

# Arkansas Easy Sheets

**Recipe Adjustments, Conversions, and  
Calculations of Commonly Used Items in Large  
Quantity Recipes**

# Meal Components

## Meat/Meat Alternate

| MEAT/MEAT ALTERNATE ITEM                                                                                       | PURCHASE UNIT | SERVINGS PER PURCHASE UNIT |              |                |
|----------------------------------------------------------------------------------------------------------------|---------------|----------------------------|--------------|----------------|
|                                                                                                                |               | 1 oz                       | 1.5 oz       | 2 oz           |
| Beans, Black, Dry, Canned, Heated, Drained                                                                     | #10 Can       | 37                         | 24.7         | 18.5           |
| Beans, Black, Dry, Whole, Cooked                                                                               | Pound         | 18.3                       | 12.2         | 9.2            |
| Beans, Black-Eyed, Dry, Canned, Heated, Drained                                                                | #10 Can       | 37.7                       | 25.1         | 18.9           |
| Beans, Black-Eyed, Dry, Whole, Cooked                                                                          | Pound         | 28.3                       | 18.9         | 14.2           |
| Beans, Garbanzo, Dry, Canned, Heated, Drained                                                                  | #10 Can       | 42                         | 28           | 21             |
| Beans, Garbanzo, Dry, Whole, Cooked                                                                            | Pound         | 24.6                       | 16.4         | 12.3           |
| Beans, Great Northern, Dry, Canned, Heated, Drained                                                            | #10 Can       | 32.4                       | 21.6         | 16.2           |
| Beans, Great Northern, Dry, Whole, Cooked                                                                      | Pound         | 25.5                       | 17           | 12.7           |
| Beans, Kidney, Dry, Canned, Heated, Drained                                                                    | #10 Can       | 38.9                       | 25.9         | 19.4           |
| Beans, Kidney, Dry, Whole, Cooked                                                                              | Pound         | 24.8                       | 16.5         | 12.4           |
| Beans, Pinto, Canned, Heated, Drained                                                                          | #10 Can       | 37.2                       | 24.8         | 18.6           |
| Beans, Pinto, Dry, Cooked, Drained                                                                             | Pound         | 21                         | 14           | 10.5           |
| Beans, Refried, Canned, Heated                                                                                 | #10 Can       | 49.6                       | 33           | 24.8           |
| Beans, Refried, Dehydrated, Cooked                                                                             | Pound         | 20.5                       | 13.6         | 10.2           |
| Beef, Ground, Fresh or Frozen, 10% Fat, Cooked                                                                 | Pound         | 12.1                       | 8            | 6              |
| Beef, Ground, Fresh or Frozen, 15% Fat, Cooked                                                                 | Pound         | 12                         | 8            | 6              |
| Beef, Ground, Fresh or Frozen, 20% Fat, Cooked                                                                 | Pound         | 11.8                       | 7.8          | 5.9            |
| Beef Stew Meat, Fresh or Frozen, Cooked                                                                        | Pound         | 9.8                        | 6.5          | 4.9            |
| Cheese, American, Mozzarella, Cheddar                                                                          | Pound         | 16                         | 10.6         | 8              |
| Cheese, Cottage or Ricotta (2 oz serving 1/4 c = 1 oz MMA)                                                     | Pound         | 8                          | 5.3          | 4              |
| Chicken, 8 pieces, Frozen, Heated<br>1 breast piece, OR 1 drumstick & 1 wing, OR 1 thigh w/<br>back = 2 oz MMA | 40 lb<br>box  |                            |              | 83             |
| Chicken, Diced or Pulled, Cooked, Frozen                                                                       | Pound         | 16                         | 10.6         | 8              |
| Eggs, Frozen, Whole Eggs, Pasteurized                                                                          | Pound         | 18                         | 12           | 9              |
| Eggs, in Shell, Fresh, Large, Whole                                                                            | Dozen         | 24                         | 16           | 12             |
| Peanut /Almond /Sunflower Butter (including<br>Reduced Fat) (2 Tbsp = 1 oz MMA)                                | #10 Can       | #30 SC<br>97.5             | #20 SC<br>65 | #16 SC<br>48.7 |

Reference to the USDA Food Buying Guide

# Meal Components

## Meat/Meat Alternate

| MEAT/MEAT ALTERNATE ITEM                                                                                                                                                                       | PURCHASE UNIT   | SERVINGS PER PURCHASE UNIT |        |      |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------|----------------------------|--------|------|
|                                                                                                                                                                                                |                 | 1 oz                       | 1.5 oz | 2 oz |
| Pork, Mild Cured, Ready to Cook, Chilled or Frozen, Ham w/o bone<br>(1.2 oz Ham w/Water Added = 1 oz MMA)<br>(1.8 oz Ham w/Water Added = 1.5 oz MMA)<br>(2.44 oz Ham w/Water Added = 2 oz MMA) | Pound           | 10                         | 6.6    | 5    |
| Tuna, Water Packed, Canned, Chunk Style, Drained                                                                                                                                               | 12 oz. can      | 10.5                       | 7      | 5.2  |
| Tuna, Water Packed, Canned, Chunk Style, Drained                                                                                                                                               | 66 1/2 oz. can  | 51.2                       | 34.1   | 25.6 |
| Turkey, Boneless, Fresh or Frozen w/Skin                                                                                                                                                       | Pound           | 11.2                       | 7.4    | 5.6  |
| Turkey, Cooked, Frozen, Diced or Pulled, w/o Skin                                                                                                                                              | Pound           | 16                         | 10.6   | 8    |
| Turkey Ham, Fully Cooked, Chilled or Frozen<br>(1.4 oz = 1 oz MMA)<br>(2.1 oz = 1.5 oz MMA)<br>(2.8 oz = 2 oz MMA)                                                                             | Pound           | 11.2                       | 7.4    | 5.6  |
| Turkey Ham, Fully Cooked, Chilled or Frozen (15% added ingredients) (1.7 oz = 1 oz MMA)<br>(2.6 oz = 1.5 oz MMA)<br>(3.4 oz = 2 oz MMA)                                                        | Pound           | 9.41                       | 6.2    | 4.7  |
| Turkey Roast, Frozen, w/o Bone, USDA Foods Only (w/o Skin)                                                                                                                                     | Pound           | 10.5                       | 7      | 5.2  |
| Turkey, Whole, Fresh or Frozen, (w/o Neck & Giblets) (w/o Skin)                                                                                                                                | Pound           | 7.5                        | 5      | 3.7  |
| Turkey, Whole, Fresh or Frozen, (w/Neck & Giblets) (w/Skin)                                                                                                                                    | Pound           | 7.6                        | 5.1    | 3.8  |
| Yogurt, Fresh or Soy, Plain or Flavored, Sweetened or Unsweetened, Commercially Prepared<br>(1/2 cup or 4 oz = 1 oz MMA)<br>(3/4 cup or 6 oz = 1.5 oz MMA)                                     | 32 oz Container | 8                          | 5.3    | 4    |

Reference to the USDA Food Buying Guide

# Meal Components

## Vegetable Subgroups - Dark Green

| DARK GREEN<br>VEGETABLE SUBGROUP                  | PURCHASE<br>UNIT | SERVINGS PER PURCHASE UNIT |         |          |
|---------------------------------------------------|------------------|----------------------------|---------|----------|
|                                                   |                  | 1/4 CUP                    | 1/2 CUP | 1 CUP    |
| Broccoli, Fresh, Florets, Cooked                  | Pound            | 11.5                       | 5.75    | 2.9      |
| Broccoli, Fresh, Florets, Trimmed, RTU            | Pound            | 28.8                       | 14.4    | 7.2      |
| Broccoli, Fresh, Spears, Trimmed, RTU             | Pound            | 17                         | 8.5     | 4.25     |
| Broccoli, Fresh, Spears, Trimmed, Cooked, Drained | Pound            | 13                         | 6.5     | 3.25     |
| Broccoli, Frozen, Chopped, Cooked, Drained        | Pound            | 9.6                        | 4.8     | 2.4      |
| Collard Greens, Canned, Cooked, Drained           | #10 Can          | 27.2                       | 13.6    | 6.8      |
| Kale, Fresh, Trimmed, With Stem, RTU              | Pound            | 35.7                       | 17.85   | 8.9      |
| Lettuce, Dark Green Leafy, Untrimmed *            | Pound            | 21.7                       | 10.8    | 5.4      |
| Lettuce, Romaine, Untrimmed *                     | Pound            | 31.3                       | 15.6    | 7.8      |
| Salad Mix, Romaine/Spinach, w/color, RTU *        | Pound            | 36                         | 18      | Approx 9 |
| Salad Mix, Romaine/Spinach, w/out color, RTU *    | Pound            | 28                         | 14      | Approx 7 |
| Spinach, Fresh, Leaves, RTU*                      | Pound            | 25.6                       | 12.8    | 6.4      |
| Spinach, Canned, Heated, Drained                  | #10 Can          | 25.2                       | 12.6    | 3.2      |
| Spinach, Frozen, Chopped, Cooked, Drained         | Pound            | 5.6                        | 2.8     | 1.4      |

\*1 cup of fresh green leafy vegetables counts as ½ cup in NSLP/SBP. EX: 1 cup of fresh Romaine counts as ½ cup of vegetables.

Reference to the USDA Food Buying Guide

# Meal Components

## Vegetable Subgroups – Red/Orange

| RED/ORANGE<br>VEGETABLE SUBGROUP                                              | PURCHASE<br>UNIT | SERVINGS PER<br>PURCHASE UNIT |         |
|-------------------------------------------------------------------------------|------------------|-------------------------------|---------|
|                                                                               |                  | 1/4 CUP                       | 1/2 CUP |
| Carrots, Fresh, Shredded, RTU                                                 | Pound            | 19.9                          | 9.9     |
| Carrots, Fresh, Sticks, RTU                                                   | Pound            | 15.4                          | 7.7     |
| Carrots, Baby, RTU                                                            | Pound            | 12.9                          | 6.4     |
| Carrots, Canned, Sliced, Cooked, Drained                                      | #10 Can          | 37.2                          | 18.6    |
| Carrots, Frozen, Sliced, Cooked, Drained                                      | Pound            | 11.16                         | 5.58    |
| Peppers, Bell, Fresh, Orange or Red, Medium or Large, Whole, Chopped or Diced | Pound            | 9.7                           | 4.85    |
| Peppers, Bell, Fresh, Orange or Red, Medium or Large, Whole, Strips           | Pound            | 14.7                          | 7.3     |
| Peppers, Bell, Frozen, Orange or Red, Diced, Cooked, Drained                  | Pound            | 7.3                           | 3.65    |
| Pumpkin, Canned, Heated                                                       | #10 Can          | 51.5                          | 25.7    |
| Salsa, Canned, all vegetable ingredients plus a minor amount of spices        | #10 Can          | 49.3                          | 24.6    |
| Squash, Acorn, Mashed, Cooked, Drained                                        | Pound            | 4.7                           | 2.3     |
| Squash, Butternut, Cubed, Cooked, Drained                                     | Pound            | 7.5                           | 3.7     |
| Squash, Hubbard, Cubed, Cooked, Drained                                       | Pound            | 4.4                           | 2.2     |
| Sweet Potato, Fresh, Whole, Baked                                             | Pound            | 6.6                           | 3.3     |
| Sweet Potatoes, Canned, Cut, Light Syrup, Heated, Drained                     | #10 Can          | 33.8                          | 16.9    |
| Sweet Potatoes, Canned, Mashed, Heated                                        | #10 Can          | 49.1                          | 24.5    |
| Sweet Potato, Fries, Puff                                                     | Pound            | 10                            | 5       |
| Sweet Potato, Fries, Straight Cut                                             | Pound            | 11.5                          | 5.75    |
| Tomato Products Canned, Tomato Paste                                          | #10 Can          | 192                           | 96      |
| Tomato Products, Canned, Spaghetti Sauce, Meatless                            | #10 Can          | 47.9                          | 23.95   |
| Tomatoes, Fresh, Cherry, Whole                                                | Pound            | 12.1                          | 6.05    |
| Tomatoes, Fresh, Small or Medium, Whole, Sliced                               | Pound            | 8.5                           | 4.3     |
| Tomatoes, Fresh, Diced, RTU                                                   | Pound            | 8.74                          | 4.37    |
| Tomatoes, Canned, Crushed, Heated, Vegetable & Juice                          | #10 Can          | 46.6                          | 23.3    |
| Tomatoes, Canned, Diced, Heated, Vegetable & Juice                            | #10 Can          | 49.2                          | 24.6    |
| Tomatoes, Canned, Whole or Stewed, Heated, Vegetable & Juice                  | #10 Can          | 45.5                          | 22.7    |

Reference to the USDA Food Buying Guide

# Meal Components

## Vegetable Subgroups – Beans, Peas, and Lentils

| BEANS, PEAS, AND LENTILS<br>VEGETABLE SUBGROUP            | PURCHASE<br>UNIT | SERVINGS PER<br>PURCHASE UNIT |         |
|-----------------------------------------------------------|------------------|-------------------------------|---------|
|                                                           |                  | 1/4 CUP                       | 1/2 CUP |
| Beans, Baked in Sauce, Vegetarian, Heated                 | #10 Can          | 47.1                          | 23.5    |
| Beans, Baked, Sauce & Pork, Canned, Heated                | #10 Can          | 48.9                          | 24.4    |
| Beans, Black, Dry, Canned, Heated, Drained                | #10 Can          | 37                            | 18.5    |
| Beans, Black, Dry, Whole, Cooked                          | Pound            | 18.3                          | 9.1     |
| Beans, Black-eyed Peas, Canned, Heated, Drained           | #10 Can          | 37.7                          | 18.8    |
| Beans, Black-eyed Peas, Canned, Unheated                  | #10 Can          | 46                            | 23      |
| Beans, Garbanzo or Chickpea, Dry, Canned, Heated, Drained | #10 Can          | 45.5                          | 22.75   |
| Beans, Kidney, Dry, Canned, Heated, Drained               | #10 Can          | 38.9                          | 19.45   |
| Beans, Lima, Dry, Baby, Cooked                            | Pound            | 23.4                          | 11.7    |
| Beans, Pinto, Canned, Heated, Drained                     | #10 Can          | 37.2                          | 18.6    |
| Beans, Pinto, Dry, Cooked                                 | Pound            | 21                            | 10.5    |
| Beans, Refried, Canned, Heated                            | #10 Can          | 49.6                          | 24.8    |
| Beans, Refried, Dehydrated, Cooked                        | Pound            | 20.5                          | 10.2    |
| Beans, Soy (Edamame), Fresh, Shelled, Cooked, Drained     | Pound            | 10.7                          | 5.35    |
| Beans, Soy (Edamame), Canned, Shelled, Heated, Drained    | Pound            | 7.3                           | 3.65    |

Reference to the USDA Food Buying Guide

# Meal Components

## Vegetable Subgroups - Starchy

| STARCHY VEGETABLE SUBGROUP                                                        | PURCHASE UNIT | SERVINGS PER PURCHASE UNIT |         |
|-----------------------------------------------------------------------------------|---------------|----------------------------|---------|
|                                                                                   |               | 1/4 CUP                    | 1/2 CUP |
| Corn, Canned, Whole Kernel, Heated, Drained                                       | #10 Can       | 39.6                       | 19.8    |
| Corn, Frozen, Whole Kernel, Cooked                                                | Pound         | 11                         | 5.5     |
| Corn, Frozen, On the Cob, Cooked (3-inch Ear)<br>1 Cobbette = ¼ cup Vegetable     | Pound         | 4.2                        | 2.1     |
| Corn, Frozen, On the Cob, Cooked, (5¼ inch Ear)<br>1 medium Cob = ½ cup Vegetable | Pound         | 4.88                       | 2.44    |
| Jicama, Fresh, Peeled, Strips                                                     | Pound         | 11.9                       | 5.9     |
| Peas, Black-eyed, Fresh, Shelled, Cooked, Drained                                 | Pound         | 10.3                       | 5.15    |
| Peas, Green, Canned, Heated, Drained                                              | #10 Can       | 36.7                       | 18.3    |
| Peas, Green, Frozen, Cooked, Drained                                              | Pound         | 9.5                        | 4.7     |
| Potatoes, Frozen, Hash browns, Diced, Cooked                                      | Pound         | 7.7                        | 3.8     |
| Potatoes, Frozen, Rounds, Baked                                                   | Pound         | 12.2                       | 6.1     |
| Potatoes, Russet, 100 Count, Whole, Baked w/ Skin                                 | Pound         | 6.7                        | 3.3     |
| Potatoes, Diced, Canned, Drained, Unheated                                        | #10 Can       | 39.9                       | 19.9    |
| Potatoes, Small Whole, Canned, Heated, Drained                                    | #10 Can       | 43.7                       | 21.8    |
| Potatoes, Wedges, Frozen, Cooked                                                  | Pound         | 11.9                       | 5.9     |
| Potatoes, Diced, Frozen, Precooked, Cooked                                        | Pound         | 8.9                        | 4.4     |
| Potatoes, Dehydrated, Granules, Reconstituted, Heated                             | Pound         | 50.5                       | 25.2    |
| Potatoes, French Fries, Frozen, Crinkle Cut, Cooked                               | Pound         | 12.6                       | 6.3     |
| Potatoes, French Fries, Frozen, Curly, Cooked                                     | Pound         | 16.2                       | 8.1     |
| Potatoes, French Fries, Frozen, Straight-Cut, Cooked                              | Pound         | 14                         | 7       |

Reference to the USDA Food Buying Guide

# Meal Components

## Vegetable Subgroups - Other

| OTHER<br>VEGETABLE SUBGROUP                                                       | PURCHASE<br>UNIT | SERVING PER<br>PURCHASE UNIT |         |
|-----------------------------------------------------------------------------------|------------------|------------------------------|---------|
|                                                                                   |                  | 1/4 CUP                      | 1/2 CUP |
| Beans, Green, Canned, Cut, Heated, Drained                                        | #10 can          | 45.3                         | 22.6    |
| Beans, Green, Frozen, Cut, Cooked, Drained                                        | Pound            | 11.6                         | 5.8     |
| Cabbage, Fresh, Green, Untrimmed, Raw, Chopped                                    | Pound            | 17.7                         | 8.8     |
| Cabbage, Green, Shredded, RTU                                                     | Pound            | 27                           | 13.5    |
| Cabbage, Red, Shredded, RTU                                                       | Pound            | 22.8                         | 11.4    |
| California Blend, Frozen, Cooked, Drained<br>(Broccoli, Carrots, and Cauliflower) | Pound            | 10.6                         | 5.3     |
| Cauliflower, Fresh, Florets, RTU, Cooked, Drained                                 | Pound            | 14.1                         | 7.05    |
| Celery, Fresh, Trimmed, Raw Vegetable Sticks                                      | Pound            | 12.2                         | 6.1     |
| Celery, Fresh, Sticks, RTU                                                        | Pound            | 14                           | 7       |
| Cucumbers, Fresh, Whole, Unpeeled, Sliced                                         | Pound            | 12.4                         | 6.2     |
| Cucumbers, Fresh, Whole, Unpeeled, Sticks                                         | Pound            | 11.8                         | 5.9     |
| Lettuce, Fresh, Iceberg, Head, Untrimmed, Raw                                     | Pound            | 13.9                         | 6.95    |
| Lettuce, Mixed Greens (Iceberg and Romaine<br>w/Shredded Carrots & Red Cabbage)   | Pound            | 25.7                         | 12.8    |
| Lettuce, Salad Mix (Iceberg, some Romaine,<br>w/Shredded Carrot & Red Cabbage)    | Pound            | 26.4                         | 13.2    |
| Mushrooms, Fresh, Whole, Raw, Sliced                                              | Pound            | 18.7                         | 9.3     |
| Mushrooms, Fresh, Slices, RTU                                                     | Pound            | 18.5                         | 9.2     |
| Mushrooms, Canned, Drained                                                        | #10 Can          | 49.4                         | 24.7    |
| Okra, Fresh, Whole, Cooked, Drained, Sliced                                       | Pound            | 9                            | 4.5     |
| Okra, Frozen, Cut, Cooked, Drained                                                | Pound            | 9.1                          | 4.5     |
| Onions, Fresh, Whole, Raw, Chopped                                                | Pound            | 9.3                          | 4.6     |
| Onions, Frozen, Chopped, Cooked                                                   | Pound            | 5.9                          | 2.9     |
| Peppers, Bell, Green or Yellow, Fresh, Diced                                      | Pound            | 9.7                          | 4.8     |
| Squash, Summer, Fresh, Yellow, Cubed, Cooked, Drained                             | Pound            | 7.3                          | 3.6     |
| Squash, Summer, Fresh, Yellow, Sliced, Cooked, Drained                            | Pound            | 8.4                          | 4.2     |
| Squash, Summer, Frozen, Yellow, Sliced, Cooked, Drained                           | Pound            | 7.9                          | 3.9     |
| Squash, Summer, Fresh, Zucchini, Cubed, Cooked, Drained                           | Pound            | 7.6                          | 3.8     |
| Squash, Summer, Fresh, Zucchini, Sliced, Cooked, Drained                          | Pound            | 10.2                         | 5.1     |
| Squash, Summer, Frozen, Zucchini, Sliced, Drained                                 | Pound            | 7                            | 3.5     |

Reference to the USDA Food Buying Guide

# Meal Components

## Fruit

| FRUIT                                                                      | PURCHASE UNIT | SERVINGS PER PURCHASE UNIT |         |
|----------------------------------------------------------------------------|---------------|----------------------------|---------|
|                                                                            |               | 1/4 CUP                    | 1/2 CUP |
| Apples, Fresh, Small, Unpeeled, 125-138 Count/Case (¼ apple = ¼ cup Fruit) | Pound         | 14.8                       | 7.4     |
| Apples, Fresh, Unpeeled, Cored, Sliced                                     | Pound         | 14.6                       | 7.3     |
| Apples, Canned, Sliced, Drained                                            | #10 Can       | 47.5                       | 23.7    |
| Applesauce, Canned                                                         | #10 Can       | 47.6                       | 23.8    |
| Apricots, Canned, Diced, Fruit & Juice                                     | #10 Can       | 48                         | 24      |
| Apricots, Canned, Halves, Unpeeled, Drained                                | #10 Can       | 29.3                       | 14.7    |
| Apricots, Canned, Slices, Peeled, Fruit & Juice                            | #10 Can       | 45.7                       | 22.9    |
| Bananas, Fresh, Regular, 100-120 Count, Sliced                             | Pound         | 7                          | 3.5     |
| Bananas, Fresh, Regular, Unpeeled, 100-120 Count                           | Pound         | 5.3                        | 2.6     |
| Blackberries, Fresh, Whole                                                 | Pound         | 11.9                       | 5.9     |
| Blueberries, Fresh, Whole                                                  | Pound         | 11.9                       | 5.9     |
| Blueberries, Frozen, Unsweetened, Whole, Cooked with Added Sugar           | Pound         | 7.8                        | 3.9     |
| Blueberries, Frozen, Unsweetened, Whole, Thawed                            | Pound         | 11.9                       | 5.9     |
| Cantaloupe, Whole, 15 Count, Cubed                                         | Pound         | 6.7                        | 3.3     |
| Cantaloupe, Whole, 18 Count, Cubed                                         | Pound         | 5.7                        | 2.8     |
| Cherries, Red Tart, Canned, Drained                                        | #10 Can       | 36.2                       | 18.1    |
| Clementines, Fresh, Whole, Peeled                                          | Pound         | 12                         | 6       |
| Cranberry Relish or Sauce, Canned                                          | #10 Can       | 48                         | 24      |
| Fruit, Mixed, Canned, Fruit Cocktail, Fruit & Liquid                       | #10 Can       | 46.9                       | 23.5    |
| Grapefruit, Fresh, Whole, Peeled                                           | Pound         | 6.4                        | 3.2     |
| Grapes, Fresh, Seedless, Whole, w/o Stem                                   | Pound         | 11.6                       | 5.8     |
| Grapes, Fresh, Seedless, Whole, w/Stem                                     | Pound         | 10.5                       | 5.2     |
| Honeydew Melon, Fresh, Whole, Cubed                                        | Pound         | 4.9                        | 2.4     |
| Kiwi, Fresh, Whole, Unpeeled Halves, 33-39 Count                           | Pound         | 10.8                       | 5.4     |
| Lemons, Fresh, Whole                                                       | Pound         | 3.1                        | 1.55    |
| Limes, Fresh, Whole                                                        | Pound         | 3.5                        | 1.75    |
| Mangoes, Frozen, Unsweetened, Diced                                        | Pound         | 7.5                        | 3.8     |

Reference to the USDA Food Buying Guide

# Meal Components

## Fruit

| FRUIT                                                                    | PURCHASE UNIT | SERVINGS PER PURCHASE UNIT |         |
|--------------------------------------------------------------------------|---------------|----------------------------|---------|
|                                                                          |               | 1/4 CUP                    | 1/2 CUP |
| Orange, Fresh, 125 Count, Unpeeled                                       | Pound         | 5.8                        | 2.9     |
| Oranges, Mandarin, Canned, Drained                                       | #10 Can       | 30.2                       | 15.1    |
| Peach, Fresh, Small, Whole                                               | Pound         | 8.2                        | 4.1     |
| Peach, Fresh, Medium, Whole                                              | Pound         | 7                          | 3.5     |
| Peaches, Canned, Diced, Drained                                          | #10 Can       | 35.4                       | 17.7    |
| Peaches, Canned, Diced, Fruit & Juice                                    | #10 Can       | 48.6                       | 24.3    |
| Peaches, Canned, Sliced, Drained                                         | #10 Can       | 36.1                       | 18      |
| Peaches, Canned, Sliced, Fruit & Juice                                   | #10 Can       | 50                         | 25      |
| Peaches, Frozen, Sliced, Sweetened or Unsweetened, Thawed, Fruit & Juice | Pound         | 7.34                       | 3.6     |
| Pears, Fresh, All Sizes, Whole,                                          | Pound         | 7.9                        | 3.9     |
| Pears, Canned, Diced, Drained                                            | #10 Can       | 38                         | 19      |
| Pears, Canned, Diced, Fruit & Liquid                                     | #10 Can       | 47.6                       | 23.8    |
| Pears, Canned, Halves, Drained                                           | #10 Can       | 31                         | 15.5    |
| Pears, Canned, Halves, Fruit & Liquid                                    | #10 Can       | 52                         | 26      |
| Pears, Canned, Sliced, Drained                                           | #10 Can       | 29.5                       | 14.7    |
| Pears, Canned, Sliced, Fruit & Liquid                                    | #10 Can       | 49.7                       | 24.8    |
| Pineapple, Canned, Chunks, Drained                                       | #10 Can       | 31.8                       | 15.9    |
| Pineapple, Canned, Chunks, Fruit & Liquid                                | #10 Can       | 49.9                       | 24.9    |
| Pineapple, Canned, Slices, Drained                                       | #10 Can       | 37.7                       | 18.8    |
| Pineapple, Canned, Slices, Fruit & Juice (approx. 60 slices)             | #10 Can       | 47.5                       | 23.7    |
| Pineapple, Canned, Tidbits, Drained                                      | #10 Can       | 33.4                       | 16.7    |
| Pineapple, Canned, Tidbits, Fruit & Juice                                | #10 Can       | 50.1                       | 25      |
| Plums, Fresh, Whole                                                      | Pound         | 9.8                        | 4.9     |
| Raisins, Seedless, (¼ cup Serving = ½ cup Fruit )                        | Pound         | 12.6                       | 6.3     |
| Strawberries, Fresh, Whole,                                              | Pound         | 10.5                       | 5.2     |
| Strawberries, Frozen, Sliced, Unsweetened, Thawed, Fruit & Liquid        | Pound         | 7.2                        | 3.6     |
| Tangerines, Fresh, Whole, Peeled                                         | Pound         | 7.8                        | 3.9     |
| Watermelon, Fresh, Whole, Diced, w/o Rind                                | Pound         | 6.1                        | 3       |

Reference to the USDA Food Buying Guide

# Meal Components

## Grains

| GRAINS                                                           | PURCHASE UNIT | SERVINGS PER PURCHASE UNIT |         |
|------------------------------------------------------------------|---------------|----------------------------|---------|
|                                                                  |               | 1/4 CUP                    | 1/2 CUP |
| Cereal Grain, Oats Rolled, Quick, Dry, Cooked                    | Pound         | 47.6                       | 23.8    |
| Cereal Grain, Oats Rolled, Regular, Dry, Cooked                  | Pound         | 45.4                       | 22.7    |
| Corn Chips                                                       | Pound         | 10                         | 20      |
| Pasta, Bowties, Whole Wheat, Regular, Dry, Cooked                | Pound         | 28.5                       | 14.25   |
| 1/2 CUP Pasta, Elbow Macaroni, Whole Wheat, Regular, Dry, Cooked | Pound         | 32.5                       | 16.2    |
| Pasta, Penne, Whole Wheat, Dry, Cooked                           | Pound         | 34.5                       | 17.2    |
| Pasta, Shells, Whole Wheat, Dry, Cooked                          | Pound         | 30.5                       | 15.25   |
| Pasta, Spaghetti, Whole Wheat, Regular, Dry, Cooked              | Pound         | 34                         | 17      |
| Rice, Brown, Instant, Dry, Cooked                                | Pound         | 28.8                       | 14.4    |
| Rice, Brown, Long Grain, Dry, Cooked                             | Pound         | 17.5                       | 8.75    |
| Rice, Brown, Long Grain, Dry, Parboiled, Cooked                  | Pound         | 31                         | 15.5    |
| Wild Rice, Dry, Cooked                                           | Pound         | 34.8                       | 17.4    |

Reference to the USDA Food Buying Guide

## Recipe Adjustment – Method 2 (Conversion Charts)

Using the following conversion charts (Ounce Chart, Pound and Ounce Chart, and Volume Measures Chart), it is simple to adjust ingredient weight and volume measures in recipes for the number of servings needed.

### To Use the Conversion Charts for Changing the Numbers of Servings In a Quantity Recipe by Weight or Volume:

1. Determine how many servings are needed. Use the conversion charts only if the number of servings needed is evenly divisible by 25 (e.g., 50, 75, 100, etc.). Otherwise, use Recipe Adjustment – Method 1 (Factor Method) on page 26 to determine amounts needed.
2. Find the column headed “Base 100 servings” and move down the column to the weight or volume listed in the 100-serving recipe.

3. On the same horizontal line, move to the appropriate column for the new number of servings:

**For new servings more than 100**, such as 200, 300, 400, etc., move to the right. Write this number down.

**For new servings less than 100**, such as 75, 50, or 25, move to the left. Write this number down.

**For new servings greater than 100 that are not divisible by 100**, such as 125, 250, 375, etc., you will move to the left for the portion less than 100 and then move to the right for the hundreds portion and add both figures together.

### Conversion Chart for Changing the Number of Servings In a Quantity Recipe by Weight

**Example:** A 100-serving recipe calls for 4 ounces of a particular ingredient. 325 servings are needed. On the Ounce Chart, find the column headed “Base 100 servings” and move down to the space marked “4 oz.” Then, move horizontally to the right to the column headed “300 servings,” which shows that “12 oz” is the quantity needed for 300 servings. Next, move across to the left on the same horizontal line to the column headed “25 servings,” which shows that “1 oz” is the quantity needed for 25 servings.

The 1 oz plus the 12 oz = 13 oz, which is the amount of the ingredient needed for 325 servings.

### Conversion Chart for Changing the Size of a Quantity Recipe by Volume (Measure)

**Example:** A 100-serving recipe calls for  $\frac{1}{3}$  cup of a particular ingredient. 325 servings are needed. On the Volume Measure Chart, find the column headed “Base 100 servings” and move down to the space marked “ $\frac{1}{3}$  cup.” Then, move horizontally to the right to the column headed “300 servings,” which shows that 1 cup is the quantity needed for 300 servings. Next, move to the left on the same horizontal line to the column headed “25 servings,” which shows that  $1\frac{1}{3}$  Tbsp is the quantity needed for 25 servings. The  $1\frac{1}{3}$  Tbsp plus the 1 cup = 1 cup  $1\frac{1}{3}$  Tbsp, which is the amount of the ingredient needed for 325 servings.

## Recipe Adjustment – Method 2 (Conversion Charts) continued

### Ounce Chart

| 25 servings | 50 servings | 75 servings | Base 100 servings | 200 servings | 300 servings | 400 servings | 500 servings | 600 servings | 700 servings | 800 servings |
|-------------|-------------|-------------|-------------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|
| -           | -           | 1/4 oz      | 1/4 oz            | 1/2 oz       | 3/4 oz       | 1 oz         | 1 1/4 oz     | 1 1/2 oz     | 1 3/4 oz     | 2 oz         |
| -           | 1/4 oz      | 3/8 oz      | 1/2 oz            | 1 oz         | 1 1/2 oz     | 2 oz         | 2 1/2 oz     | 3 oz         | 3 1/2 oz     | 4 oz         |
| -           | 3/8 oz      | 5/8 oz      | 3/4 oz            | 1 1/2 oz     | 2 1/4 oz     | 3 oz         | 3 3/4 oz     | 4 1/2 oz     | 5 1/4 oz     | 6 oz         |
| 1/4 oz      | 1/2 oz      | 3/4 oz      | 1 oz              | 2 oz         | 3 oz         | 4 oz         | 5 oz         | 6 oz         | 7 oz         | 8 oz         |
| 1/2 oz      | 1 oz        | 1 1/2 oz    | 2 oz              | 4 oz         | 6 oz         | 8 oz         | 10 oz        | 12 oz        | 14 oz        | 1 lb         |
| 3/4 oz      | 1 1/2 oz    | 2 1/4 oz    | 3 oz              | 6 oz         | 9 oz         | 12 oz        | 15 oz        | 18 oz        | 21 oz        | 2 lb         |
| 1 oz        | 2 oz        | 3 oz        | 4 oz              | 8 oz         | 12 oz        | 1 lb         | 1 lb 4oz     | 1 lb 8oz     | 1 lb 12oz    | 2 lb         |
| 1 1/4 oz    | 2 1/2 oz    | 3 3/4 oz    | 5 oz              | 10 oz        | 15 oz        | 1 lb 4oz     | 1 lb 9oz     | 1 lb 14oz    | 2 lb 3oz     | 2 lb 8oz     |
| 1 1/2 oz    | 3 oz        | 4 1/2 oz    | 6 oz              | 12 oz        | 1 lb 2 oz    | 1 lb 8oz     | 1 lb 14oz    | 2 lb 4oz     | 2 lb 10oz    | 3 lb         |
| 1 3/4 oz    | 3 1/2 oz    | 5 1/4 oz    | 7 oz              | 14 oz        | 1 lb 5oz     | 1 lb 12oz    | 2 lb 3oz     | 2 lb 10oz    | 3 lb 1oz     | 3 lb 8oz     |
| 2 oz        | 4 oz        | 6 oz        | 8 oz              | 1 lb         | 1 lb 8oz     | 2 lb         | 2 lb 8oz     | 3 lb         | 3 lb 8oz     | 4 lb         |
| 2 1/4 oz    | 4 1/2 oz    | 6 3/4 oz    | 9 oz              | 1 lb 2oz     | 1 lb 11oz    | 2 lb 4oz     | 2 lb 13oz    | 3 lb 6oz     | 3 lb 15oz    | 4 lb 8oz     |
| 2 1/2 oz    | 5 oz        | 7 1/2 oz    | 10 oz             | 1 lb 4oz     | 1 lb 14oz    | 2 lb 8oz     | 3 lb 2oz     | 3 lb 12oz    | 4 lb 6oz     | 5 lb         |
| 2 3/4 oz    | 5 1/2 oz    | 8 1/4 oz    | 11 oz             | 1 lb 6oz     | 2 lb 1oz     | 2 lb 12oz    | 3 lb 7oz     | 4 lb 2oz     | 4 lb 13oz    | 5 lb 8oz     |
| 3 oz        | 6 oz        | 9 oz        | 12 oz             | 1 lb 8oz     | 2 lb 4oz     | 3 lb         | 3 lb 12oz    | 4 lb 8oz     | 5 lb 4oz     | 6 lb         |
| 3 1/4 oz    | 6 1/2 oz    | 9 3/4 oz    | 13 oz             | 1 lb 10oz    | 2 lb 7oz     | 3 lb 4oz     | 4 lb 1oz     | 4 lb 14oz    | 5 lb 11oz    | 6 lb 8oz     |
| 3 1/2 oz    | 7 oz        | 10 1/2 oz   | 14 oz             | 1 lb 12oz    | 2 lb 10oz    | 3 lb 8oz     | 4 lb 6oz     | 5 lb 4oz     | 6 lb 2oz     | 7 lb         |
| 3 3/4 oz    | 7 1/2 oz    | 11 1/4 oz   | 15 oz             | 1 lb 14oz    | 2 lb 13oz    | 3 lb 12oz    | 4 lb 11oz    | 5 lb 10oz    | 6 lb 9oz     | 7 lb 8oz     |

# Recipe Adjustment – Method 2 (Conversion Charts) continued

## Pound and Ounce Chart

| 25 servings | 50 servings | 75 servings | Base 100 servings | 200 servings | 300 servings | 400 servings | 500 servings | 600 servings | 700 servings | 800 servings |
|-------------|-------------|-------------|-------------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|
| 4 oz        | 8 oz        | 12 oz       | 1 lb              | 2 lb         | 3 lb         | 4 lb         | 5 lb         | 6 lb         | 7 lb         | 8 lb         |
| 5 oz        | 10 oz       | 15 oz       | 1lb 4oz           | 2lb 8oz      | 3lb 12oz     | 5 lb         | 6lb 4oz      | 7lb 8oz      | 8lb 12oz     | 10 lb        |
| 6 oz        | 12 oz       | 1lb 2oz     | 1lb 8oz           | 3 lb         | 4lb 8oz      | 6 lb         | 7lb 8oz      | 9 lb         | 10lb 8oz     | 12 lb        |
| 7 oz        | 14 oz       | 1lb 5oz     | 1lb 12oz          | 3lb 8oz      | 5lb 4oz      | 7 lb         | 8lb 12oz     | 10lb 8oz     | 12lb 4oz     | 14 lb        |
| 8 oz        | 1 lb        | 1lb 8oz     | 2 lb              | 4 lb         | 6 lb         | 8 lb         | 10 lb        | 12 lb        | 14 lb        | 16 lb        |
| 9 oz        | 1lb 2oz     | 1lb 11oz    | 2lb 4oz           | 4lb 8oz      | 6lb 12oz     | 9 lb         | 11lb 4oz     | 13lb 8oz     | 15lb 12oz    | 18 lb        |
| 10 oz       | 1lb 4oz     | 1lb 14oz    | 2lb 8oz           | 5 lb         | 7lb 8oz      | 10 lb        | 12lb 8oz     | 15 lb        | 17lb 8oz     | 20 lb        |
| 11 oz       | 1lb 6oz     | 2lb 1oz     | 2lb 12oz          | 5lb 8oz      | 8lb 4oz      | 11 lb        | 13lb 12oz    | 16lb 8oz     | 19lb 4oz     | 22 lb        |
| 12 oz       | 1lb 8oz     | 2lb 4oz     | 3 lb              | 6 lb         | 9 lb         | 12 lb        | 15 lb        | 18 lb        | 21 lb        | 24 lb        |
| 13 oz       | 1lb 10oz    | 2lb 7oz     | 3lb 4oz           | 6lb 8oz      | 9lb 12oz     | 13 lb        | 16lb 4oz     | 19lb 8oz     | 22lb 12oz    | 26 lb        |
| 14 oz       | 1lb 12oz    | 2lb 10oz    | 3lb 8oz           | 7 lb         | 10lb 8oz     | 14 lb        | 17lb 8oz     | 21 lb        | 24lb 8oz     | 28 lb        |
| 15 oz       | 1lb 14oz    | 2lb 13oz    | 3lb 12oz          | 7lb 8oz      | 11lb 4oz     | 15 lb        | 18lb 12oz    | 22lb 8oz     | 26lb 4oz     | 30 lb        |
| 1 lb        | 2 lb        | 3 lb        | 4 lb              | 8 lb         | 12 lb        | 16 lb        | 20 lb        | 24 lb        | 28 lb        | 32 lb        |
| 1lb 1oz     | 2lb 2oz     | 3lb 3oz     | 4lb 4oz           | 8lb 8oz      | 12lb 12oz    | 17 lb        | 21lb 4oz     | 25lb 8oz     | 29lb 12oz    | 34 lb        |
| 1lb 2 oz    | 2lb 4oz     | 3lb 6oz     | 4lb 8oz           | 9 lb         | 13lb 8oz     | 18 lb        | 22lb 8oz     | 27 lb        | 31lb 8oz     | 36 lb        |
| 1lb 3oz     | 2lb 6oz     | 3lb 9oz     | 4lb 12oz          | 9lb 8oz      | 14lb 4oz     | 19 lb        | 23lb 12oz    | 28lb 8oz     | 33lb 4oz     | 38 lb        |
| 1lb 4oz     | 2lb 8oz     | 3lb 12oz    | 5 lb              | 10 lb        | 15 lb        | 20 lb        | 25 lb        | 30 lb        | 35 lb        | 40 lb        |
| 1lb 5oz     | 2lb 10oz    | 3lb 15oz    | 5lb 4oz           | 10lb 8oz     | 15lb 12oz    | 21 lb        | 26lb 4oz     | 31lb 8oz     | 36lb 12oz    | 42 lb        |
| 1lb 6oz     | 2lb 12oz    | 4lb 2oz     | 5lb 8oz           | 11 lb        | 16lb 8oz     | 22 lb        | 27lb 8oz     | 33 lb        | 38lb 8oz     | 44 lb        |
| 1lb 7oz     | 2lb 14oz    | 4lb 5oz     | 5lb 12oz          | 11lb 8oz     | 17lb 4oz     | 23 lb        | 28lb 12oz    | 34lb 8oz     | 40lb 4oz     | 46 lb        |
| 1lb 8oz     | 3 lb        | 4lb 8oz     | 6 lb              | 12 lb        | 18 lb        | 24 lb        | 30 lb        | 36 lb        | 42 lb        | 48 lb        |
| 1lb 12oz    | 3lb 8oz     | 5lb 4oz     | 7 lb              | 14 lb        | 21 lb        | 28 lb        | 35 lb        | 42 lb        | 49 lb        | 56 lb        |
| 2 lb        | 4 lb        | 6 lb        | 8 lb              | 16 lb        | 24 lb        | 32 lb        | 40 lb        | 48 lb        | 56 lb        | 64 lb        |
| 2lb 4oz     | 4lb 8oz     | 6lb 12oz    | 9 lb              | 18 lb        | 27 lb        | 36 lb        | 45 lb        | 54 lb        | 63 lb        | 72 lb        |
| 2lb 8oz     | 5 lb        | 7lb 8oz     | 10 lb             | 20 lb        | 30 lb        | 40 lb        | 50 lb        | 60 lb        | 70 lb        | 80 lb        |
| 3 lb        | 6 lb        | 9 lb        | 12 lb             | 24 lb        | 36 lb        | 48 lb        | 60 lb        | 72 lb        | 84 lb        | 96 lb        |
| 3lb 12oz    | 7lb 8oz     | 11lb 4oz    | 15 lb             | 30 lb        | 45 lb        | 60 lb        | 75 lb        | 90 lb        | 105 lb       | 120 lb       |
| 5 lb        | 10 lb       | 15 lb       | 20 lb             | 40 lb        | 60 lb        | 80 lb        | 100 lb       | 120 lb       | 140 lb       | 160 lb       |

## Recipe Adjustment – Method 2 (Conversion Charts) continued

### Volume Measures Chart

| 25 servings                                  | 50 servings                                        | 75 servings                                            | Base<br>100 servings                                                     | 200 servings                                               | 300 servings                                               | 400 servings                                     |
|----------------------------------------------|----------------------------------------------------|--------------------------------------------------------|--------------------------------------------------------------------------|------------------------------------------------------------|------------------------------------------------------------|--------------------------------------------------|
| 1/4 tsp<br>(1/4 tsp)<br>3/8 tsp<br>(1/2 tsp) | 1/2 tsp<br>5/8 tsp<br>3/4 tsp<br>7/8 tsp           | 3/4 tsp<br>(1 tsp)<br>1 1/8 tsp<br>(1 1/4 tsp)         | <b>1 tsp</b><br><b>1 1/4 tsp</b><br><b>1 1/2 tsp</b><br><b>1 3/4 tsp</b> | 2 tsp<br>2 1/2 tsp<br>1 Tbsp<br>1 Tbsp 1/2 tsp             | 1 Tbsp<br>1 Tbsp 3/4 tsp<br>1 1/2 Tbsp<br>1 Tbsp 2 1/4 tsp | 1 1/3 Tbsp<br>1 2/3 Tbsp<br>2 Tbsp<br>2 1/3 Tbsp |
| 1/2 tsp<br>(1/2 tsp)<br>5/8 tsp<br>(3/4 tsp) | 1 tsp<br>1 1/8 tsp<br>1 1/4 tsp<br>1 3/8 tsp       | 1 1/2 tsp<br>(1 3/4 tsp)<br>1 7/8 tsp<br>(2 tsp)       | <b>2 tsp</b><br><b>2 1/4 tsp</b><br><b>2 1/2 tsp</b><br><b>2 3/4 tsp</b> | 1 1/3 Tbsp<br>1 1/2 Tbsp<br>1 2/3 Tbsp<br>1 Tbsp 2 1/2 tsp | 2 Tbsp<br>2 1/3 Tbsp<br>2 1/2 Tbsp<br>2 2/3 Tbsp           | 2 2/3 Tbsp<br>3 Tbsp<br>3 1/3 Tbsp<br>3 2/3 Tbsp |
| 3/4 tsp<br>1 1/2 tsp<br>2 1/4 tsp<br>1 Tbsp  | 1 1/2 tsp<br>1 Tbsp<br>1 1/2 Tbsp<br>2 Tbsp        | 2 1/4 tsp<br>1 1/2 Tbsp<br>2 Tbsp 3/4 tsp<br>3 Tbsp    | <b>1 Tbsp</b><br><b>2 Tbsp</b><br><b>3 Tbsp</b><br><b>1/4 cup</b>        | 2 Tbsp<br>1/4 cup<br>1/4 cup 2 Tbsp<br>1/2 cup             | 3 Tbsp<br>1/4 cup 2 Tbsp<br>1/2 cup 1 Tbsp<br>3/4 cup      | 1/4 cup<br>1/2 cup<br>3/4 cup<br>1 cup           |
| 1 1/3 Tbsp<br>2 Tbsp<br>2 2/3 Tbsp<br>3 Tbsp | 2 2/3 Tbsp<br>1/4 cup<br>1/3 cup<br>1/4 cup 2 Tbsp | 1/4 cup<br>1/4 cup 2 Tbsp<br>1/2 cup<br>1/2 cup 1 Tbsp | <b>1/3 cup</b><br><b>1/2 cup</b><br><b>2/3 cup</b><br><b>3/4 cup</b>     | 2/3 cup<br>1 cup<br>1 1/3 cups<br>1 1/2 cups               | 1 cup<br>1 1/2 cups<br>2 cups<br>2 1/4 cups                | 1 1/3 cups<br>2 cups<br>2 2/3 cups<br>3 cups     |
| 1/4 cup<br>1/2 cup<br>3/4 cup<br>1 cup       | 1/2 cup<br>1 cup<br>1 1/2 cups<br>2 cups           | 3/4 cup<br>1 1/2 cups<br>2 1/4 cups<br>3 cups          | <b>1 cup</b><br><b>2 cups</b><br><b>3 cups</b><br><b>1 qt</b>            | 2 cups<br>1 qt<br>1 1/2 qt<br>2 qt                         | 3 cups<br>1 1/2 qt<br>2 1/4 qt<br>3 qt                     | 1 qt<br>2 qt<br>3 qt<br>1 gal                    |
| 2 cups<br>3 cups<br>1 qt<br>2 qt             | 1 qt<br>1 1/2 qt<br>2 qt<br>1 gal                  | 1 1/2 qt<br>2 1/4 qt<br>3 qt<br>1 1/2 gal              | <b>2 qt</b><br><b>3 qt</b><br><b>1 gal</b><br><b>2 gal</b>               | 1 gal<br>1 1/2 gal<br>2 gal<br>4 gal                       | 1 1/2 gal<br>2 1/4 gal<br>3 gal<br>6 gal                   | 2 gal<br>3 gal<br>4 gal<br>8 gal                 |
| 3 qt<br>1 gal<br>1 1/4 gal<br>1 1/2 gal      | 1 1/2 gal<br>2 gal<br>2 1/2 gal<br>3 gal           | 2 1/4 gal<br>3 gal<br>3 3/4 gal<br>4 1/2 gal           | <b>3 gal</b><br><b>4 gal</b><br><b>5 gal</b><br><b>6 gal</b>             | 6 gal<br>8 gal<br>10 gal<br>12 gal                         | 9 gal<br>12 gal<br>15 gal<br>18 gal                        | 12 gal<br>16 gal<br>20 gal<br>24 gal             |

**NOTE:** Amounts in parentheses are approximate.