	65	42	Roasted, dry heat, bone out	4	2.6	2.60	9¾	38½
					3	1.9	3.47	7¼	29
Bone out	do	73	47	Roasted, dry heat	4	2.6	2.92	8¾	34¼
					3	1.9	3.89	6½	25¾
Round:									
Bone in	do	69	56	Roasted, dry heat, medium, bone out	4	3.3	2.76	9¼	36¼
					3	2.5	3.68	7	27¼
Bone out	do	73	60	Roasted, dry heat, medium	4	3.3	2.92	8¾	34¼
					3	2.5	3.89	6½	25¾
Rump:									
Bone in	do	58	43	Roasted, dry heat, bone out	4	3.0	2.32	11	43¼
					3	2.2	3.09	8¼	32½
Bone out	do	73	55	Roasted, dry heat	4	3.0	2.92	8¾	34¼
					3	2.2	3.89	6½	25¾
Shortribs	do	67	32	Braised, bone in	6	2.9	1.79	14	56
					4	1.9	2.68	9½	37½

See footnotes at end of table.

TABLE 1.—MEAT—Continued

Meat as purchased	Unit of purchase	Yield, cooked		Description of portion as served	Size of portion		Portions per purchase unit	Approximate purchase units for—	
		As served	Lean only		As served	Lean only		25 portions	100 portions
BEEF, FRESH OR FROZEN—Continued									
Steaks:		*Percent*	*Percent*		*Ounces*	*Ounces*	*Number*	*Number*	*Number*
Club:									
Bone in	Pound	73	33	Broiled, bone in	6	2.7	1.95	13	51½
					4	1.8	2.92	8¾	34¼
Bone out	do	73	42	Broiled	4	2.3	2.92	8¾	34¼
					3	1.7	3.89	6½	25¾
Flank	do	67	67	Braised	3	3.0	3.57	7¼	28¼
					2	2.0	5.36	4¾	18¾
Hip:									
Bone in	do	73	32	Broiled, bone in	6	2.6	1.95	13	51½
					4	1.8	2.92	8¾	34¼
Bone out	do	73	40	Broiled	4	2.2	2.92	8¾	34¼
					3	1.6	3.89	6½	25¾
Minute, cubed	do	75	75	Pan-fried	3	3.0	4.00	6¼	25
					2	2.0	6.00	4¼	16¾
Porterhouse:									
Bone in	do	73	36	Broiled, bone in	8	4.0	1.46	17¼	68½
					6	3.0	1.95	13	51½
					4	2.0	2.92	8¾	34¼
Bone out	do	73	42	Broiled	4	2.3	2.92	8¾	34¼
					3	1.7	3.89	6½	25¾
Round:									
Bone in	do	73	56	Broiled, bone in	4	3.1	2.92	8¾	34¼
					3	2.3	3.89	6½	25¾
Bone out	do	73	60	Broiled	4	3.3	2.92	8¾	34¼
					3	2.5	3.89	6½	25¾
Sirloin (wedge and round):									
Bone in	do	73	44	Broiled, bone in	6	3.6	1.95	13	51½
					4	2.4	2.92	8¾	34¼
Bone out	do	73	48	Broiled	4	2.6	2.92	8¾	34¼
					3	2.0	3.89	6½	25¾
T-bone:									
Bone in	do	73	34	Broiled, bone in	8	3.8	1.46	17¼	68½
					6	2.8	1.95	13	51½
					4	1.9	2.92	8¾	34¼
Bone out	do	73	41	Broiled	4	2.2	2.92	8¾	34¼
					3	1.7	3.89	6½	25¾
Stew meat (chuck), bone out	do	67	54	Cooked, moist heat	3	2.4	3.57	7¼	28¼
					2	1.6	5.36	4¾	18¾
Tongue:									
Fresh	do	59	59	do	3	3.0	3.15	8	31¾
					2	2.0	4.72	5½	21¼
Smoked	do	51	51	do	3	3.0	2.72	9¼	37
					2	2.0	4.08	6¼	24¾

BEEF, CANNED [2]									
Beef, corned	do	100	100	Heated	3	3.0	5.33	4¾	19
					2	2.0	8.00	3¼	12½
	6-pound can	100	100	do	3	3.0	32.00	1	3¼
BEEF, DRIED									
Beef, chipped	Pound	125	125	Cooked, moist heat	3	3.0	6.67	3¾	15
					2	2.0	10.00	2½	10
LAMB, FRESH OR FROZEN									
Chops:									
Loin	do	76	41	Broiled, bone in	5.0	2.7	2.43	10½	41¼
Rib	do	76	34	do	5.0	2.2	2.43	10½	41¼
Shoulder	do	70	41	do	5.0	2.9	2.24	11¼	44¾
Ground lamb	do	68	68	Broiled patties	3.0	3.0	3.63	7	27¾
					2.0	2.0	5.44	4¾	18½
Roasts:									
Leg:									
Bone in	do	54	45	Roasted, bone out	4.0	3.3	2.16	11¾	46½
					3.0	2.5	2.88	8¾	34¾
Bone out	do	70	58	Roasted	4.0	3.3	2.80	9	35¾
					3.0	2.5	3.73	6¾	27
Shoulder:									
Bone in	do	55	41	Roasted, bone out	4.0	3.0	2.20	11½	45½
					3.0	2.2	2.93	8¾	34¼
Bone out	do	70	52	Roasted	4.0	3.0	2.80	9	35¾
					3.0	2.2	3.73	6¾	27
Stew meat, [3] bone out	do	66	--------	Simmered	3.0	--------	3.52	7¼	28½
					2.0	--------	5.28	4¾	19
PORK, CURED (MILD)									
Bacon (24 slices per pound)	do	32	--------	Fried or broiled	2 slices	--------	12.00	2¼	8½
Canadian bacon	do	63	63	Broiled, sliced	2	2.0	5.04	5	20
					1	1.0	10.08	2½	10
Ham:									
Bone in	do	67	54	Roasted, slices and pieces	4	2.9	2.68	9½	37½
					3	2.2	3.57	7¼	28¼
	do	56	44	Roasted, slices	4	2.4	2.24	11¼	44¾
					3	1.8	2.99	8½	33½
Bone out	do	77	72	Roasted, slices and pieces	4	2.9	3.08	8¼	32½
					3	2.2	4.11	6¼	24½
	do	64	60	Roasted, slices	4	2.4	2.56	10	39¼
					3	1.8	3.41	7½	29½
Ground	do	77	77	Patties	3	3.0	4.11	6¼	24½
					2	2.0	6.16	4¼	16¼
Shoulder, Boston butt:									
Bone in	do	67	52	Roasted, bone out	4	3.1	2.68	9½	37½
					3	2.3	3.57	7¼	28¼
Bone out	do	74	58	Roasted	4	3.1	2.96	8½	34
					3	2.3	3.95	6½	25½
Shoulder, picnic:									
Bone in	do	56	41	Roasted, bone out	4	3.9	2.24	11¼	44¾
					3	2.2	2.99	8½	33½
Bone out	do	74	53	Roasted	4	2.9	2.96	8½	34
					3	2.2	3.95	6½	25½

See footnotes at end of table.

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TABLE 1.—MEAT—Continued

Meat as purchased	Unit of purchase	Yield, cooked		Description of portion as served	Size of portion		Portions per purchase unit	Approximate purchase units for—	
		As served	Lean only		As served	Lean only		25 portions	100 portions
PORK, FRESH		*Percent*	*Percent*		*Ounces*	*Ounces*	*Number*	*Number*	*Number*
Chops:									
Loin	Pound	69	42	Broiled, bone in	5	3.0	2.21	11½	45¼
					3	1.8	3.68	7	27¼
Rib	do	70	37	do	5	2.6	2.24	11¼	44¾
					3	1.6	3.73	6¾	27
Cutlet, tenderloin	do	75	75	Broiled	3	3.0	4.00	6¼	25
					2	2.0	6.00	4¼	16¾
Ground pork	do	57	57	do	3	3.0	3.04	8¼	33
					2	2.0	4.56	5½	22
Liver	do	60	60	Pan- or oven-fried	3	3.0	3.20	8	31¼
					2	2.0	4.80	5¼	21
Roasts:									
Ham:									
Bone in	do	54	40	Roasted, bone out	4	3.0	2.16	11¾	46½
					3	2.2	2.88	8¾	34¾
Bone out	do	68	50	Roasted	4	3.0	2.72	9¼	37
					3	2.2	3.63	7	27¾
Loin:									
Bone in	do	68	37	Roasted, bone in	5	2.8	2.18	11½	46
					4	2.2	2.72	9¼	37
	do	47	37	Roasted, bone out	4	3.2	1.88	13½	53¼
					3	2.4	2.51	10	40
Bone out	do	68	54	Roasted	4	3.2	2.72	9¼	37
					3	2.4	3.63	7	27¾
Shoulder, Boston butt:									
Bone in	do	62	49	Roasted, bone out	4	3.2	2.48	10¼	40½
					3	2.4	3.31	7¾	30¼
Bone out	do	68	54	Roasted	4	3.2	2.72	9¼	37
					3	2.4	3.63	7	27¾
Shoulder, picnic:									
Bone in	do	47	35	Simmered, bone out	4	3.0	1.88	13½	53¼
					3	2.2	2.51	10	40
Bone out	do	64	47	Simmered	4	3.0	2.56	10	39¼
					3	2.2	3.41	7½	29½
Sausage:									
Brown and serve	do	81	81	Heated	3	3.0	4.32	6	23¼
					2	2.0	6.48	4	15½
Bulk or link	do	48	48	Oven-fried	3	3.0	2.56	10	39¼
					2	2.0	3.84	6¾	26¼
Spareribs	do	66	26	Braised, bone in	6	[4] 2.3	1.76	14¼	57
					4	[4] 1.6	2.64	9½	38
PORK, CANNED [5]									
Ham, chopped	do	100	100	Sliced	3	3.0	5.33	4¾	19
					2	2.0	8.00	3¼	12½

Ham, smoked	do	77	75	Slices and pieces	3	2.9	4.11	6¼	24½
					2	1.9	6.16	4¼	16¼
	do	73	71	Slices	3	2.9	3.89	6½	25¾
					2	1.9	5.84	4½	17¼
Pork luncheon meat (with natural juices).	do	89	89	Unheated	3	3.0	4.75	5½	21¼
					2	2.0	7.12	3¾	14¼
SAUSAGES									
Frankfurters:									
8 per pound	do	98		2 frankfurters			4.00	6¼	25
				1 frankfurter			8.00	3¼	12½
10 per pound	do	98		2 frankfurters			5.00	5	20
				1 frankfurter			10.00	2½	10
Luncheon meats (all meat varieties).	do	100	100		3	3.0	5.33	4¾	19
					2	2.0	8.00	3¼	12½
Vienna sausage (all meat)	Pound (drained weight).	100	100	About 4 sausages	2	2.0	8.00	3¼	12½
				About 2 sausages	1	1.0	16.00	1¾	6¼
VEAL, FRESH OR FROZEN									
Chops:									
Loin	Pound	78	47	Broiled, bone in	5	3.0	2.50	10	40
					3	1.8	4.16	6	24¼
Rib	do	69	38	do	5	2.8	2.21	11½	45¼
					3	1.6	3.68	7	27¼
Shoulder	do	66	40	do	5	3.0	2.11	12	47½
					3	1.8	3.52	7¼	28½
Cutlet, bone out	do	75	75	Broiled	4	3.0	3.00	8½	33½
					3	2.2	4.00	6¼	25
Ground	do	64	64	Oven- or pan-fried	3	3.0	3.41	7½	29½
					2	2.0	5.12	5	19¾
Heart	do	35	35	Braised	2	2.0	2.80	9	35¾
Liver, calf	do	58	58	Fried or braised	3	3.0	3.09	8¼	32½
					2	2.0	4.64	5½	21¾
Roasts:									
Chuck (shoulder):									
Bone in	do	46	40	Braised, bone out	4	3.4	1.84	13¾	54½
					3	2.6	2.45	10¼	41
Bone out	do	66	56	Braised	4	3.4	2.64	9½	38
					3	2.6	3.52	7¼	28½
Leg:									
Bone in	do	44	36	Roasted, bone out	4	3.3	1.76	14¼	57
					3	2.5	2.35	10¾	42¾
Bone out	do	66	54	Roasted	4	3.3	2.64	9½	38
					3	2.5	3.52	7¼	28½
Plate (breast):									
Bone in	do	45	33	Stewed, bone out	4	2.9	1.80	14	55¾
					3	2.2	2.40	10½	41¾
Bone out	do	66	48	Stewed	4	2.9	2.64	9½	38
					3	2.2	3.52	7¼	28½
Stew meat	do	66	48	do	4	2.9	2.64	9½	38
					3	2.2	3.52	7¼	28½

[1] Size of portion and number of portions per purchase unit are determined by use.
[2] For combination foods including beef, see p. 8.
[3] Breast, flank.
[4] Fat and lean.
[5] For combination foods including pork, see p. 8.

TABLE 2.—COMBINATION FOODS CONTAINING MEAT

Meat combinations, canned or frozen, as purchased	Unit of purchase	Weight per unit [1]	Cooked meat	Size of portion	Meat in portion	Portions per purchase unit	Approximate purchase units for—	
							25 portions	100 portions
		Pounds	*Percent*	*Ounces*	*Ounces*	*Number*	*Number*	*Number*
Beans with frankfurters in sauce	Pound	1. 00	20	8	1. 6	2. 00	12½	50
	No. 3 cylinder	3. 12	20	8	1. 6	6. 24	4¼	16¼
	No. 10 can	6. 75	20	8	1. 6	13. 50	2	7½
Beans with ham in sauce	Pound	1. 00	12	8	1. 0	2. 00	12½	50
	No. 3 cylinder	3. 19	12	8	1. 0	6. 38	4	15¾
Beans with meat in chili sauce	Pound	1. 00	8	8	. 6	2. 00	12½	50
	No. 10 can	6. 50	8	8	. 6	13. 00	2	7¾
Beef goulash:								
Canned	Pound	1. 00	18	8	1. 4	2. 00	12½	50
	No. 3 cylinder	3. 12	18	8	1. 4	6. 24	4¼	16¼
Frozen	Carton	5. 00	18	8	1. 4	10. 00	2½	10
	do	6. 75	18	9	1. 6	12. 00	2¼	8½
	do	8. 25	18	11	2. 0	12. 00	2¼	8½
Beef stew	Pound	1. 00	18	8	1. 4	2. 00	12½	50
	No. 3 cylinder	3. 12	18	8	1. 4	6. 24	4¼	16¼
	No. 10 can	6. 62	18	8	1. 4	13. 24	2	7¾
Beef with barbecue sauce	Pound	1. 00	50	6	3. 0	2. 67	9½	37½
	No. 3 cylinder	3. 25	50	6	3. 0	8. 67	3	11¾
	No. 10 can	6. 50	50	6	3. 0	17. 33	1½	6
Beef with gravy	Pound	1. 00	50	6	3. 0	2. 67	9½	37½
	No. 3 cylinder	3. 00	50	6	3. 0	8. 00	3¼	12¾
	No. 10 can	6. 50	50	6	3. 0	17. 33	1½	6
Brunswick stew	Pound	1. 00	18	8	1. 4	2. 00	12½	50
	No. 10 can	6. 62	18	8	1. 4	13. 24	2	7¾
Chili con carne	Pound	1. 00	28	8	2. 2	2. 00	12½	50
	No. 3 cylinder	3. 19	28	8	2. 2	6. 38	4	15¾
	No. 10 can	6. 75	28	8	2. 2	13. 50	2	7½
Chili con carne with beans	Pound	1. 00	18	8	1. 4	2. 00	12½	50
	No. 3 cylinder	3. 19	18	8	1. 4	6. 38	4	15¾
	No. 10 can	6. 75	18	8	1. 4	13. 50	2	7½
Chili mac	Pound	1. 00	18	8	1. 4	2. 00	12½	50
	No. 3 cylinder	3. 19	18	8	1. 4	6. 38	4	15¾
	No. 10 can	6. 50	18	8	1. 4	13. 00	2	7¾

Chop suey or chow mein vegetables with meat:								
Canned	Pound	1.00	8	8	.6	2.00	12½	50
	No. 3 cylinder	3.06	8	8	.6	6.12	4¼	16½
Frozen	Carton	5.00	8	8	.6	10.00	2½	10
Hash, corn beef, roast beef, beef	Pound	1.00	35	7	2.4	2.29	11¼	44¼
	No. 3 cylinder	3.19	35	7	2.4	7.29	3½	14
	No. 10 can	6.50	35	7	2.4	14.86	1¾	7
Lamb stew	Pound	1.00	18	8	1.4	2.00	12½	50
	No. 3 cylinder	3.19	18	8	1.4	6.38	4	15¾
	No. 10 can	6.62	18	8	1.4	13.24	2	7¾
Macaroni and beef in tomato sauce	Pound	1.00	8	8	.6	2.00	12½	50
	No. 10 can	6.50	8	8	.6	13.00	2	7¾
Meatballs with gravy:								
Canned	Pound	1.00 (10 count)	38	6	2.3 (4 count)	2.67	9½	37½
	No. 10 can	6.50 (70 count)	38	6	2.3 (4 count)	17.33	1½	6
Frozen	Carton	8.00 (160 count)	38	6	2.3 (7½ count)	21.33	1¼	5
	do	10.00 (100 count)	38	6	2.3 (4 count)	26.67	1	4
Pork with barbecue sauce:								
Canned	Pound	1.00	50	6	3.0	2.67	9½	37½
	No. 3 cylinder	3.19	50	6	3.0	8.51	3	12
	No. 10 can	6.62	50	6	3.0	17.65	1½	5¾
In waxed tub (perishable)	4-pound tub	4.00	50	6	3.0	10.67	2½	9½
	5-pound tub	5.00	50	6	3.0	13.33	2	7¾
Pork with gravy	Pound	1.00	50	6	3.0	2.67	9½	37½
	No. 3 cylinder	3.12	50	6	3.0	8.32	3¼	12¼
	No. 10 can	6.50	50	6	3.0	17.33	1½	6
Ravioli with meat in sauce	Pound	1.00	7	8	.6	2.00	12½	50
	No. 3 cylinder	3.19	7	8	.6	6.38	4	15¾
		3.62	7	8	.6	7.24	3½	14
Spaghetti with meatballs and sauce	Pound	1.00	8	8	.6	2.00	12½	50
	No. 3 cylinder	3.19	8	8	.6	6.38	4	15¾
	No. 10 can	6.62	8	8	.6	13.24	2	7¾
Tamales, frozen	Pound	1.00 (4 tamales)	18	8 (2 tamales)	1.4	2.00	12½	50
	Carton	6.00 (24 tamales)	18	8 (2 tamales)	1.4	12.00	2¼	8½
	do	18.00	18	8	1.4	36.00	(2)	3
Tamales with gravy or sauce (Packed in sizes from 1½ oz. to 6 oz. per tamale).	Pound	1.00	14	8	1.1	2.00	12½	50
	No. 10 can	6.50	14	8	1.1	13.00	2	7¾

[1] Net weights of containers are not standardized and may vary depending on establishment preparing the product.
[2] Number of purchase units needed is less than one.

TABLE 3.—POULTRY

Poultry as purchased	Unit of purchase	Yield, as served	Description of portion as served	Size of portion: As served	Size of portion: Edible portion [1]	Portions per purchase unit	Approximate purchase units for—: 25 portions	Approximate purchase units for—: 100 portions
CHICKEN, FRESH OR FROZEN								
Live:		*Percent*		*Ounces*	*Ounces*	*Number*	*Number*	*Number*
Roasters	Pound	30	Boned, excludes neck and giblets.	3. 0	3. 0	1. 60	15¾	62½
				2. 0	2. 0	2. 40	10½	41¾
Stewers	do	34	Boned, includes neck and giblets.	3. 0	3. 0	1. 81	14	55¼
				2. 0	2. 0	2. 72	9¼	37
Ready-to-cook:								
Broilers	1½-pound bird	70	½ bird	8. 3	5. 4	2. 00	12½	50
Fryers	Pound [2]	43	Boned	3. 0	3. 0	2. 29	11	43¾
				2. 0	2. 0	3. 44	7½	29¼
	2½-pound bird	65	¼ bird	5. 8	3. 9	4. 00	6¼	25
			⅙ bird	3. 9	2. 6	6. 00	4¼	16¾
			⅛ bird	2. 9	1. 9	8. 00	3¼	12½
Parts (from 2½-pound bird):								
Breast half	Pound	67	With bone	3. 2	2. 6	3. 35	7½	30
Drumstick	do	72	do	2. 1	1. 4	5. 49	4¾	18¼
Thigh	do	68	do	2. 2	1. 6	4. 95	5¼	20¼
Drumstick and thigh	do	70	do	4. 3	3. 1	2. 60	9¾	38½
Wing	do	64	do	1. 6	0. 8	6. 40	4	15¾
Back	do	49	do	2. 5	1. 3	3. 14	8	32
Rib	do	65	do	2. 5	1. 3	4. 16	6¼	24¼
Giblets:								
Gizzards	do	26		2	2	2. 08	12¼	48¼
Hearts	do	38		2	2	3. 04	8¼	33
Livers	do	65		2	2	5. 20	5	19¼
Roasters	do	42	Boned, excludes neck and giblets.	3	3	2. 24	11¼	44¾
				2	2	3. 36	7½	30
Stewers	do	47	Boned, includes neck and giblets.	3	3	2. 51	10	40
				2	2	3. 76	6¾	26¾
CHICKEN, CANNED								
Boned	do	90	Meat	3	3	4. 80	5¼	21
				2	2	7. 20	3½	14
	Can (35 ounces)	90	do	3	3	10. 50	2½	9¾
				2	2	15. 75	1¾	6½
Boned, solid pack	Pound	95	do	3	3	5. 07	5	19¾
				2	2	7. 60	3½	13¼

Boned, with broth	do	80	do	3	3	4. 27	6	23½
				2	2	6. 40	4	15¾
Whole	do	32	do	3	3	1. 71	14¾	58½
				2	2	2. 56	10	39¼
TURKEY, FRESH OR FROZEN								
Live	do	36	Excludes neck and giblets	3	3	1. 92	13¼	52¼
				2	2	2. 88	8¾	34¾
Ready-to-cook:								
Roasters	do	47	do	3	3	2. 51	10	40
				2	2	3. 76	6¾	26¾
Parts:								
Breasts, whole	do	60		3	3	3. 20	8	31¼
				2	2	4. 80	5¼	21
Legs (thigh and drumstick)	do	48		3	3	2. 56	10	39¼
				2	2	3. 84	6¾	26¼
Giblets:								
Gizzards	do	34		2	2	2. 72	9¼	37
Hearts	do	38		2	2	3. 04	8¼	33
Livers	do	67		2	2	5. 36	4¾	18¾
TURKEY, FROZEN ONLY								
Stuffed, whole	do	33	Boned meat	3	3	1. 76	14¼	57
				2	2	2. 64	9½	38
Rolls, precooked	do	92	Meat	3	3	4. 91	5¼	20½
				2	2	7. 36	3½	13¾
Rolls, ready-to-cook	do	61	do	3	3	3. 25	7¾	31
				2	2	4. 88	5¼	20½
TURKEY, CANNED								
Boned	do	90	do	3	3	4. 80	5¼	21
				2	2	7. 20	3½	14
	Can (35 ounces)	90	do	3	3	10. 50	2½	9¾
				2	2	15. 75	1¾	6½
Boned, solid pack	Pound	95	do	3	3	5. 07	5	19¾
				2	2	7. 60	3½	13¼
Boned, with broth	do	80	do	3	3	4. 27	6	23½
				2	2	6. 40	4	15¾
OTHER POULTRY, FRESH OR FROZEN								
Duck, ready-to-cook	do	38	Boned, excludes neck and giblets.	3	3	2. 03	12½	49½
				2	2	3. 04	8¼	33
Goose, ready-to-cook	do	39	do	3	3	2. 08	12¼	48¼
				2	2	3. 12	8¼	32¼

[1] Includes edible skin.

[2] Based on 2½-pound bird as purchased; neck and giblets not served.

TABLE 4.—COMBINATION FOODS CONTAINING POULTRY

Poultry combinations, canned or frozen, as purchased	Unit of purchase [1]	Weight per unit	Cooked meat	Size of portion	Meat in portion	Portions per purchase unit	Approximate purchase units for—	
							25 portions	100 portions
		Pounds	*Percent*	*Ounces*	*Ounces*	*Number*	*Number*	*Number*
Chicken a la king	Pound	1. 00	20	8	1. 60	2. 00	12½	50
Chickenburgers	do	1. 00	100	3	3. 00	5. 33	4¾	19
Chicken cacciatore	do	1. 00	20	8	1. 60	2. 00	12½	50
Chicken chop suey	do	1. 00	4	8	. 32	2. 00	12½	50
Chicken chow mein	do	1. 00	4	8	. 32	2. 00	12½	50
Chicken fricassee	do	1. 00	20	8	1. 60	2. 00	12½	50
Chicken noodles or dumplings	do	1. 00	15	8	1. 20	2. 00	12½	50
Chicken potpie	do	1. 00	14	8	1. 12	2. 00	12½	50
Chicken stew	do	1. 00	12	8	. 96	2. 00	12½	50
Chicken tamales	do	1. 00	6	8	. 48	2. 00	12½	50
Creamed chicken	do	1. 00	20	8	1. 60	2. 00	12½	50
Creamed turkey	do	1. 00	20	8	1. 60	2. 00	12½	50
Minced chicken barbecue	do	1. 00	40	3	1. 20	5. 33	4¾	19
Noodles or dumplings with chicken	do	1. 00	6	8	. 48	2. 00	12½	50
Sliced chicken with gravy	do	1. 00	35	6	2. 10	2. 67	9½	37½
Sliced turkey with gravy	do	1. 00	35	6	2. 10	2. 67	9½	37½
Turkey a la king	do	1. 00	20	8	1. 60	2. 00	12½	50
Turkey fricassee	do	1. 00	20	8	1. 60	2. 00	12½	50
Turkey potpie	do	1. 00	14	8	1. 12	2. 00	12½	50

[1] There is no standardization of can or carton sizes for canned and frozen poultry products. Information given for a pound may be related to the weight of the contents of the can or carton.

TABLE 5.—FISH AND SHELLFISH

Fish and shellfish as purchased	Unit of purchase	Weight per unit	Yield, as served	Portion as served	Portions per purchase unit	Approximate purchase units for— 25 portions	Approximate purchase units for— 100 portions
FISH, CANNED		*Pounds*	*Percent*		*Number*	*Number*	*Number*
Gefiltefish	16-ounce can (9¼ ounces drained).	1.00	58	3 ounces drained	3.08	8¼	32½
				2 ounces drained	4.62	5½	21¾
	32-ounce can (20½ ounces drained).	2.00	64	3 ounces drained	6.83	3¾	14¾
				2 ounces drained	10.25	2½	10
	51-ounce can (39 ounces drained).	3.19	76	3 ounces drained	13.00	2	7¾
				2 ounces drained	19.50	1½	5¼
Mackerel	15-ounce can (12½ ounces drained).	.94	83	3 ounces drained	4.17	6	24
				2 ounces drained	6.25	4	16
Salmon	3¾-ounce can (2¼ ounces drained).	.23	60	2¼ ounces drained	1.00	25	100
	16-ounce can (13 ounces drained).	1.00	81	3 ounces drained	4.33	6	23¼
				2 ounces drained	6.50	4	15½
	64-ounce can (50 ounces drained).	4.00	78	3 ounces drained	16.67	1½	6
				2 ounces drained	25.00	1	4
Sardines:							
Maine	3¾- to 4-ounce can (3¾ ounces drained).	.23 to .25	100	3 ounces drained	1.25	20	80
				2 ounces drained	1.87	13½	53½
	12-ounce can (10¼ ounces drained).	.75	90	3 ounces drained	3.58	7	28
				2 ounces drained	5.38	4¾	18¾
Pacific:							
In brine	15-ounce can (11½ ounces drained).	.94	77	3 ounces drained	3.83	6¾	26¼
				2 ounces drained	5.75	4½	17½
In mustard or tomato sauce	15-ounce can	.94	100	3 ounces	5.00	5	20
				2 ounces	7.50	3½	13½
Tuna	3½- to 4-ounce can (3¼ ounces drained).	.22 to .25	93	3¼ ounces drained	1.00	25	100
	6- to 7-ounce can (6 ounces drained).	.38 to .44	100	3 ounces drained	2.00	12½	50
				2 ounces drained	3.00	8½	33½
	60- to 66½-ounce can (58 ounces drained).	3.75 to 4.16	97	3 ounces drained	19.33	1½	5¼
				2 ounces drained	29.00	(1)	3½
FISH, DRIED							
Salt cod	Pound	1.00	72	3 ounces	3.84	6¾	26¼
				2 ounces	5.76	4½	17½
FISH, FRESH OR FROZEN							
Fillets	do	1.00	64	3 ounces	3.41	7½	29½
				2 ounces	5.12	5	19¾
Steaks (backbone in)	do	1.00	[2] 58	3 ounces	3.09	8¼	32½
				2 ounces	4.64	5½	21¾
Dressed (scaled and eviscerated, usually head, tail, and fins removed).	do	1.00	[2] 45	3 ounces	2.40	10½	41¾
				2 ounces	3.60	7	28
Drawn (entrails removed)	do	1.00	[2] 32	3 ounces	1.71	14¾	58½
				2 ounces	2.56	10	39¼
Whole, or round (as caught)	do	1.00	[2] 27	3 ounces	1.44	17½	69½
				2 ounces	2.16	11¾	46½

See footnotes at end of table.

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TABLE 5.—FISH AND SHELLFISH—Continued

Fish and shellfish as purchased	Unit of purchase	Weight per unit	Yield, as served	Portion as served	Portions per purchase unit	Approximate purchase units for— 25 portions	Approximate purchase units for— 100 portions
FISH, FROZEN							
Portions:							
Breaded, fried or raw:		*Pounds*	*Percent*		*Number*	*Number*	*Number*
5⅓-ounce	Pound	1.00	95	1 portion	3.00	8½	33½
4-ounce	do	1.00	95	do	4.00	6¼	25
3-ounce	do	1.00	95	do	5.33	4¾	18¾
2-ounce	do	1.00	95	do	8.00	3¼	12½
Unbreaded:							
4-ounce	do	1.00	69	do	4.00	6¼	25
3-ounce	do	1.00	69	do	5.33	4¾	18¾
2-ounce	do	1.00	68	do	8.00	3¼	12½
Sticks, breaded, fried or raw, 1-ounce	do	1.00	85	4 sticks	4.00	6¼	25
				3 sticks	5.33	4¾	18¾
				2 sticks	8.00	3¼	12½
SHELLFISH, CANNED							
Clam chowder	8-ounce can, ready-to-serve.	.50	100	8 ounces	1.00	25	100
	10½-ounce can, condensed.	.66	200	do	2.62	9¾	38¼
	15-ounce can, condensed	.94	200	do	3.75	6¾	26¾
	50- to 51-ounce can, condensed.	3.12 to 3.19	200	do	12.50	2	8
Clam juice	8-fluid-ounce can	----------	100	3 fluid ounces	2.67	9½	37½
	12-fluid-ounce can	----------	100	do	4.00	6¼	25
Clams, minced	7½-ounce can	.47	100	3 ounces	2.50	10	40
				2 ounces	3.75	6¾	26¾
	51-ounce can	3.19	100	3 ounces	17.00	1½	6
				2 ounces	25.50	1	4
Crabmeat	6½-ounce can (5½ ounces drained).	.41	85	3 ounces drained	1.83	13¾	54¾
				2 ounces drained	2.75	9¼	36½
Oysters, whole	5-ounce can (5 ounces drained).	.31	100	3 ounces drained	1.67	15	60
				2 ounces drained	2.50	10	40
Oyster stew	10½-ounce can, ready-to-serve.	.66	100	8 ounces	1.31	19¼	76½
Shrimp	4½-ounce can (4½ ounces drained).	.28	100	3 ounces drained	1.50	16¾	66¾
				2 ounces drained	2.25	11¼	44½
SHELLFISH, FRESH, LIVE IN SHELL							
Clams:							
Hard	Dozen	----------	[2] 14	6 clams on half shell	2.00	12½	50
Soft	do	----------	[2] 29	12 clams in the shell	1.00	25	100
Crabs:							
Blue	Pound	1.00	14	3 ounces cooked	.75	33½	133½
				2 ounces cooked	1.12	22½	89½
Dungeness	do	1.00	24	3 ounces cooked	1.28	19¾	78¼
				2 ounces cooked	1.92	13¼	52¼

Oysters	Dozen		[2] 12	6 oysters on half shell	2.00	12½	50
SHELLFISH, FRESH OR FROZEN							
Clams, shucked	Pound	1.00	48	3 ounces meat	2.56	10	39¼
				2 ounces meat	3.82	6¾	26
Crabs, cooked in shell:							
Blue	do	1.00	14	3 ounces meat	.75	33½	133½
				2 ounces meat	1.12	22½	89½
Dungeness	do	1.00	24	3 ounces meat	1.28	19¾	78¼
				2 ounces meat	1.92	13¼	52¼
Crabmeat	do	1.00	97	3 ounces	5.17	5	19½
				2 ounces	7.76	3¼	13
Lobster, cooked in shell	do	1.00	[2] 25	1 lobster	1.00	25	100
				½ lobster	2.00	12½	50
Lobster meat	do	1.00	91	3 ounces	4.85	5¼	20¾
				2 ounces	7.28	3½	13¾
Oysters, shucked	do	1.00	40	3 ounces	2.13	11¾	47
				2 ounces	3.20	8	31¼
Scallops, shucked	do	1.00	63	3 ounces	3.36	7½	30
				2 ounces	5.04	5	20
Shrimp:							
Cooked, peeled, cleaned	do	1.00	100	3 ounces	5.33	4¾	19
				2 ounces	8.00	3¼	12½
Raw, in shell	do	1.00	50	3 ounces meat	2.67	9½	37½
				2 ounces meat	4.00	6¼	25
Raw, peeled	do	1.00	62	3 ounces meat	3.30	7¾	30½
				2 ounces meat	4.96	5¼	20¼
SHELLFISH, FROZEN							
Clams, breaded:							
Fried	do	1.00	85	3 ounces	4.53	5¾	22¼
				2 ounces	6.80	3¾	14¾
Raw	do	1.00	83	3 ounces	4.43	5¾	22¾
				2 ounces	6.64	4	15¼
Crabcakes, fried	do	1.00	95	3 ounces	5.07	5	19¾
				2 ounces	7.60	3½	13¼
Lobster, spiny tails:							
8 ounce	do	1.00	[2] 51	1 tail	2.00	12½	50
6 ounce	do	1.00	[2] 51	do	2.67	9½	37½
4 ounce	do	1.00	[2] 51	do	4.00	6¼	25
Oysters, breaded, raw	do	1.00	88	3 ounces	4.69	5½	21½
				2 ounces	7.04	3¾	14¼
Scallops, breaded:							
Fried	do	1.00	93	3 ounces	4.96	5¼	20¼
				2 ounces	7.44	3½	13½
Raw	do	1.00	81	3 ounces	4.32	6	23¼
				2 ounces	6.48	4	15½
Shrimp, breaded:							
Fried	do	1.00	88	3 ounces	4.69	5½	21½
				2 ounces	7.04	3¾	14¼
Raw	do	1.00	85	3 ounces	4.53	5¾	22¼
				2 ounces	6.80	3¾	14¾

[1] Number of purchase units needed is less than one.

[2] Yield, edible portion.

TABLE 6.—EGGS

Eggs, in shell, frozen, and dried, as purchased	Unit of purchase	Weight per unit	Portion as served or used	Portions per purchase unit	Approximate purchase units for— 25 portions	Approximate purchase units for— 100 portions
		Pounds		*Number*	*Number*	*Number*
In shell:						
Large	Dozen	1. 50	1 egg	12. 00	2¼	8½
	Case	45. 00	do	360. 00	(1)	(1)
Medium	Dozen	1. 31	do	12. 00	2¼	8½
	Case	39. 50	do	360. 00	(1)	(1)
Small	Dozen	1. 12	do	12. 00	2¼	8½
	Case	34. 00	do	360. 00	(1)	(1)
Frozen:						
Whole eggs	Pound	1. 00	1 egg (3 tablespoons thawed)	10. 00	(2)	(2)
			12 eggs (2¼ cups thawed)	. 83	(2)	(2)
	Can	10. 00	1 egg	100. 00	(2)	(2)
	do	30. 00	do	300. 00	(2)	(2)
Egg yolks	Pound	1. 00	1 yolk (1⅓ tablespoons thawed)	26. 00	(2)	(2)
			12 yolks (1 cup thawed)	2. 16	(2)	(2)
Egg whites	do	1. 00	1 white (2 tablespoons thawed)	16. 00	(2)	(2)
			12 whites (1½ cups thawed)	1. 33	(2)	(2)
Dried:						
Whole eggs	do	1. 00	1 large egg (½ ounce or 2½ tablespoons dried + 2½ tablespoons water).	32. 00	(2)	(2)
			12 large eggs (6 ounces or 2 cups dried + 2 cups water).	2. 67	(2)	(2)
	13-ounce package	. 81	1 large egg	26. 00	(2)	(2)
	No. 10 can	3. 00	do	96. 00	(2)	(2)
	Package	25. 00	do	800. 00	(2)	(2)
	do	50. 00	do	1, 600. 00	(2)	(2)
Egg yolks	Pound	1. 00	1 large yolk (2 tablespoons dried + 2 teaspoons water).	54. 00	(2)	(2)
			12 large yolks (1½ cups dried + ½ cup water)	4. 50	(2)	(2)
	Package	3. 00	1 large yolk	162. 00	(2)	(2)
Egg white, spray-dried	Pound	1. 00	1 large white (2 teaspoons dried + 2 tablespoons water).	100. 00	(2)	(2)
			12 large whites (½ cup dried + 1½ cups water)	8. 33	(2)	(2)
	Package	3. 00	1 large white	300. 00	(2)	(2)

[1] Number of purchase units needed is less than one.

[2] Number of purchase units needed is determined by use.

TABLE 7.—NUTS

Nuts in shell and peanut butter as purchased	Unit of purchase	Weight per unit	Yield, as served	Portion as used	Portions per purchase unit	Approximate purchase units for—	
						25 portions	100 portions
		Pounds	*Percent*		*Number*	*Number*	*Number*
Almonds;							
Nonpareil (softshell)	Pound	1. 00	60	1 cup (0.31 pound)	1. 94	(1)	(1)
Peerless (hardshell)	do	1. 00	35	do	1. 13	(1)	(1)
Brazil nuts	do	1. 00	48	do	1. 55	(1)	(1)
Cashew nuts	do	1. 00	22	1 cup (0.30 pound)	. 73	(1)	(1)
Chestnuts	do	1. 00	84	8 large nuts (0.11 pound)	7. 64	(1)	(1)
Coconut:							
Dried	do	1. 00	100	1 cup (0.14 pound)	7. 14	(1)	(1)
Fresh, in shell	do	1. 00	52	1 cup (0.21 pound)	2. 48	(1)	(1)
Filberts	do	1. 00	39	1 cup (0.30 pound)	1. 50	(1)	(1)
Peanuts, roasted	do	1. 00	68	1 cup (0.32 pound)	2. 12	(1)	(1)
Peanut butter	do	1. 00	100	2 tablespoons (0.07 pound)	14. 29	1¾	7
	No. 10 can	6. 75	100	do	96. 43	(2)	1¼
Pecans	Pound	1. 00	52	1 cup halves (0.24 pound)	2. 17	(1)	(1)
Walnuts:							
Black	do	1. 00	22	1 cup (0.28 pound)	. 79	(1)	(1)
English	do	1. 00	45	1 cup (0.22 pound)	2. 05	(1)	(1)

[1] Number of purchase units needed is determined by use.

[2] Number of purchase units needed is less than one.

TABLE 8.—DAIRY PRODUCTS

Dairy products as purchased	Unit of purchase	Weight per unit	Yield, as served	Portion as served or used	Portions per purchase unit	Approximate purchase units for—	
						25 portions	100 portions
		Pounds	*Percent*		*Number*	*Number*	*Number*
Cheese:							
Cheddar	Pound	1.00	100	4 ounces, grated, 1 cup	4.00	6¼	25
	do	1.00	100	2 ounces	8.00	3¼	12½
	do	1.00	100	1 ounce	16.00	1¾	6¼
	Longhorn	11 to 13	100	2 ounces	88–104	(1)	1¼
	Daisies	20 to 25	100	do	160–200	(1)	(1)
	Flats	32 to 37	100	do	256–296	(1)	(1)
	Cheddars	70 to 78	100	do	560–624	(1)	(1)
	Block	20	100	do	160.00	(1)	(1)
	do	40	100	do	320.00	(1)	(1)
Cottage, small or large curd, with pineapple or chive.	Pound	1.00	100	4 ounces	4.00	6¼	25
				2 ounces	8.00	3¼	12½
	32-ounce carton	2.00	100	4 ounces	8.00	3¼	12½
	Tin	30.00	100	do	120.00	(1)	(1)
Cream	8-ounce package	.50	100	1 ounce	8.00	3¼	12½
	12-ounce package	.75	100	do	12.00	2¼	8½
	16-ounce package	1.00	100	do	16.00	1¾	6¼
Processed, cheese food	Pound	1.00	100	2 ounces	8.00	3¼	12½
				1 ounce, 1 slice	16.00	1¾	6¼
	Package	2.00	100	2 ounces	16.00	1¾	6¼
	do	5.00	100	do	40.00	(1)	2½
Cream:							
Half and half	Pint	1.07	100	1½ tablespoons	21.33	1¼	4¾
	Quart	2.14	100	do	42.67	(1)	2½
Light	Pint	1.06	100	do	21.33	1¼	4¾
	Quart	2.13	100	do	42.67	(1)	2½
Sour	½ pint	.53	100	1 tablespoon	16.00	1¾	6¼
	¾ pint	.80	100	do	24.00	1¼	4¼
Whipping (volume doubles when whipped).	Pint	1.05	100	1¼ tablespoons	25.60	1	4
	Quart	2.10	100	do	51.20	(1)	2

Ice cream:							
Brick	Quart	1.25	100	1 slice (½ cup)	8.00	3¼	12½
Bulk	Gallon	4.50	100	No. 12 scoop (sundae)	22–26	1	4
				No. 16 scoop	31–35	(1)	3
				No. 20 scoop (a la mode)	38–42	(1)	2½
				No. 24 scoop	47–51	(1)	2
Cups	3-ounce	.19	100	1 cup	1.00	25	100
	5-ounce	.31	100	do	1.00	25	100
Sherbet	Gallon	6.00	100	No. 12 scoop	25.00	1	4
				No. 16 scoop	35.00	(1)	3
				No. 20 scoop	42.00	(1)	2½
				No. 24 scoop	50.00	(1)	2
Milk:							
Fluid [2]	Quart	2.15	100	1 cup	4.00	6¼	25
	Gallon	8.60	100	do	16.00	1¾	6¼
	5-gallon	43.00	100	do	80.00	(1)	1¼
Condensed	14-ounce can	.88	100	do	1.24	(3)	(3)
	15-ounce can	.94	100	do	1.33	(3)	(3)
Evaporated	14½-ounce can	.91	100	1 cup as is	1.67	(3)	(3)
		.91	200	1 cup reconstituted	3.33	(3)	(3)
	No. 10 can	8.00	100	1 cup as is	14.00	(3)	(3)
		8.00	200 (measure)	1 cup reconstituted	28.00	(3)	(3)
Dry:							
Nonfat:							
Instant	Pound (about 6½ cups)	1.00	100	1 cup as is	6.50	(3)	(3)
		1.00	267 (measure)	1 cup reconstituted	17.06	(3)	(3)
Regular (USDA)	Pound (about 3¼ cups)	1.00	100	1 cup as is	3.25	(3)	(3)
		1.00	533 (measure)	1 cup reconstituted	17.06	(3)	(3)
Whole	Pound (about 3½ cups)	1.00	100	1 cup as is	3.50	(3)	(3)
		1.00	400 (measure)	1 cup reconstituted	14.22	(3)	(3)

[1] Number of purchase units needed is less than one.
[2] Skim milk and buttermilk weigh slightly more than whole fluid milk.
[3] Number of purchase units needed is determined by use.

TABLE 9.—VEGETABLES—FRESH

Fresh vegetables as purchased	Unit of purchase	Weight per unit [1]	Yield, as served	Portion as served	Portions per purchase unit	Approximate purchase units for— 25 portions	Approximate purchase units for— 100 portions
		Pounds	*Percent*		*Number*	*Number*	*Number*
Asparagus	Pound	1. 00		4 medium spears, cooked	3. 38	7½	29¾
	do	1. 00	49	3 ounces cut spears, cooked	2. 61	9¾	38½
	Crate	28. 00	49	do	73. 17	(2)	1½
Beans, lima, green:							
In pod	Pound	1. 00	40	3 ounces cooked	2. 13	11¾	47
	Bushel	32. 00	40	do	68. 27	(2)	1½
Shelled	Pound	1. 00	102	do	5. 44	4¾	18½
Beans, snap, green or wax	do	1. 00	84	do	4. 48	5¾	22½
	Bushel	30. 00	84	do	134. 40	(2)	(2)
Beet greens, untrimmed	Pound	1. 00	44	do	2. 35	10¾	42¾
	Bushel	20. 00	44	do	46. 93	(2)	2¼
Beets:							
With tops	Pound	1. 00	43	3 ounces sliced or diced, cooked	2. 29	11	43¾
Without tops	do	1. 00	76	do	4. 05	6¼	24¾
	Burlap bag	50. 00	76	do	202. 67	(2)	(2)
Blackeye peas, shelled	Pound	1. 00	93	3 ounces cooked	4. 96	5¼	20¼
Broccoli	do	1. 00		2 medium spears, cooked	4. 57	5½	22
	do	1. 00	62	3 ounces cut spears, cooked	3. 31	7¾	30¼
	Crate	40. 00	62	do	132. 27	(2)	(2)
Brussels sprouts	Pound	1. 00	77	3 ounces cooked	4. 11	6¼	24½
Cabbage	Bulk	1. 00	79	2 ounces coleslaw	6. 32	4	16
	do	1. 00	75	3 ounces sliced, cooked	4. 00	6¼	25
	do	1. 00	80	3-ounce wedge, cooked	4. 27	6	23½
	Crate or sack	50. 00	80	do	213. 33	(2)	(2)
Cabbage, Chinese	Pound	1. 00	88	2 ounces raw	7. 04	3¾	14¼
Carrots, without tops	do	1. 00	82	2 ounces shredded or grated, strips or diced, raw.	6. 56	4	15¼
	do	1. 00	75	3 ounces sliced or diced, cooked	4. 00	6¼	25
	Bushel	50. 00	75	do	200. 00	(2)	(2)
Cauliflower	Pound	1. 00	45	2 ounces sliced, raw	3. 60	7	28
	do	1. 00	44	3 ounces cooked	2. 35	10¾	42¾
	Crate	37. 00	44	do	86. 83	(2)	1¼
	Crate, large	50. 00	44	do	117. 33	(2)	(2)
Celery	Pound	1. 00	70	3 ounces chopped, cooked	3. 73	6¾	27
	do	1. 00	75	3 ounces sliced, raw	4. 00	6¼	25
	do	1. 00	75	2 ounces strips, raw	6. 00	4¼	16¾
	Crate	60. 00	75	3 ounces chopped, raw	240. 00	(2)	(2)
Celery hearts (24 pack)	Crate or box	30. 00	95	2 ounces strips, raw	228. 00	(2)	(2)
Chard, untrimmed	Pound	1. 00	56	3 ounces	2. 99	8½	33½
Collards	do	1. 00	81	3 ounces cooked	4. 32	6	23¼
	Bushel	20. 00	81	do	86. 40	(2)	1¼
Corn, in husks	Dozen	8. 00	37	3 ounces cooked kernels	15. 79	1¾	6½
	do	8. 00		1 ear, cooked	12. 00	2¼	8½
	5-dozen crate or bag.	40. 00		do	60. 00	(2)	1¾

Cucumber	Pound	1.00	73	3 ounces sliced, peeled, raw	3.89	6½	25¾
	do	1.00	95	3 ounces sliced, unpeeled, raw	5.07	5	19¾
	Bushel	48.00	95	do	243.20	(2)	(2)
Eggplant	Pound	1.00	75	4 ounces cooked	3.00	8½	33½
	Bushel	33.00	75	do	100.00	(2)	1
Endive, escarole, chicory	Pound	1.00	75	1 ounce raw	12.00	2¼	8½
	Bushel	25.00	75	do	300.00	(2)	(2)
Kale, untrimmed	Pound	1.00	81	3 ounces cooked	4.32	6	23¼
	Bushel	18.00	81	do	77.76	(2)	1½
Kohlrabi	Pound	1.00	50	do	2.67	9½	37½
Lettuce:							
Head	do	1.00	74	2 ounces raw	5.92	4¼	17
Iceberg	Carton	2 doz. heads		⅙ head, raw	144.00	4¼ heads	17 heads
Romaine	Pound	1.00	64	1 ounce raw	10.24	2½	10
Mushrooms	do	1.00	67	1 ounce sliced, cooked	10.72	2½	9½
	Basket	3.00	67	3 ounces sliced, cooked	10.72	2½	9½
	do	9.00	67	do	32.16	(2)	3¼
Mustard greens	Pound	1.00	59	3 ounces cooked	3.15	8	31¾
	Bushel	20.00	59	do	62.93	(2)	1¾
Okra	Pound	1.00	96	do	5.12	5	19¾
	Bushel	30.00	96	do	153.60	(2)	(2)
Onions:							
Green, partly topped	Pound	1.00	60	3 ounces raw	3.20	8	31¼
	Wirebound crate	50.00	60	do	160.00	(2)	(2)
Mature	Pound	1.00	89	1 ounce chopped or grated, raw	14.24	2	7¼
	do	1.00	76	3 ounces small whole or pieces, cooked.	4.05	6¼	24¾
	Sack	50.00	76	do	202.67	(2)	(2)
Parsley	Pound	1.00		½ cup	16.00	(3)	(3)
	Crate	19.00		do	304.00	(3)	(3)
Parsnips	Pound	1.00	84	3 ounces cooked	4.48	5¾	22½
	Bushel	50.00	84	do	224.00	(2)	(2)
Peas, green:							
In pod	Pound	1.00	36	do	1.92	13¼	52¼
	Basket	15.00	36	do	28.80	(2)	3½
	Bushel	28.00	36	do	53.76	(2)	2
Shelled	Pound	1.00	96	do	5.12	5	19¾
Peppers, green	do	1.00	82	1 ounce diced or strips, raw	13.12	2	7¾
	Bushel	25.00	82	do	328.00	(2)	(2)
	Carton	30.00	82	do	393.60	(2)	(2)
	Pound	1.00	75	2 ounces strips, cooked	6.00	4¼	16¾
Potatoes:							
To be pared by hand	do	1.00		1 medium, boiled	3.00	8½	33½
	do	1.00	54	2 ounces french fried	4.32	6	23¼
	do	1.00	80	3 ounces cubed and diced, cooked	4.27	6	23½
	do	1.00	95	4 ounces mashed	3.80	6¾	26½
To be pared by machine	do	1.00		1 medium, boiled	3.00	8½	33½
	do	1.00	52	2 ounces french fried	4.16	6¼	24¼
	do	1.00	76	3 ounces cubed and diced, cooked	4.05	6¼	24¾
	do	1.00	90	4 ounces mashed	3.60	7	28
Ready-to-cook	do	1.00		1 medium, boiled	3.00	8½	33½
	do	1.00	68	2 ounces french fried	5.44	4¾	18½
	do	1.00	119	4 ounces mashed	4.76	5¼	21¼
To be cooked in jacket	do	1.00		1 medium, baked in jacket	3.00	8½	33½
	do	1.00		1 medium, boiled	3.00	8½	33½
	do	1.00	87	3 ounces cubed and diced	4.64	5½	21¾
	do	1.00	104	4 ounces mashed	4.16	6¼	24¼

See footnotes at end of table.

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TABLE 9.—VEGETABLES—FRESH—Continued

Fresh vegetables as purchased	Unit of purchase	Weight per unit [1]	Yield, as served	Portion as served	Portions per purchase unit	Approximate purchase units for— 25 portions	Approximate purchase units for— 100 portions
		Pounds	*Percent*		*Number*	*Number*	*Number*
Pumpkin	Pound	1.00	63	4 ounces mashed, cooked	2.52	10	39¾
Radishes:							
With tops	do	1.00	63	1 ounce sliced, raw	10.08	2½	10
	do	1.00		4 small	11.34	2¼	9
Without tops	do	1.00	90	1 ounce sliced, raw	14.40	1¾	7
Rutabagas	do	1.00	79	3 ounces cubed, cooked	4.21	6	24
	do	1.00	77	4 ounces mashed	3.08	8¼	32½
	Bushel	56.00	77	do	172.48	(2)	(2)
Spinach:							
Partly trimmed	Pound	1.00	92	1 ounce raw for salad	14.72	1¾	7
Untrimmed	do	1.00	72	do	11.52	2¼	8¾
	do	1.00	67	3 ounces cooked	3.57	7¼	28¼
	Bushel	20.00	67	do	71.47	(2)	1½
Squash, summer	Pound	1.00	83	3 ounces diced or sliced, cooked	4.43	5¾	22¾
	Bushel	35.00	83	do	154.93	(2)	(2)
	Pound	1.00	83	4 ounces mashed	3.32	7¾	30¼
Squash, winter:							
Acorn	do	1.00		½ medium, baked	2.00	12½	50
Hubbard	do	1.00	58	4 ounces cubed, cooked	2.32	11	43¼
	do	1.00	57	4 ounces mashed	2.28	11	44
Sweetpotatoes	do	1.00		1 medium, cooked in jacket	2.00	12½	50
	do	1.00	83	3 ounces sliced	4.43	5¾	22¾
	do	1.00	81	4 ounces mashed	3.24	7¾	31
	Bushel	50.00		1 medium, cooked in jacket	100.00	(2)	1
Tomatoes (medium)	Pound	1.00	91	2 slices	7.50	3½	13½
	do	1.00		1 wedge	12.00	2¼	8½
	Lug	32.00		do	384.00	(2)	(2)
	Bushel	53.00		do	636.00	(2)	(2)
Turnip greens, untrimmed	Pound	1.00	48	3 ounces cooked	2.56	10	39¼
	Bushel	20.00	48	do	51.20	(2)	(2)
Turnips, without tops	Pound	1.00	74	3 ounces cubed, cooked	3.95	6½	25½
	do	1.00	73	4 ounces mashed	2.92	8¾	34¼
	Bushel	50.00	73	do	146.00	(2)	(2)
Watercress	Bunch	1.00	92	½ cup	27.77	(3)	(3)

[1] Legal weights for contents of bushels, lugs, crates, and boxes vary among States.

[2] Number of purchase units needed is less than one.

[3] Number of purchase units needed is determined by use.

TABLE 10.—VEGETABLES—CANNED

Canned vegetables as purchased	Unit of purchase	Weight per unit	Yield, as served	Portion as served	Portions per purchase unit	Approximate purchase units for— 25 portions	Approximate purchase units for— 100 portions
		Pounds	*Percent*		*Number*	*Number*	*Number*
Asparagus:							
Cuts and tips	No. 300 can	0.88	61	3 ounces	2.86	8¾	35
	No. 10 can	6.31	60	do	20.19	1¼	5
Spears	No. 300 can	.91		6 medium	2.57	9¾	39
	No. 10 can	6.44		do	18.53	1½	5½
Beans, lima, green	No. 303 can	1.00	69	3 ounces	3.68	7	27¼
	No. 10 can	6.56	69	do	24.14	1¼	4¼
Beans, snap, green or wax	No. 303 can	.97	59	do	3.05	8¼	33
	No. 2½ can	1.75	59	do	5.51	4¾	18¼
	No. 10 can	6.31	62	do	20.87	1¼	5
Beans, dry—kidney, lima, or navy	No. 303 can	1.00	80	6 ounces	2.13	11¾	47
	No. 10 can	6.75	80	do	14.40	1¾	6¾
Bean sprouts	do	6.62	52	3 ounces	18.37	1½	5½
Beets:							
Diced	No. 303 can	1.00	66	do	3.52	7¼	28½
	No. 10 can	6.50	69	do	23.92	1¼	4¼
Sliced	No. 303 can	1.00	61	do	3.25	7¾	31
	No. 10 can	6.50	65	do	22.53	1¼	4½
Whole baby beets	No. 303 can	1.00	62	do	3.31	7¾	30¼
	No. 10 can	6.50	66	do	22.88	1¼	4½
Carrots:							
Diced	No. 303 can	1.00	62	do	3.31	7¾	30¼
	No. 10 can	6.50	69	do	23.92	1¼	4¼
Sliced	No. 303 can	1.00	62	do	3.31	7¾	30¼
	No. 10 can	6.50	66	do	22.88	1¼	4½
Chop suey vegetables	do	6.38	100	do	34.00	(1)	3
Collards	No. 303 can	.94	72	4 ounces	2.71	9¼	37
	No. 2½ can	1.69	70	do	4.73	5½	21¼
	No. 10 can	6.12	61	do	14.93	1¾	6¾
Corn:							
Cream style	No. 303 can	1.00	100	do	4.00	6¼	25
	No. 10 can	6.62	100	do	26.48	1	4
Whole kernel	No. 303 can	1.00	66	3 ounces	3.52	7¼	28½
	No. 10 can	6.62	66	do	23.30	1¼	4½
Kale	No. 303 can	.94	72	4 ounces	2.71	9¼	37
	No. 2½ can	1.69	70	do	4.73	5½	21¼
	No. 10 can	6.12	61	do	14.93	1¾	6¾
Mushrooms	No. 8 Z	.78	64	3 ounces	2.66	9½	37¾
	No. 10 can	6.44	66	do	22.67	1¼	4½
Mustard greens	No. 303 can	.94	72	4 ounces	2.71	9¼	37
	No. 2½ can	1.69	70	do	4.73	5½	21¼
	No. 10 can	6.12	61	do	14.93	1¾	6¾
Okra	No. 303 can	.97	68	3 ounces	3.51	7¼	28½
	No. 10 can	6.19	61	do	20.14	1¼	5
Okra and tomatoes	No. 303 can	.94	100	do	5.01	5	20
	No. 10 can	6.31	100	do	33.65	(1)	3

See footnotes at end of table.

TABLE 10.—VEGETABLES—CANNED—Continued

Canned vegetables as purchased	Unit of purchase	Weight per unit	Yield, as served	Portion as served	Portions per purchase unit	Approximate purchase units for— 25 portions	Approximate purchase units for— 100 portions
		Pounds	*Percent*		*Number*	*Number*	*Number*
Olives, large:							
Ripe:							
Pitted	No. 1 tall	[2] 0.47		2 olives	21.33	1¼	4¾
Whole	do	[2] .56		do	25.60	1	4
	No. 10	[2] 4.12		do	187.69	(1)	(1)
Green, whole	Gallon	[2] 5.50		do	250.25	(1)	(1)
Onions, small, whole	No. 303 can	1.00	56	3 ounces	2.99	8½	33½
	No. 10 can	6.31	59	do	19.86	1½	5¼
Peas, green	No. 303 can	1.00	64	do	3.41	7½	29½
	No. 10 can	6.56	64	do	22.39	1¼	4½
Peas and carrots	No. 303 can	1.00	69	do	3.68	7	27¼
	No. 10 can	6.56	69	do	24.14	1¼	4¼
Pickles:							
Dill or sour:							
Sliced or cut	Quart jar	[2] 1.38	100	1 ounce	22.00	1¼	4¾
	No. 10 jar	[2] 4.50	100	do	72.00	(1)	1½
	Gallon jar	[2] 5.62	100	do	90.00	(1)	1¼
Whole	No. 2½ jar	[2] 1.19	100	do	19.00	1½	5½
	Quart jar	[2] 1.31	100	do	21.00	1¼	5
Sweet:							
Sliced or cut	do	[2] 1.50	100	do	24.00	1¼	4¼
	No. 10 jar	[2] 4.88	100	do	78.00	(1)	1½
	Gallon jar	[2] 5.94	100	do	95.00	(1)	1¼
Whole	No. 2½ jar	[2] 1.28	100	do	20.50	1¼	5
	Quart jar	[2] 1.38	100	do	22.00	1¼	4¾
Pickle relish:							
Sour	Quart	[2] 1.61	100	do	25.75	1	4
	No. 10 jar	[2] 5.73	100	do	91.75	(1)	1¼
	Gallon jar	[2] 7.16	100	do	114.50	(1)	(1)
Sweet	Quart	[2] 1.75	100	do	28.00	1	3¾
	No. 10 jar	[2] 6.25	100	do	100.00	(1)	1
	Gallon jar	[2] 7.81	100	do	125.00	(1)	(1)
Pimientos, chopped	No. 2½ can	1.75	73	½ cup	4.80	(3)	(3)
	No. 10 can	6.81	68	do	17.39	(3)	(3)
Potatoes, small whole	No. 2 can	1.25		2–3	4.00	6¼	25
	No. 10 can	6.38		2–3	25.00	1	4
Pumpkin, mashed	No. 300 can	.91	100	4 ounces	3.64	7	27½
	No. 2½ can	1.81	100	do	7.24	3½	14
	No. 10 can	6.62	100	do	26.50	1	4
Sauerkraut	No. 303 can	1.00	82	3 ounces	4.37	5¾	23
	No. 2½ can	1.69	85	do	7.66	3½	13¼
	No. 10 can	6.19	81	do	26.74	1	3¾

Soups:							
Condensed	No. 1 picnic	.66 to .75	200	1 cup diluted	2. 50	10	40
	No. 3 cylinder	3. 12	200	do	11. 50	2¼	8¾
Ready-to-serve	12-fluid-ounce can		100	1 cup	1. 50	16¾	66¾
	25-fluid-ounce can (No. 2½)		100	do	3. 12	8¼	32¼
Spinach	No. 303 can	. 94	72	4 ounces	2. 71	9¼	37
	No. 2½ can	1. 69	70	do	4. 73	5½	21¼
	No. 10 can	6. 12	61	do	14. 93	1¾	6¾
Squash, summer	No. 303 can	1. 00	69	do	2. 75	9¼	36½
	No. 10 can	6. 62	69	do	17. 50	1½	5¾
Squash, winter	No. 300 can	. 91	100	do	3. 64	7	27½
	No. 2½ can	1. 81	100	do	7. 24	3½	14
	No. 10 can	6. 62	100	do	26. 48	1	4
Succotash	No. 303 can	1. 00	65	3 ounces	3. 47	7¼	29
	No. 10 can	6. 75	65	do	23. 40	1¼	4½
Sweetpotatoes	No. 3 vacuum or squat	1. 44	65	4 ounces	3. 74	6¾	26¾
	No. 2½ can, with sirup	1. 81	66	do	4. 78	5¼	21
	No. 10 can, with sirup	6. 38	71	do	18. 00	1½	5¾
Tomatoes	No. 303 can	1. 00	100	do	4. 00	6¼	25
	No. 2½ can	1. 75	100	do	7. 00	3¾	14½
	No. 10 can	6. 38	100	do	25. 52	1	4
Tomato products:							
Catsup	14-ounce bottle	. 88	100	1 ounce	14. 00	2	7¼
	No. 10 can	6. 94	100	do	111. 00	(1)	1
Chili sauce	12-ounce jar	. 75	100	1 tablespoon	20. 27	1¼	5
	No. 10 can	6. 56	100	do	177. 30	(1)	(1)
Juice, concentrate [4]	6-fluid-ounce can	. 43	400	4 fluid ounces	6. 00	4¼	16¾
Turnip greens	No. 303 can	. 94	72	4 ounces	2. 71	9¼	37
	No. 2½ can	1. 69	70	do	4. 73	5½	21¼
	No. 10 can	6. 12	61	do	14. 93	1¾	6¾
Vegetable juices	23-fluid-ounce can	1. 54	100	4 fluid ounces	5. 75	4½	17½
	46-fluid-ounce can	3. 07	100	do	11. 50	2¼	8¾
	96-fluid-ounce can	6. 41	100	do	24. 00	1¼	4¼
Vegetables, mixed	No. 303 can	1. 00	68	3 ounces	3. 63	7	27¾
	No. 10 can	6. 50	68	do	23. 57	1¼	4¼

[1] Number of purchase units needed is less than one.
[2] Drained weight.
[3] Number of purchase units needed is determined by use.
[4] See vegetable juices for canned tomato juice.

TABLE 11.—VEGETABLES—FROZEN

Frozen vegetables as purchased	Unit of purchase	Weight per unit	Yield, as served	Portion as served	Portions per purchase unit	Approximate purchase units for—	
						25 portions	100 portions
Asparagus:		*Pounds*	*Percent*		*Number*	*Number*	*Number*
Spears	Pound	1. 00		4 medium, cooked	3. 38	7½	29¾
	Package	2. 50		do	8. 44	3	12
Cuts and tips	Pound	1. 00	80	3 ounces cooked	4. 27	6	23½
	Package	2. 50	80	do	10. 67	2½	9½
Beans, butter (lima)	Pound	1. 00	100	do	5. 33	4¾	19
	Package	2. 50	100	do	13. 33	2	7½
	do	3. 00	100	do	16. 00	1¾	6¼
Beans, lima, green	Pound	1. 00	100	do	5. 33	4¾	19
	Package	2. 50	100	do	13. 33	2	7½
Beans, snap, green or wax	Pound	1. 00	91	do	4. 85	5¼	20¾
	Package	2. 50	91	do	12. 13	2¼	8¼
Blackeye peas	Pound	1. 00	111	do	5. 92	4¼	17
	Package	2. 50	111	do	14. 80	1¾	7
	do	3. 00	111	do	17. 76	1½	5¾
Broccoli:							
Spears	Pound	1. 00		2 medium	4. 57	5½	22
	Package	2. 50		do	11. 43	2¼	8¾
Cut or chopped	Pound	1. 00	85	3 ounces cooked	4. 53	5¾	22¼
	Package	2. 50	85	do	11. 33	2¼	9
Brussel sprouts	Pound	1. 00	96	do	5. 12	5	19¾
	Package	2. 50	96	do	12. 80	2	8
Carrots, sliced or diced	Pound	1. 00	96	do	5. 12	5	19¾
	Package	2. 50	96	do	12. 80	2	8
Cauliflower	Pound	1. 00	90	do	4. 80	5¼	21
	Package	2. 50	90	do	12. 00	2¼	8½
Collards	Pound	1. 00	89	do	4. 75	5½	21¼
	Package	2. 50	89	do	11. 87	2¼	8½
Corn:							
On cob	Pound (about three 5-inch ears).	1. 00		1 ear, cooked	3. 00	8½	33½
Whole kernel	Pound	1. 00	97	3 ounces cooked	5. 17	5	19½
	Package	2. 50	97	do	12. 93	2	7¾
Kale	Pound	1. 00	77	do	4. 11	6¼	24½
	Package	2. 50	77	do	10. 27	2½	9¾
	do	3. 00	77	do	12. 32	2¼	8¼

Mustard greens, leaf or chopped	Pound	1.00	80	do	4.27	6	23½
	Package	2.50	80	do	10.67	2½	9½
	do	3.00	80	do	12.80	2	8
Okra, whole	Pound	1.00	82	do	4.37	5¾	23
	Package	2.50	82	do	10.93	2½	9¼
	do	3.00	82	do	13.12	2	7¾
Peas, green	Pound	1.00	96	do	5.12	5	19¾
	Package	2.50	96	do	12.80	2	8
	do	3.00	96	do	15.36	1¾	6¾
Peas and carrots	Pound	1.00	98	do	5.23	5	19¼
	Package	2.50	98	do	13.07	2	7¾
Peppers, green:							
Whole	do	1.00		½ pepper, cooked	12.00	2¼	8½
	do	2.50		do	30.00	(1)	3½
Diced or sliced	Pound	1.00	97	1 ounce cooked	15.52	1¾	6½
	Package	2.50	97	do	38.80	(1)	2¾
Potatoes:							
French fried	do	1.00		10 pieces	8.00	3¼	12½
	do	5.00		do	40.00	(1)	2½
Small whole	Container	5.00		3 cooked	16.67	1½	6
Spinach	Pound	1.00	80	3 ounces cooked	4.27	6	23½
	Package	2.50	80	do	10.67	2½	9½
	do	3.00	80	do	12.80	2	8
Squash, summer, sliced	Pound	1.00	87	do	4.64	5½	21¾
	Package	2.50	87	do	11.60	2¼	8¾
	do	3.00	87	do	13.92	2	7¼
Squash, winter, mashed	Pound	1.00	92	4 ounces cooked	3.68	7	27¼
	Package	2.50	92	do	9.20	2¾	11
Sweetpotatoes:							
Whole	Pound	1.00		1 whole, cooked	2.63	9¾	38¼
	do	1.00	98	4 ounces cooked	3.92	6½	25¾
Sliced	Package	2.50	98	do	9.80	2¾	10¼
	do	3.00	98	do	11.76	2¼	8¾
Succotash	Pound	1.00	106	3 ounces cooked	5.65	4½	17¾
	Package	2.50	106	do	14.13	2	7¼
Turnip greens, leaf or chopped	Pound	1.00	80	do	4.27	6	23½
	Package	2.50	80	do	10.67	2½	9½
	do	3.00	80	do	12.80	2	8
Turnip greens with turnips	Pound	1.00	89	do	4.75	5½	21¼
	Package	3.00	89	do	14.24	2	7¼
Vegetables, mixed	Pound	1.00	95	do	5.07	5	19¾
	Package	2.50	95	do	12.67	2	8

[1] Number of purchase units needed is less than one.

TABLE 12.—VEGETABLES—DRIED

Vegetables, dried, regular and low-moisture, as purchased	Unit of purchase	Weight per unit	Yield, as served	Portion as served	Portions per purchase unit	Approximate purchase units for—	
						25 portions	100 portions
REGULAR		*Pounds*	*Percent*		*Number*	*Number*	*Number*
Beans (includes white beans, lima beans, kidney beans, blackeye beans or peas).	Pound	1. 00	232	3 ounces cooked	12. 37	2¼	8¼
Peas (includes any type, whole peas, split peas, or lentils).	do	1. 00	223	do	11. 89	2¼	8½
	Bushel	60. 00	223	do	713. 60	(1)	(1)
LOW-MOISTURE							
Onions, sliced	Pound	1. 00	417	do	22. 24	1¼	4½
Potatoes, white:							
Flakes	do	1. 00	521	4 ounces cooked	20. 84	1¼	5
	Package	2. 50	521	do	52. 10	(1)	2
Granules	Pound	1. 00	506	do	20. 24	1¼	5
	Package	2. 50	506	do	50. 60	(1)	2
Sweetpotatoes, flakes	Pound	1. 00	294	do	11. 76	2¼	8¾

[1] Number of purchase units needed is less than one.

TABLE 13.—FRUITS—FRESH

Fresh fruits as purchased	Unit of purchase	Weight per unit [1]	Yield, as served	Portion as served	Portions per purchase unit	Approximate purchase units for— 25 portions	Approximate purchase units for— 100 portions
		Pounds	*Percent*		*Number*	*Number*	*Number*
Apples	Pound	1.00		1 medium, baked or raw	3.00	8½	33½
	Bushel	40.00		do	120.00	(2)	(2)
	Pound	1.00	76	2 ounces raw, chopped or diced	6.08	4¼	16½
	do	1.00	87	4 ounces applesauce	3.48	7¼	28¾
	do	1.00	63	4 ounces cooked, sliced or diced	2.52	10	39¾
	do	1.00		⅙ 9-inch pie (2.12 pounds of apples per pie).	2.83	9	35½
	do	1.00		⅛ 9-inch pie	3.77	6¾	26¾
Apricots	do	1.00		2 medium	6.00	4¼	16¾
	Lug	24.00		do	144.00	(2)	(2)
Avocados	Pound	1.00	75	2 ounces sliced, diced, or wedges	6.00	4¼	16¾
	Lug	12.00	75	do	72.00	(2)	1½
	Box (⅘ bushel)	36.00	75	do	216.00	(2)	(2)
Bananas	Pound	1.00		1 medium	3.00	8½	33½
	Box	25.00		do	75.00	(2)	1½
	Pound	1.00	68	2 ounces sliced for fruit cup	5.44	4¾	18½
	do	1.00	68	3 ounces sliced for dessert	3.63	7	27¾
	do	1.00	68	4 ounces mashed	2.72	9¼	37
Blackberries	Quart	1.42	95	1 ounce salad garnish	21.53	1¼	4¾
	do	1.42	95	3 ounces	7.18	3½	14
	Crate (24 quarts)	34.00	95	do	172.22	(2)	(2)
	Quart	1.42		⅙ 9-inch pie (0.92 quart per pie)	6.54	4	15½
	do	1.42		⅛ 9-inch pie	8.70	3	11½
Blueberries	do	1.97	92	1 ounce salad garnish	28.98	(2)	3½
	do	1.97	92	3 ounces	9.66	2¾	10½
	Crate (24 quarts)	47.25	92	do	231.84	(2)	(2)
	Quart	1.97		⅙ 9-inch pie (0.59 quart per pie)	10.20	2½	10
	do	1.97		⅛ 9-inch pie	13.51	2	7½
Cantaloup	Pound	1.00	50	3 ounces sliced or diced	2.67	9½	37½
	1 (No. 36 size)	2.50		½ medium	2.00	12½	50
	Crate (No. 36)	80.00		do	64.00	(2)	1¾
Cherries	Pound	1.00	89	3 ounces pitted, raw	4.75	5½	21¼
	Lug	16.00	89	do	75.95	(2)	1½
	Pound	1.00		⅙ 9-inch pie (1.60 pounds per pie)	3.75	6¾	26¾
	do	1.00		⅛ 9-inch pie	5.00	5	20
Cranberries	do	1.00	96	1 ounce raw, chopped, for relish	15.36	1¾	6¾
	do	1.00	182	2 ounces sauce, strained	14.56	1¾	7
	do	1.00	239	2 ounces cooked, whole	19.12	1½	5¼
	Box	25.00	239	do	478.00	(2)	(2)
Figs	Pound	1.00		3 medium	4.00	6¼	25
	Box	6.00		do	24.00	1¼	4¼

See footnotes at end of table.

TABLE 13.—FRUITS—FRESH—Continued

Fresh fruits as purchased	Unit of purchase	Weight per unit [1]	Yield, as served	Portion as served	Portions per purchase unit	Approximate purchase units for— 25 portions	Approximate purchase units for— 100 portions
		Pounds	*Percent*		*Number*	*Number*	*Number*
Grapefruit	Pound	1. 00	44	4 fluid ounces juice	1. 61	15¾	62¼
	Dozen (No. 64 size)	15. 00	44	do	24. 22	1¼	4¼
	Pound	1. 00	47	4 ounces segments	1. 88	13½	53¼
	Dozen	15. 00	47	do	28. 20	(2)	3¾
	do	15. 00	----------	½ medium	24. 00	1¼	4¼
Grapefruit segments	½-gallon jar	4. 22	100	4 ounces	16. 88	1½	6
Grapes:							
With seeds	Pound	1. 00	89	4 ounces, seeds removed	3. 56	7¼	28¼
Seedless	do	1. 00	94	4 ounces	3. 76	6¾	26¾
	Lug	24. 00	94	do	90. 24	(2)	1¼
Honeydew melon	Pound	1. 00	60	3 ounces sliced or diced	3. 20	8	31¼
	1 melon	4. 00	----------	Wedge, ⅛ melon	8. 00	3¼	12½
	do	4. 00	60	3 ounces sliced or diced	12. 80	2	8
Lemons	1 lemon (medium)	. 23	----------	1 slice	8. 00	3¼	12½
	do	. 23	----------	1 wedge	6. 00	4¼	16¾
	Pound (about 4 lemons)	1. 00	43	2 fluid ounces juice	3. 16	8	31¾
	Carton	36. 00	43	do	113. 76	(2)	(2)
Limes	1 lime (medium)	. 15	----------	Wedge, ¼ lime	4. 00	6¼	25
	Pound	1. 00	48	2 fluid ounces juice	3. 52	7¼	28½
	Box (⅘ bushel)	40. 00	48	do	140. 80	(2)	(2)
Mangoes	Pound	1. 00	67	3 ounces sliced or diced	3. 57	7¼	28¼
	Lug	24. 00	67	do	85. 76	(2)	1¼
Oranges	Pound	1. 00	50	4 fluid ounces juice	1. 83	13¾	54¾
	do	1. 00	56	4 ounces sections (no membrane)	2. 24	11¼	44¾
	do	1. 00	70	4 ounces sections (with membrane)	2. 80	9	35¾
California	Carton	38. 00	70	do	106. 40	(2)	(2)
Florida	Box	85. 00	50	4 fluid ounces juice	155. 55	(2)	(2)
Medium No. 176	Pound	1. 00	----------	1 whole	2. 00	12½	50
	Dozen	6. 00	50	4 fluid ounces juice	11. 01	2½	9¼
	do	6. 00	56	4 ounces sections (no membrane)	13. 44	2	7½
Small No. 250	Pound	1. 00	----------	1 whole	3. 00	8½	33½
	Dozen	4. 00	50	4 fluid ounces juice	7. 34	3½	13¾
	do	4. 00	56	4 ounces sections (no membrane)	8. 96	3	11¼
Orange segments	½-gallon jar	4. 28	100	4 ounces	17. 12	1½	6
Peaches	Pound	1. 00	----------	1 medium	4. 00	6¼	25
	do	1. 00	76	3 ounces sliced or diced	4. 05	6¼	24¾
	Bushel	48. 00	76	do	194. 56	(2)	(2)
	Pound	1. 00	----------	⅙ 9-inch pie (1.88 pound per pie)	3. 19	8	31½
	do	1. 00	----------	⅛ 9-inch pie	4. 26	6	23½
Pears	do	1. 00	----------	1 medium	3. 00	8½	33½
	do	1. 00	78	3 ounces sliced or diced	4. 16	6¼	24¼
	Bushel	46. 00	78	do	191. 36	(2)	(2)

Pineapples	Pound	1.00	52	3 ounces cubed	2.77	9¼	36¼
	½ crate	35.00	52	do	97.07	(2)	1¼
Pineapple chunks	½-gallon jar	4.36	100	4 ounces	17.44	1½	5¾
Plums	Pound	1.00		3 medium	2.67	9½	37½
	do	1.00	94	3 ounces halves pitted	5.01	5	20
	4-basket crate	28.00	94	do	140.37	(2)	(2)
Raspberries	Quart	1.47	97	1 ounce salad garnish	22.87	1¼	4½
	do	1.47	97	3 ounces	7.62	3½	13¼
	Crate (24 quarts)	35.00	97	do	181.07	(2)	(2)
	Quart	1.46		⅙ 9-inch pie (0.68 quart per pie)	8.85	3	11½
	do	1.46		⅛ 9-inch pie	11.76	2¼	8¾
Rhubarb, trimmed	Pound	1.00	103	3 ounces cooked	5.49	4¾	18¼
	do	1.00		⅙ 9-inch pie (1.44 pounds per pie)	4.17	6	24
	do	1.00		⅛ 9-inch pie	5.56	4½	18
Strawberries	Quart	1.48	87	1 ounce salad garnish	20.53	1¼	5
	do	1.48	87	3 ounces	6.84	3¾	14¾
	Crate (24 quarts)	35.00	87	do	162.40	(2)	(2)
	Quart	1.46		⅙ 9-inch pie (1 quart per pie)	6.00	4¼	16¾
	do	1.46		⅛ 9-inch pie	8.00	3¼	12½
Tangerines	Pound	1.00		1 medium	4.00	6¼	25
	Box	45.00		do	180.00	(2)	(2)
	Pound	1.00	74	3 ounces sections	3.95	6½	25½
Watermelon	do	1.00	46	3 ounces	2.45	10¼	41
	1 melon	18 to 30		1/16 melon	16.00	1¾	6¼

[1] Legal weights for contents of bushels, lugs, crates, and boxes vary among States.

[2] Number of purchase units needed is less than one.

TABLE 14.—FRUITS—CANNED

Canned fruits as purchased	Unit of purchase	Weight per unit	Yield, as served	Portion as served	Portions per purchase unit	Approximate purchase units for—	
						25 portions	100 portions
		Pounds	*Percent*		*Number*	*Number*	*Number*
Apples, solid pack	No. 2 can	1. 12	100	4 ounces	4. 48	5¾	22½
	No. 2½ can	1. 62	100	do	6. 48	4	15½
	No. 10 can	6. 00	100	4 ounces	24. 00	1¼	4¼
				⅙ 9-inch pie	24. 00	1¼	4¼
Apple juice	23-fluid-ounce can	1. 57	100	4 fluid ounces	5. 75	4½	17½
	46-fluid-ounce can	3. 14	100	do	11. 50	2¼	8¾
	96-fluid-ounce can	6. 56	100	do	24. 00	1¼	4¼
Applesauce	No. 303 can	1. 00	100	4 ounces	4. 00	6¼	25
	No. 2½ can	1. 81	100	do	7. 24	3½	14
	No. 10 can	6. 75	100	do	27. 00	1	3¾
Apricots, halves	No. 303 can	1. 00	----------	3–5 medium	4. 00	6¼	25
	No. 2½ can	1. 88	----------	do	7. 00	3¾	14½
	No. 10 can	6. 62	----------	do	25. 00	1	4
Blackberries	No. 303 can	1. 00	100	4 ounces	4. 00	6¼	25
	No. 10 can	6. 62	100	do	26. 48	1	4
Blueberries	No. 300 can	. 91	100	do	3. 64	7	27½
	No. 10 can	6. 56	100	do	26. 24	1	4
Boysenberries	No. 303 can	. 94	100	do	3. 76	6¾	26¾
	No. 10 can	6. 62	100	do	26. 48	1	4
Cherries:							
Red, sour, pitted	No. 303 can	1. 00	100	do	4. 00	6¼	25
	No. 10 can	6. 56	100	4 ounces	26. 24	1	4
				⅙ 9-inch pie	24. 00	1¼	4¼
Sweet	No. 303 can	1. 00	100	4 ounces	4. 00	6¼	25
	No. 2½ can	1. 81	100	do	7. 24	3½	14
	No. 10 can	6. 75	100	do	27. 00	1	3¾
Cranberries, strained or whole	No. 300 can	1. 00	100	2 ounces	8. 00	3¼	12½
	No. 10 can	7. 31	100	do	58. 50	(1)	1¾
Cranberry juice	1 pint	1. 11	100	4 fluid ounces	4. 00	6¼	25
	1 quart	2. 23	100	do	8. 00	3¼	12½
	1 gallon	8. 92	100	do	32. 00	(1)	3¼
Figs	No. 303 can	1. 06	----------	3–4 figs	4. 00	6¼	25
	No. 2½ can	1. 88	----------	do	7. 00	3¾	14½
	No. 10 can	7. 00	----------	do	25. 00	1	4

Fruit cocktail or salad	No. 303 can	1. 06	100	4 ounces	4. 24	6	23¾
	No. 2½ can	1. 88	100	do	7. 52	3½	13½
	No. 10 can	6. 75	100	do	27. 00	1	3¾
Grapefruit juice	18-fluid-ounce can	1. 24	100	4 fluid ounces	4. 50	5¾	22¼
	46-fluid-ounce can	3. 14	100	do	11. 50	2¼	8¾
	96-fluid-ounce can	6. 57	100	do	24. 00	1¼	4¼
Grapefruit sections	No. 303 can	1. 00	100	4 ounces	4. 00	6¼	25
	No. 3 cylinder	3. 12	100	do	12. 48	2¼	8¼
Lemon juice	32 fluid-ounce can	2. 16	100	2 fluid ounces	16. 00	1¾	6¼
Lime juice	do	2. 17	100	do	16. 00	1¾	6¼
Orange juice	18-fluid-ounce can	1. 24	100	4 fluid ounces	4. 50	5¾	22¼
	46-fluid-ounce can	3. 16	100	do	11. 50	2¼	8¾
	96-fluid-ounce can	6. 59	100	do	24. 00	1¼	4¼
Oranges, mandarin	No. 10 can	6. 38	100	4 ounces	25. 50	1	4
Peaches:							
Halves or slices	No. 303 can	1. 00		2 medium	3. 00	8½	33½
	No. 2½ can	1. 81		do	7. 00	3¾	14½
	No. 10 can	6. 75		2 medium	25. 00	1	4
				⅙ 9-inch pie	24. 00	1¼	4¼
Whole, spiced	do	6. 88		1 each	25. 00	1	4
Pears, halves	No. 303 can	1. 00		2 medium	3. 00	8½	33½
	No. 2½ can	1. 81		do	7. 00	3¾	14½
	No. 10 can	6. 62		do	25. 00	1	4
Pineapple:							
Chunks and cubes	No. 2½ can	1. 88	100	4 ounces	7. 52	3½	13½
	No. 10 can	6. 75	100	do	27. 00	1	3¾
Crushed	No. 2½ can	1. 88	100	do	7. 52	3½	13½
	No. 10 can	6. 81	100	do	27. 24	1	3¾
Sliced	No. 2½ can	1. 88		1 large	8. 00	3¼	12½
	No. 10 can	6. 81		1 large or 2 small	25. 00	1	4
Pineapple juice	18-fluid-ounce can	1. 24	100	4 fluid ounces	4. 50	5¾	22¼
	46-fluid-ounce can	3. 17	100	do	11. 50	2¼	8¾
	96-fluid-ounce can	6. 62	100	do	24. 00	1¼	4¼
Plums	No. 2½ can	1. 88		2–3 plums	7. 00	3¾	14½
	No. 10 can	6. 75		do	25. 00	1	4
Prunes	No. 2½ can	1. 88	100	4 ounces	7. 52	3½	13½
	No. 10 can	6. 88	100	do	27. 52	1	3¾
Raspberries	No. 303 can	1. 00	100	do	4. 00	6¼	25
	No. 10 can	6. 75	100	do	27. 00	1	3¾
Strawberries	No. 303 can	1. 00	100	do	4. 00	6¼	25
	No. 10 can	6. 75	100	do	27. 00	1	3¾

[1] Number of purchase units needed is less than one.

TABLE 15.—FRUITS—FROZEN

Frozen fruits as purchased	Unit of purchase	Weight per unit	Yield, as served	Portion as served	Portions per purchase unit	Approximate purchase units for—	
						25 portions	100 portions
		Pounds	*Percent*		*Number*	*Number*	*Number*
Apples, sliced	Pound	1.00	106	4 ounces	4.24	6	23¾
				⅙ 9-inch pie (1.50 pounds per pie).	4.00	6¼	25
	Package	2.50	106	4 ounces	10.60	2½	9½
	do	5.00	106	do	21.20	1¼	4¾
	Can	30.00	106	do	127.20	(1)	(1)
Apricots	Pound	1.00	95	do	3.80	6¾	26½
	Can	25.00	95	do	95.00	(1)	1¼
	do	30.00	95	do	114.00	(1)	(1)
Blackberries	Pound	1.00	103	do	4.12	6¼	24½
	Can	30.00	103	do	123.60	(1)	(1)
Blueberries	Pound	1.00	108	do	4.32	6	23¼
	Package	2.50	108	do	10.80	2½	9½
	Can	25.00	108	do	108.00	(1)	1
	do	30.00	108	do	129.60	(1)	(1)
Cherries, red, sour, pitted	Pound	1.00	100	4 ounces	4.00	6¼	25
				⅙ 9-inch pie (1.50 pounds per pie).	4.00	6¼	25
	Can	30.00	100	4 ounces	120.00	(1)	(1)
Grapefruit sections	Pound	1.00	100	do	4.00	6¼	25
	Package	3.00	100	do	12.00	2¼	8½
Grapefruit juice, concentrate	6-fluid-ounce can	.46	400	4 fluid ounces	6.00	4¼	16¾
	32-fluid-ounce can	2.46	400	do	32.00	(1)	3¼
Grape juice, concentrate	6-fluid-ounce can	.48	400	do	6.00	4¼	16¾
	32-fluid-ounce can	2.54	400	do	32.00	(1)	3¼
Lemon juice, concentrate	4-fluid-ounce can	.31	500	2 fluid ounces	10.00	2½	10
	6-fluid-ounce can	.47	500	do	15.00	1¾	6¾
Lemonade, concentrate	6-fluid-ounce can	.49	700	do	21.00	1¼	5
	18-fluid-ounce can	1.46	700	do	63.00	(1)	1¾
Melon scoops	Pound	1.00	100	3 ounces	5.33	4¾	19
	Package	6.50	100	do	34.67	(1)	3

Orange juice, concentrate	6-fluid-ounce can	.46	400	4 fluid ounces	6.00	4¼	16¾
	12-fluid-ounce can	.93	400	do	12.00	2¼	8½
	32-fluid-ounce can	2.48	400	do	32.00	(1)	3¼
Peaches, sliced	Pound	1.00	95	4 ounces	3.80	6¾	26½
				⅙ 9-inch pie (1.33 pounds per pie).	4.50	5¾	22¼
	Can	6.50	95	4 ounces	24.70	1¼	4¼
	do	10.00	95	do	38.00	(1)	2¾
	do	30.00	95	do	114.00	(1)	(1)
Pineapple:							
Chunks	Pound	1.00	100	do	4.00	6¼	25
	Can	10.00	100	do	40.00	(1)	2½
Crushed	do	30.00	100	do	120.00	(1)	(1)
Pineapple juice, concentrate	6-fluid-ounce can	.47	400	4 fluid ounces	6.00	4¼	16¾
	32-fluid-ounce can	2.53	400	do	32.00	(1)	3¼
Raspberries	Pound	1.00	100	4 ounces	4.00	6¼	25
	Can	6.50	100	do	26.00	1	4
	do	10.00	100	do	40.00	(1)	2½
	do	30.00	100	do	120.00	(1)	(1)
Rhubarb	Pound	1.00	106	4 ounces	4.24	6	23¾
				⅙ 9-inch pie (1.50 pounds per pie).	4.00	6¼	25
	Package	2.50	106	4 ounces	10.60	2½	9½
	Can	10.00	106	do	42.40	(1)	2½
	do	25.00	106	do	106.00	(1)	1
	do	30.00	106	do	127.20	(1)	(1)
Strawberries	Pound	1.00	100	do	4.00	6¼	25
	Can	6.50	100	do	26.00	1	4
	do	10.00	100	do	40.00	(1)	2½
	do	30.00	100	do	120.00	(1)	(1)
Tangerine juice, concentrate	6-fluid-ounce can	.47	400	4 fluid ounces	6.00	4¼	16¾
	32-fluid-ounce can	2.48	400	do	32.00	(1)	3¼

[1] Number of purchase units needed is less than one.

TABLE 16.—FRUITS—DRIED

Fruits, dried, regular and low-moisture, as purchased	Unit of purchase	Weight per unit	Yield, as served	Portion as served	Portions per purchase unit	Approximate purchase units for— 25 portions	Approximate purchase units for— 100 portions
REGULAR		*Pounds*	*Percent*		*Number*	*Number*	*Number*
Apple slices	Pound	1. 00	412	4 ounces	16. 48	1¾	6¼
				⅙ 9-inch pie (⅓ pound per pie)	18. 00	1½	5¾
	Carton	5. 00	412	4 ounces	82. 40	(1)	1¼
Apricots	11-ounce package	. 69	344	do	9. 46	2¾	10¾
	Pound	1. 00	344	do	13. 76	2	7½
	Carton	30. 00	344	do	412. 80	(1)	(1)
Dates	12-ounce package	. 75	100	3 ounces	4. 00	6¼	25
	Pound	1. 00	100	do	5. 33	4¾	19
	Carton	15. 00	100	do	80. 00	(1)	1¼
Peaches	11-ounce package	. 69	422	4 ounces	11. 60	2¼	8¾
	Pound	1. 00	422	4 ounces	16. 88	1½	6
				⅙ 9-inch pie (⅓ pound per pie)	18. 00	1½	5¾
	Carton	30. 00	422	4 ounces	506. 40	(1)	(1)
Prunes	Pound	1. 00	253	do	10. 12	2½	10
	2-pound package	2. 00	253	do	20. 24	1¼	5
	Carton	30. 00	253	do	303. 60	(1)	(1)
Raisins	Pound	1. 00	100	½ cup	6. 00	4¼	16¾
LOW-MOISTURE							
Apples	Pound	1. 00	584	4 ounces	23. 36	1¼	4½
				⅙ 9-inch pie (¼ pound per pie).	24. 00	1¼	4¼
	No. 10 can	1. 50	584	4 ounces	35. 04	(1)	3
Applesauce	Pound	1. 00	911	do	36. 44	(1)	2¾
	No. 10 can	2. 50	911	do	91. 10	(1)	1¼
Apricots	Pound	1. 00	505	do	20. 20	1¼	5
	No. 10 can	3. 50	505	do	70. 70	(1)	1½
Fruit cocktail	Pound	1. 00	558	do	22. 32	1¼	4½
	No. 10 can	2. 75	558	do	61. 38	(1)	1¾
Peaches	Pound	1. 00	534	4 ounces	21. 36	1¼	4¾
				⅙ 9-inch pie (¼ pound per pie).	24. 00	1¼	4¼
	No. 10 can	3. 00	534	4 ounces	64. 08	(1)	1¾
Prunes, whole, pitted	Pound	1. 00	462	do	18. 48	1½	5½
	No. 10 can	3. 00	462	do	55. 44	(1)	2

[1] Number of purchase units needed is less than one.

TABLE 17.—FLOUR, CEREALS, AND MIXES

Flour, cereals, and mixes as purchased	Unit of purchase	Weight per unit	Yield, as served	Portion as served or used	Portions per purchase unit	Approximate purchase units for— 25 portions	Approximate purchase units for— 100 portions
		Pounds	*Percent*		*Number*	*Number*	*Number*
Flour	5-pound bag	5.00		1 cup	20.00	(1)	(1)
	25-pound bag	25.00		do	100.00	(1)	(1)
	100-pound sack	100.00		do	400.00	(1)	(1)
Cereals, uncooked:							
Bulgur, cracked wheat (USDA)	Pound	1.00	401	¾ cup cooked	10.67	2½	9½
				1 cup uncooked	2.67	(1)	(1)
Cornmeal	1-pound box	1.00	628	¾ cup cooked	15.33	1¾	6¾
	5-pound bag	5.00	628	do	76.65	(2)	1½
	10-pound bag	10.00	628	do	153.30	(2)	(2)
Corn grits	1-pound box	1.00	100	1 cup uncooked	3.00	(1)	(1)
	do	1.00	628	¾ cup cooked	16.43	1¾	6¼
	do	1.00	100	1 cup uncooked	2.75	(1)	(1)
Farina	do	1.00	855	¾ cup cooked	21.92	1¼	4¾
	5-pound bag	5.00	855	do	109.60	(2)	1
Macaroni	1-pound box	1.00	311	do	12.00	2¼	8½
	20-pound box	20.00	311	do	240.00	(2)	(2)
Noodles	1-pound box	1.00	100	1 cup uncooked	3.75	(1)	(1)
	do	1.00	329	¾ cup cooked	10.67	2½	9½
	20-pound box	20.00	329	do	213.40	(2)	(2)
Rice	1-pound box	1.00	100	1 cup uncooked	7.25	(1)	(1)
	do	1.00	320	¾ cup cooked	11.27	2¼	9
	10-pound box	10.00	320	do	112.70	(2)	(2)
	100-pound sack	100.00	320	do	1,127.00	(2)	(2)
Rolled oats	1-pound box	1.00	100	1 cup uncooked	2.75	(1)	(1)
	do	1.00	610	¾ cup cooked	15.33	1¾	6¾
	3-pound box	3.00	610	do	46.00	(2)	2¼
	50-pound sack	50.00	610	do	766.50	(2)	(2)
Rolled wheat (USDA)	1-pound box	1.00	100	1 cup uncooked	4.50	(1)	(1)
	do	1.00	375	¾ cup cooked	8.89	3	11¼
	3-pound box	3.00	375	do	26.67	(2)	3¾
Spaghetti	1-pound box	1.00	359	do	12.12	2¼	8¼
	20-pound box	20.00	359	do	242.40	(2)	(2)
Whole wheat	1-pound box	1.00	100	1 cup uncooked	6.06	(1)	(1)
	do	1.00	608	¾ cup cooked	15.20	1¾	6¾
	4½-pound box	4.50	608	do	68.40	(2)	1½
	50-pound sack	50.00	608	do	760.00	(2)	(2)

See footnotes at end of table.

TABLE 17.—FLOUR, CEREALS, AND MIXES—Continued

Flour, cereals, and mixes as purchased	Unit of purchase	Weight per unit	Yield, as served	Portion as served or used	Portions per purchase unit	Approximate purchase units for— 25 portions	Approximate purchase units for— 100 portions
		Pounds	*Percent*		*Number*	*Number*	*Number*
Cereals, ready-to-eat:							
Bran flakes (25–40%)	Pound	1.00	100	1 ounce	16.00	1¾	6¼
	14½-ounce package	.91	100	do	14.50	1¾	7
	10-pound package	10.00	100	do	160.00	(2)	(2)
Bran flakes with raisins	Pound	1.00	100	1¼ ounces	12.80	2	8
	14-ounce package	.88	100	do	11.20	2¼	9
	200 individuals	15.62	100	do	200.00	(2)	(2)
Corn flakes	Pound	1.00	100	1 ounce	16.00	1¾	6¼
	12-ounce package	.75	100	do	12.00	2¼	8½
	10-pound package	10.00	100	do	160.00	(2)	(2)
Puffed rice	Pound	1.00	100	⅝ ounce	25.60	1	4
	8-ounce package	.50	100	do	12.80	2	8
	10-pound package	10.00	100	do	256.00	(2)	(2)
Puffed wheat	Pound	1.00	100	½ ounce	32.00	(2)	3¼
	8-ounce package	.50	100	do	16.00	1¾	6¼
	10-pound package	10.00	100	do	320.00	(2)	(2)
Puffed wheat, presweetened	Pound	1.00	100	⅞ ounce	18.29	1½	5½
	9-ounce package	.56	100	do	10.29	2½	9¾
	200 individuals	10.94	100	do	200.00	(2)	(2)
Rice flakes	Pound	1.00	100	do	18.29	1½	5½
	9½-ounce package	.59	100	do	10.86	2½	9¼
	10-pound package	10.00	100	do	182.86	(2)	(2)
Shredded wheat	Pound	1.00	100	1⅗ ounces	10.00	2½	10
	12-ounce package	.75	100	1⅗ ounces (2 small)	7.50	3½	13½
	200 individuals	20.00	100	1⅗ ounces	200.00	(2)	(2)
Wheat flakes	Pound	1.00	100	1 ounce	16.00	1¾	6¼
	10-ounce package	.62	100	do	10.00	2½	10
	10-pound package	10.00	100	do	160.00	(2)	(2)
Mixes: [3]							
Cake:							
Angel food	Pound	1.00	----------	1/12 10-in. cake	12.00	2¼	8½
	12-cake case	12.00	----------	do	144.00	(2)	(2)
Other	Pound	1.00	----------	2 in. x 3 in. cut	15–20	1¾	6¾
				Cupcake	20.00	1¼	5
	5-pound box	5.00	----------	2 in. x 3 in. cut	75–100	(2)	1½
				Cupcake	100.00	(2)	1
Frosting	Pound	1.00	----------	2 in. x 2 in.	38–39	(2)	2¾
				Cupcake	36–37	(2)	3
	5-pound box	5.00	----------	2 in. x 2 in.	190–195	(2)	(2)
				Cupcake	180–185	(2)	(2)

Cookie:							
Basic sugar	Pound	1. 00		2 ½-ounce cookies	17–20	1½	6
	5-pound box	5. 00		do	85–100	(2)	1¼
Brownie	Pound	1. 00		2 in. x 2 in.	20–30	1¼	5
	5-pound box	5. 00		do	100–150	(2)	1
Hot bread:							
Biscuit	Pound	1. 00		2-inch biscuit	20. 00	1¼	5
	5-pound box	5. 00		do	100. 00	(2)	1
Muffins	Pound	1. 00		1½-ounce muffin	14–16	2	7¼
	5-pound box	5. 00		do	70–80	(2)	1½
Rolls:							
Sweet	Pound	1. 00		1¼-ounce roll	18–19	1½	5¾
	5-pound box	5. 00		do	90–95	(2)	1¼
Yeast	Pound	1. 00		1-ounce roll	23–25	1¼	4½
	5-pound box	5. 00		do	115–120	(2)	(2)
Piecrust	Pound	1. 00		9-inch shell	3. 00	8½	33½
	5-pound box	5. 00		do	16. 00	1¾	6¼

[1] Number of purchase units needed is determined by use.
[2] Number of purchase units needed is less than one.
[3] Yields of mixes vary widely, depending on manufacturer, size of pan, and baking time and temperature. See instructions on package or box.

TABLE 18.—BAKERY FOODS

Bakery foods as purchased	Unit of purchase	Weight per unit	Portion as served	Portions per purchase unit	Approximate purchase units for— 25 portions	Approximate purchase units for— 100 portions
Bread: [1]		*Pounds*		*Number*	*Number*	*Number*
Raisin	1-pound loaf	1.00	1 slice	18.00	1½	5¾
	2-pound loaf	2.00	do	36.00	(2)	3
Rye	1-pound loaf	1.00	do	23.00	1¼	4½
	1½-pound loaf	1.50	do	28.00	1	3¾
	2-pound loaf	2.00	do	33.00	(2)	3¼
White and whole wheat	1-pound loaf	1.00	⅝-inch slice	16.00	1¾	6¼
	1¼-pound loaf	1.25	do	19.00	1½	5½
	1½-pound loaf	1.50	do	24.00	1¼	4¼
	2-pound loaf	2.00	½-inch slice	28.00	1	4
			⅜-inch slice	36.00	(2)	3
	3-pound loaf	3.00	½-inch slice	44.00	(2)	2½
			⅜-inch slice	56.00	(2)	2
Cake:						
Layer	8-inch		1/12 cake	12.00	2¼	8½
	9-inch		1/16 cake	16.00	1¾	6¼
	12-inch		1/30 cake	30.00	(2)	3½
	14-inch		1/40 cake	40.00	(2)	2½
Loaf	Pound	1.00	⅛ cake	8.00	3¼	12½
			1 cup soft cubes or crumbs	18.00	1½	5¾
			1 cup toasted cubes	13.50	2	7½
			1 cup dry crumbs	6.00	4¼	16¾
Sheet	8-inch square		2 in. x 2 in. (small)	16.00	1¾	6¼
	9 in. x 13 in		3 in. x 3 in. (regular)	12.00	2¼	8½
	12 in. x 10 in		2 in. x 2 in	54.00	(2)	2
			3 in. x 3 in	24.00	1¼	4¼
	16 in. x 24 in		2 in. x 2 in	96.00	(2)	1¼
			3 in. x 3 in	40.00	(2)	2½
Cookies:						
Brownies	Pound	1.00	2 cookies	18.00	1½	5¾
Butter	do	1.00	do	46.50	(2)	2¼
Chocolate chip	do	1.00	do	21.50	1¼	4¾
Cream filled	do	1.00	do	19.50	1½	5¼
Fig bars	do	1.00	do	15.50	1¾	6½
Ginger snaps	do	1.00	do	30.00	(2)	3½
Shortbread	do	1.00	do	29.00	(2)	3½
Sugar	do	1.00	do	10.50	2½	9¾
Vanilla	do	1.00	do	46.50	(2)	2¼
Crackers:						
Graham	do	1.00	2 crackers	32.50	(2)	3¼
Saltines	do	1.00	do	65–70	(2)	1¾
Soda	do	1.00	do	30–35	(2)	3½

Rolls:						
Frankfurter	do	1.00	1 roll (1⅓ ounces)	12.03	2¼	8½
Hamburger	do	1.00	1 roll (1¾ ounces)	9.14	2¾	11
Hard, round	do	1.00	1 roll (1⅚ ounces)	8.74	3	11½
Plain, pan	do	1.00	1 roll (1⅓ ounces)	12.03	2¼	8½
Sweet, pan	do	1.00	1 roll (1½ ounces)	10.67	2½	9½
Pie	8-inch		⅙ pie	6.00	4¼	16¾
	9-inch		⅐ pie	7.00	3¾	14½
	10-inch		⅛ pie	8.00	3¼	12½

[1] End crusts of bread were excluded in determining portions per purchase unit.

[2] Number of purchase units needed is less than one.

TABLE 19.—FATS AND OILS

Fats and oils as purchased	Unit of purchase	Weight per unit	Portion as served or used	Portions per purchase unit	Approximate purchase units for— 25 portions	Approximate purchase units for— 100 portions
		Pounds		*Number*	*Number*	*Number*
Butter or margarine:						
Pound print	Carton	1.00	1 cup	2.00	(1)	(1)
			1 pat	72.00	(2)	1½
¼-pound print	do	1.00	1 pat	72.00	(2)	1½
Chips	Case	5.00	do	360.00	(2)	(2)
Lard	Carton	1.00	1 cup	2.00	(1)	(1)
	Can	50.00	do	100.00	(1)	(1)
Salad dressing (oil or mayonnaise type)	Pint	1.00	1 tablespoon	32.00	(2)	3¼
	Quart	2.00	do	64.00	(2)	1¾
	Gallon	8.00	do	256.00	(2)	(2)
Salad oil	Pint	.97	1 cup	2.00	(1)	(1)
	Quart	1.94	do	4.00	(1)	(1)
	Gallon	7.76	do	16.00	(1)	(1)
Shortening (Hydrogenated)	Can	1.00	do	2.50	(1)	(1)
	do	3.00	do	7.50	(1)	(1)
	do	50.00	do	125.00	(1)	(1)

[1] Number of purchase units needed is determined by use.

[2] Number of purchase units needed is less than one.

TABLE 20.—SUGAR AND SWEETS

Sugar and sweets as purchased	Unit of purchase	Weight per unit	Portion as served or used	Portions per purchase unit	Approximate purchase units for— 25 portions	Approximate purchase units for— 100 portions
		Pounds		*Number*	*Number*	*Number*
Sugar:						
Brown, dark or light	Carton	1.00	1 cup	2.00	(1)	(1)
		25.00	do	50.00	(1)	(1)
Cubes	do	1.00	2 cubes	40.00	(2)	2½
	Bulk	25.00	do	1,000.00	(2)	(2)
Granulated:						
Bulk	Carton	1.00	2 level or 1 rounded teaspoon	54.00	(2)	2
			1 cup	2.25	(1)	(1)
	Bag	5.00	1 cup	11.25	(1)	(1)
	do	25.00	do	56.25	(1)	(1)
	Sack	100.00	do	225.00	(1)	(1)
Individuals	Package	1.50	1 packet	100.00	(2)	1
	Carton	45.00	do	3,000.00	(2)	(2)
Powdered (confectioners)	do	1.00	1 cup	3.50	(1)	(1)
	Sack	25.00	do	87.50	(1)	(1)
Sirup:						
Blends	12-fluid-ounce bottle	1.03	2 tablespoons	12.00	2¼	8½
	Quart	2.83	do	32.00	(2)	3¼
	No. 10 can	8.50	do	96.00	(2)	1¼
	Gallon	11.00	do	128.00	(2)	(2)
Corn	Pint	1.50	do	16.00	1¾	6¼
	5-pound can	5.00	do	53.33	(2)	2
	No. 10 can	8.79	2 tablespoons	93.76	(2)	1¼
			1 cup	11.72	(1)	(1)
Maple	Pint	1.38	2 tablespoons	16.00	1¾	6¼
	Gallon	11.00	do	128.00	(2)	(2)
Molasses	Pint	1.50	do	16.00	1¾	6¼
	Jar	2.00	do	21.00	1¼	5
	No. 10 can	9.31	do	99.00	(2)	1
Jam, jelly, marmalade:						
Bulk	Jar	1.00	1 tablespoon	23.00	1¼	4½
	No. 10 can	8.38	do	192.00	(2)	(2)
Individuals	Carton	----------	1 packet	200.00	(2)	(2)
Other sweets:						
Apple butter	Jar	1.00	do	11.00	2½	9¼
	No. 10 can	7.50	do	81.00	(2)	1¼
Honey	Jar	1.00	do	11.00	2½	9¼
	2-pound can	2.00	do	22.00	1¼	4¾
	5-pound can	5.00	do	54.00	(2)	2
Desserts, dry:						
Gelatin, flavored	3-ounce package	.19	½ cup	4.00	6¼	25
	6-ounce package	.38	do	8.00	3¼	12½
	Pound	1.00	do	21.33	1¼	4¾

Pudding, pie filling:						
Chocolate	4-ounce package	.25	do	4.00	6¼	25
	Pound	1.00	4 ounces	20.00	1¼	5
			Fill for ⅙ 9-inch pie	18.67	1½	5½
Lemon chiffon	do	1.00	Fill for ⅙ 9-inch pie	32.00	(2)	3¼
Vanilla	3-ounce package	.19	½ cup	4.00	6¼	25
	Pound	1.00	4 ounces	25.60	1	4
			Fill for ⅙ 9-inch pie	24.00	1¼	4¼
Pudding, instant:						
Chocolate	4½-ounce package	.28	½ cup	4.00	6¼	25
	Pound	1.00	do	14.29	1¾	7
Vanilla	3¾-ounce package	.23	do	4.00	6¼	25
	Pound	1.00	do	17.39	1½	5¾

[1] Number of purchase units needed is determined by use.

[2] Number of purchase units needed is less than one.

Table 21.—BEVERAGES

Beverages as purchased	Unit of purchase	Weight per unit	Portion as served	Portions per purchase unit	Approximate purchase units [1] for—	
					25 portions	100 portions
Carbonated drinks:		*Pounds*		*Number*	*Number*	*Number*
6-ounce bottles	Case (24)		6 fluid ounces	24.00		
12-ounce bottles	do		do	48.00		
16-ounce bottles	do		do	64.00		
Cocoa:						
Regular, unsweetened	Pound	1.00	1 measuring cup, prepared	50.00	½	2
Instant, sweetened:						
Bulk	8-ounce carton	.50	1 cup	28.00	(1½ c.)	(6 c.).
	38-ounce carton	2.38	do	133.00	(1½ c.)	(6 c.).
Individuals	Carton (50)		1 packet	50.00	½	2
Sirup, sweetened	16-ounce can	1.00	1 cup	29.00	1	3½.
Coffee:						
Ground	Pound	1.00	1 measuring cup, prepared	[2] 37.00		
Instant:						
Bulk	6-ounce jar	.38	1 level teaspoon	180.00	(½ c.+1 t.)	(2 c.+4 t.).
			1 rounded teaspoon	90.00	(½ c.+1 t.)	(2 c.+4 t.).
	10-ounce jar	.62	1 level teaspoon	300.00	(½ c.+1 t.)	(2 c.+4 t.).
Individuals	Carton (72)		1 packet	72.00		
Tea:						
Bulk	Pound	1.00	1 measuring cup, prepared	256.00		(6¼ oz.).
Bags	Package (48)	.24	1 measuring cup or more	48.00		
	Carton (100)	.50	do	100.00	¼	1
Instant	1½-ounce jar	.09	1 cup hot tea	96.00	(½ c.+1 t.)	(2 c.+4 t.).
			1 cup iced tea	64.00	(¾ c.)	(3 c.).

[1] Numbers in parentheses refer to approximate measure to serve 25 and 100 portions: c., cup; t., teaspoon; oz., ounces.

[2] Varies depending on brand of coffee used and method of preparation.

OTHER USEFUL INFORMATION FOR ESTIMATING FOOD QUANTITIES

TABLE 22.—*Conversion factors for computing the number of purchase units needed for portions of various sizes*

Portion size given in purchase tables (ounces)	Conversion factors for specified portion size, ounces									
	1	2	3	4	5	6	7	8	9	10
1	1. 00	2. 00	3. 00	4. 00	5. 00	6. 00	7. 00	8. 00	9. 00	10. 00
2	. 50	1. 00	1. 50	2. 00	2. 50	3. 00	3. 50	4. 00	4. 50	5. 00
3	. 33	. 67	1. 00	1. 33	1. 67	2. 00	2. 33	2. 67	3. 00	3. 33
4	. 25	. 50	. 75	1. 00	1. 25	1. 50	1. 75	2. 00	2. 25	2. 50
5	. 20	. 40	. 60	. 80	1. 00	1. 20	1. 40	1. 60	1. 80	2. 00
6	. 17	. 33	. 50	. 67	. 83	1. 00	1. 17	1. 33	1. 50	1. 67
7	. 14	. 29	. 43	. 57	. 71	. 86	1. 00	1. 14	1. 29	1. 43
8	. 12	. 25	. 38	. 50	. 62	. 75	. 88	1. 00	1. 12	1. 25

How To Use Table 22:

This table is to be used to help determine the number of purchase units if the size of portion is different from that specified in tables 1 to 21. For example, for 3-ounce portions of snap beans, five No. 10 cans are required (table 10); for other size portions, conversion factors in this table can be used to determine the number of No. 10 cans required.

The figures in the left-hand column of the conversion table represent the portion sizes given in tables 1 to 21. The figures across the top represent portion sizes that may be desired. If a 4-ounce instead of a 3-ounce portion of canned snap beans is to be used, for example, find the 3-ounce line in the left-hand column of the conversion table. Follow this line across to the factor in the 4-ounce column. Multiply this factor (1.33) by the number of purchase units (five No. 10 cans) given in table 10 for 100. Thus: 5 (No. 10 cans) × 1.33=6.65 No. 10 cans (round to 6¾ No. 10 cans) to serve 100 people each a 4-ounce portion.

Portion sizes in the purchase tables are sometimes given in terms of tablespoons, cups, slices, etc. Any of these measures can be substituted for ounces in this conversion table and the same computations performed.

TABLE 23.—*Cost per portion for food priced from 10 cents to $2 per purchase unit*

Price per purchase unit (cents)	Cost per portion for indicated portions per purchase unit							
	4	6	8	10	12	16	20	24
	Cents	*Cents*	*Cents*	*Cents*	*Cents*	*Cents*	*Cents*	*Cents*
10	2. 5	1. 7	1. 2	1. 0	0. 8	0. 6	0. 5	0. 4
15	3. 8	2. 5	1. 9	1. 5	1. 2	. 9	. 8	. 6
20	5. 0	3. 3	2. 5	2. 0	1. 7	1. 2	1. 0	. 8
25	6. 2	4. 2	3. 1	2. 5	2. 1	1. 6	1. 2	1. 0
30	7. 5	5. 0	3. 8	3. 0	2. 5	1. 9	1. 5	1. 2
35	8. 8	5. 8	4. 4	3. 5	2. 9	2. 2	1. 8	1. 5
40	10. 0	6. 7	5. 0	4. 0	3. 3	2. 5	2. 0	1. 7
45	11. 2	7. 5	5. 6	4. 5	3. 7	2. 8	2. 2	1. 9
50	12. 5	8. 3	6. 2	5. 0	4. 2	3. 1	2. 5	2. 1
60	15. 0	10. 0	7. 5	6. 0	5. 0	3. 8	3. 0	2. 5
70	17. 5	11. 7	8. 8	7. 0	5. 8	4. 4	3. 5	2. 9
80	20. 0	13. 3	10. 0	8. 0	6. 7	5. 0	4. 0	3. 3
90	22. 5	15. 0	11. 2	9. 0	7. 5	5. 6	4. 5	3. 7
100	25. 0	16. 7	12. 5	10. 0	8. 3	6. 2	5. 0	4. 2
110	27. 5	18. 3	13. 8	11. 0	9. 2	6. 9	5. 5	4. 6
120	30. 0	20. 0	15. 0	12. 0	10. 0	7. 5	6. 0	5. 0
130	32. 5	21. 7	16. 2	13. 0	10. 8	8. 1	6. 5	5. 4
140	35. 0	23. 3	17. 5	14. 0	11. 7	8. 8	7. 0	5. 8
150	37. 5	25. 0	18. 8	15. 0	12. 5	9. 4	7. 5	6. 2
160	40. 0	26. 7	20. 0	16. 0	13. 3	10. 0	8. 0	6. 7
170	42. 5	28. 3	21. 2	17. 0	14. 2	10. 6	8. 5	7. 1
180	45. 0	30. 0	22. 5	18. 0	15. 0	11. 2	9. 0	7. 5
190	47. 5	31. 7	23. 8	19. 0	15. 8	11. 9	9. 5	7. 9
200	50. 0	33. 3	25. 0	20. 0	16. 7	12. 5	10. 0	8. 3

How To Use Table 23:

Determine the number of portions per unit of purchase through use of the food item or from the column, "Portions per purchase unit," in appropriate table. Locate the column in the table above that is nearest to that number. Then locate in that column the number horizontal to the price paid for the purchase unit in the left-hand column. This number represents the approximate cost of a portion.

TABLE 24.—BEEF: *Approximate percentage of edible meat [1] from the carcass and wholesale cuts of Choice, Good, and Standard grades of beef*

[Steers ranging from 11 to 21 months in age]

Beef	Grade of carcass		
	Choice	Good	Standard
	Percent	*Percent*	*Percent*
Carcass	85	84	82
Wholesale cuts:			
Brisket	88	87	85
Chuck	86	85	83
Flank	100	100	100
Foreshank	58	58	56
Loin end	89	88	86
Round, with hindshank	85	84	82
Rump, knuckle out	87	86	84
Short loin	90	89	87
Standing rib	85	83	80
Short plate	90	89	86

[1] The remaining percentage of beef consists of bone, ligament, and tendon.

TABLE 25.—LAMB: *Approximate percentage of edible meat [1] from the carcass and wholesale cuts of Prime, Choice, and Good grades of lamb*

Lamb	Grade of carcass		
	Prime	Choice	Good
	Percent	*Percent*	*Percent*
Carcass	86	83	82
Wholesale cuts:			
Breast and flank	89	86	86
Leg	87	85	84
Loin	90	87	86
Neck	79	75	75
Rib cut (9 ribs)	86	82	80
Shoulder (3 ribs)	87	85	84

[1] The remaining percentage of lamb consists of bone and ligament.

TABLE 26.—PORK: *Approximate percentage of edible meat [1] from the carcass and wholesale trimmed cuts from hogs of 3 weight groups*

Pork	Weight of carcass [2]		
	200 pounds live, 158 pounds dressed	225 pounds live, 178 pounds dressed	250 pounds live, 197 pounds dressed
	Percent	*Percent*	*Percent*
Carcass	79	80	82
Wholesale cuts:			
Bacon	92	93	94
Ham	85	85	86
Head, full cut	47	50	53
Loin	78	79	79
Shoulder, full cut	84	85	86
Shoulder, ribs	40	42	45
Spareribs	58	61	63

[1] The remaining percentage consists of bone and skin.

[2] The average yield of lard per hog slaughtered is 14 percent per 100 pounds live weight. This percentage includes lard and rendered pork fat, and excludes bacon and salt pork.

TABLE 27.—VEGETABLES OR FRUITS: *Approximate amount of canned and frozen product obtained from specified quantities of fresh vegetables and fruits*

Vegetables or fruits	Home canning methods		Commercial canning methods		Frozen		
	Fresh	Yield, canned	Fresh	Yield of #10 cans, canned	Fresh	Yield, frozen	Fruit-to-sugar ratio
Vegetables:		*Quarts*		*Number*		*Pounds*	
Asparagus	2½ to 4½ pounds	1	8 to 9 pounds	1			
	1 crate	7–12	1 crate	3–4	1 crate	15	
Beans, lima	3 to 5 pounds [1]	1	5 pounds [2]	1			
	1 bushel [1]	6–11	1 bushel [2]	6	1 bushel [2]	29	
Beans, snap	1½ to 2½ pounds	1	4 to 5 pounds	1			
	1 bushel	12–20	1 bushel	6–8	1 bushel	24	
Beets, without tops	2 to 3½ pounds	1	8 pounds	1			
	1 bushel	15–26	1 bushel	6–7			
Broccoli							
					1 crate	23	
Carrots, without tops	2 to 3 pounds	1	8 pounds	1			
	1 bushel	17–25	1 bushel	6–7	1 bushel	25	
Corn, sweet, in husks	3 to 6 pounds	[3] 1	17 to 18 pounds	[3] 1			
	1 bushel	[3] 6–12	1 bushel	[3] 2	1 bushel	[3] 8	
Okra	1½ pounds	1	7 pounds	1			
Peas, green	3 to 6 pounds [1]	1	4 to 5 pounds [2]	1			
	1 bushel [1]	5–10	1 bushel [2]	6–8	1 bushel [2]	27	
Pumpkin and winter squash	1½ to 3 pounds	1	17 to 18 pounds	1			
	1 bushel	17–33	1 bushel	3	1 bushel	32	
Spinach, other greens	2 to 6 pounds	1	8 pounds	1			
	1 bushel	3–10	1 bushel	2–3	1 bushel	10–11	
Sweetpotatoes	2 to 3 pounds	1	7 pounds	1			
	1 bushel	17–25	1 bushel	7			
Tomatoes	2½ to 3½ pounds	1	12 pounds	1			
	1 bushel	15–21	1 bushel	4–5			
Tomato catsup			19 pounds	1			
			1 bushel	2–3			
Tomato paste			40 to 41 pounds	1			
			1 bushel	1–2			
Tomato sauce			21 pounds	1			
			1 bushel	3–4			

Fruits:							
Apples	2½ to 3 pounds	1	10 pounds	1			
	1 bushel	15–20	1 bushel	4–5	1 bushel	26–31	5 to 1
Berries, except strawberries	1½ to 3 pounds	1	5 pounds	1			
	1 crate	12–24	1 crate	7	1 crate	34	4 to 1
Cherries, sour	2 to 2½ pounds	1	7 pounds	1			
	1 bushel	22–28	1 bushel	8	1 bushel	53	4 to 1
Peaches	2 to 3 pounds	1	7 pounds	1			
	1 bushel	15–25	1 bushel	6–7	1 bushel	41–44	3 to 1
Pears	2 to 3 pounds	1	8 pounds	1			
	1 bushel	15–24	1 bushel	5–6			
Plums	1½ to 2½ pounds	1	5 pounds	1			
	1 bushel	19–32	1 bushel	9–10			
Strawberries	1½ to 3 pounds	1	6 pounds	1			
	1 crate	12–24	1 crate	6	1 crate	42	3 to 1

[1] In pods. [2] Shelled basis. [3] Whole kernel.

TABLE 28.—*Common can and jar sizes*

Container				Principal products
Can size (Industry term)	Consumer description			
	Average net weight or fluid measure per can [1] (check label)	Average cups per can	Cans per case	
		Number	*Number*	
8 ounces	8 ounces	1	48 and 72	Small cans—ready-to-serve soups, fruits, and vegetables.
No. 1 picnic	10½ to 12 ounces	1¼	48	Small cans—condensed soups, some fruits, vegetables, meat, and fish.
No. 300	14 to 16 ounces	1¾	24	Small cans—fruits, vegetables, some meat and poultry products, and ready-to-serve soups.
No. 303	16 to 17 ounces	2	24	Do.
No. 2	1 pound, 4 ounces (20 ounces) or 1 pint, 2 fluid ounces (18 fluid ounces).	2½	24	Family size—juices, ready-to-serve soups, and some fruits.
No. 2½	1 pound, 13 ounces (29 ounces)	3½	24	Family size—fruits and some vegetables.
No. 3 cylinder	3 pounds, 3 ounces (51 ounces) or 1 quart, 14 fluid ounces (46 fluid ounces).	5¾	12	"Economy family size"—fruit and vegetable juices. Institutional size—condensed soups, some vegetables, and meat and poultry products.
No. 10	6 pounds, 8 ounces (104 ounces) to 7 pounds, 5 ounces (117 ounces).	12 to 13	6	Institutional size—fruits, vegetables, and some other foods.

[1] The label on one product may show net weight that differs slightly from the label on another product in cans or jars of identical size. (An example would be lima beans (1 pound) and blueberries (14 ounces) in the same size can.)

Source: National Canners Association.

Ounce equivalents in decimal parts of pound

Ounces	*Pound*	*Ounces*	*Pound*
1	0.06	9	.56
2	.12	10	.62
3	.19	11	.69
4	.25	12	.75
5	.31	13	.81
6	.38	14	.88
7	.44	15	.94
8	.50	16	1.00

Approximate scoop equivalents

Scoop No.[1]	*Level measure*	*Scoop No.*[1]	*Level measure*
6	⅔ cup	20	3⅕ tablespoons
8	½ cup	24	2⅔ tablespoons
10	⅖ cup	30	2⅕ tablespoons
12	⅓ cup	40	1⅗ tablespoons
16	¼ cup		

[1] A serving spoon may be used to replace a scoop. Since serving spoons are not identified by number, it is necessary to measure or weigh the quantity of food from sizes of spoons used to obtain the approximate serving size desired.

Common food-measure equivalents

3 teaspoons	1 tablespoon	16 tablespoons	1 cup
2 tablespoons	1 fluid ounce	1 cup	8 fluid ounces
4 tablespoons	¼ cup	2 cups	1 pint
6 tablespoons	⅜ cup	2 pints	1 quart
8 tablespoons	½ cup		

GOVERNMENT PUBLICATIONS AVAILABLE[1]

Food Preparation

Basic fish cookery. USDI Test Kitchen Series 2, 26 pp. 1948.

Dry beans, peas, lentils . . . modern cookery. USDA Leaflet 326, 24 pp. (Rev. 1957.)

Eggs in family meals—a guide for consumers. USDA Home and Garden Bulletin No. 103, 32 pp. 1965.

Green vegetables for good eating. USDA Home and Garden Bulletin No. 41, 16 pp., illus. (Rev. 1964.)

How to cook clams. USDI Test Kitchen Series 8, 14 pp. 1953.

How to cook crabs. USDI Test Kitchen Series 10, 14 pp. 1956.

How to cook lobster. USDI Test Kitchen Series 11, 14 pp. 1957.

How to cook oysters. USDI Test Kitchen Series 3, 12 pp. 1953.

How to cook scallops. USDI Test Kitchen Series 13, 17 pp. 1959.

How to cook shrimp. USDI Test Kitchen Series 7, 14 pp. 1952.

Meat for thrifty meals. USDA Home and Garden Bulletin No. 27, 47 pp., illus. (Rev. 1963.) 20 cents.

Potatoes in popular ways. USDA Home and Garden Bulletin No. 55, 22 pp. 1957.

Root vegetables in everyday meals. USDA Home and Garden Bulletin No. 33, 12 pp. 1961.

Tomatoes on your table. USDA Leaflet 278, 15 pp. (Rev. 1964.)

Food Purchasing

Fresh and frozen fish buying manual. USDI Circular 20, 50 pp. 1954.

Shopper's guide to U.S. grades for food. USDA Home and Garden Bulletin No. 58, 13 pp. (Slightly rev. 1964.)

[1] Publications indicated for sale may be obtained only from the Superintendent of Documents, U.S. Government Printing Office, Washington, D.C., 20402; USDI publications may be obtained from the Bureau of Commercial Fisheries, U.S. Department of the Interior, Washington, D.C., 20240; USDA publications may be obtained from the Office of Information, U.S. Department of Agriculture, Washington, D.C., 20250.

Home Canning and Freezing

Home canning of fruits and vegetables. USDA Home and Garden Bulletin No. 8, 48 pp., illus. (Rev. 1964.)

Home canning of meat. USDA Home and Garden Bulletin No. 6, 16 pp., illus. (Rev. 1958.)

Home freezing of fruits and vegetables. USDA Home and Garden Bulletin No. 10, 48 pp., illus. (Rev. 1964.)

Home freezing of poultry. USDA Home and Garden Bulletin No. 70, 24 pp. (Sl. rev. 1964.)

Nutrition

Food for fitness . . . a daily food guide. USDA Leaflet 424, 8 pp. (Rev. 1964.)

Food for groups of young children cared for during the day. U.S. Children's Bureau Pub. No. 386, 58 pp. 1960. 25 cents.

Foods your children need. U.S. Children's Bureau Unnumbered, 15 pp. 1958. 10 cents.

Nutrition and healthy growth. U.S. Children's Bureau Pub. No. 352, 35 pp. 1955. 20 cents.

Nutrition up to date . . . up to you. Reprint from USDA Home and Garden Bulletin No. 1, Family Fare, Separate 1, 28 pp., illus. (Rev. 1960.)

Nutritive value of foods. USDA Home and Garden Bulletin No. 72, 30 pp. (Rev. 1964.)

Quantity Food Service

A guide for planning and equipping school lunchrooms. USDA Program Aid 292, 60 pp. 1956. 35 cents.

Fish cookery for one hundred. USDI Test Kitchen Series 1, 44 pp. 1950.

Fish recipes for school lunches. USDI Test Kitchen Series 5, 15 pp. (Rev. 1959.)

Food buying guide for type A school lunches. USDA Program Aid 270, 75 pp. 1964. $1.25.

Quantity recipes for type A school lunches (card file). USDA Program Aid 631.

Recipes for quantity service. USDA Home Economics Research Report No. 5, 225 pp. 1958. $2.50.

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puffed, presweetened
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whole

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