# Start with Half a Cup

## Fresh Fruit Portioning Guide For Schools

**This reference was developed to assist schools in the proper portioning of fresh fruits in School Nutrition Programs.**

*All quanities are based on the USDA Food Buying Guide for School Meal Programs (updated Oct 2012 and Jan 2013)*

**How to use this resource:**

**1.) Locate the fruit you plan to serve in the correct area.**
**2.) Identify the correct variety of the product. For example, apple wedges vs. a whole apple**
**3.) If weight is used to measure 1/2 cup, weigh out several portions to determine, visually, what the proper portion looks like in the serving container being used.**
**4.) Once a strong visual representation of the correct portion has been determined, continue with portioning of produce for the meal service.**

EXAMPLE: Apple Wedges
After prepping the apples (coring, cleaning, cutting into wedges), weigh out eight to ten 2 oz. portions, which is the amount indicated to equal a 1/2 cup serving. Portion the remaining servings using the first ten as a visual guide.

Quantity of FRESH Fruit to Equal 1/2 cup Serving — FRUIT (fresh, raw)

| Item | Unit | Weight | Measure | *Notes* |
|---|---|---|---|---|
| Apples, 125-138 count | each | | 1/2 whole | *1 apple equals 1 cup* |
| Apples, 100 count | each | | 1/2 whole | |
| Apples, fresh slices | pound | 2 oz. | | *cored, wedged or cubed apple with peel* |
| Apricots, whole 1 3/8" diameter | each | | 2 whole | *Dried: 9 halves equal 1/4 c, which credits as 1/2 cup* |
| Bananas, 100/120/150 count | each | | 1 | *Dried: .8 oz (23 gms) equal 1/4 c, which credits as 1/2 cup* |
| Bananas, slices/chunks | pound | 3 oz. | | |
| Blackberries | pound | 2.7 oz. | | |
| Blueberries | pound | 2.7 oz. | | |
| Cantaloupe, 18 count* | 5" melon | | 1/5 of whole | *WEDGE* |
| Cantaloupe, 15 count* | 5 3/4" melon | | 1/8 of whole | *WEDGE* |
| Cantaloupe, 15/18 count* | pound | 2.75 oz. | | **cleaned and peeled* |
| Cherries, Sweet, whole | each | | 14 whole | |
| Clementines | each | | 1 whole | |
| Grapefruit, 27-32 count | each | | 1/2 whole | |
| Grapefruit, sections* | pound | 3.6 oz. | | **peeled with membrane* |
| Grapes | each | | about 14 large | *with or without stem* |
| Grapes, without stems | pound | 3 oz. | | **cleaned and peeled* |
| Honeydew Melon* | pound | 3.3 oz. | | |
| Kiwifruit, 33-39 count | each | | 2 kiwi | |
| Kiwifruit | pound | 3 oz. | | *chunks or wedges, unpeeled* |
| Mangoes | pound | 3 oz. | | *ready to eat, cubed or sliced* |
| Nectarines, size 56-64 | each | | 1 whole | *2 3/4 inch diameter, equals about 3/4 cup* |
| Nectarines, size 88-96 | each | | 2 whole | *2 1/4 inch diameter, equals about 1/2 cup* |
| Oranges, 113/125/138 count | each | | 1 whole | |
| Papaya* | pound | 2.5 oz. | | **peeled, ready to serve* |
| Peaches, size 52/60/64/80 | each | | 1 whole | ***sizes 84 &88 do not provide a 1/2 cup of fruit* |
| Pears, 120/150 count | each | | 1 whole | |
| Pears, 100 count | each | | 1/2 whole | |
| Pineapple | pound | 2.7 oz. | | *ready-to-serve* |
| Plums, Italian | pound | 3.2 oz. | | *about 2-3 whole plums* |
| Plums, size 45/50 | each | | 1 whole | *2" diameter* |
| Starfruit (Carambola) | pound | 2.3 oz. | | *sliced or chopped* |
| Strawberries | pound | 2.7 oz. | | *ready-to-serve* |
| Tangerines, 120 count | each | | 2 whole | *1 whole tangerine = 3/8 cup fruit* |
| Watermelon | pound | 3.25 oz. | | *cubed, without rind* |

Food Buying Guide: http://www.fns.usda.gov/tn/food-buying-guide-school-meal-program