

# Start with Half a Cup

## Fresh Vegetable Portioning Guide For Schools

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

All quantities 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 vegetable you plan to serve in the correct area.
- 2.) Identify the correct variety of the product. For example, cucumber sticks vs. diced.
- 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: Red Bell Pepper Strips:

After prepping the peppers (coring, cleaning, cutting into strips), weigh out eight to ten 1.75 oz. portions, which is the amount indicated to equal a 1/2 cup serving.

### Quantity of FRESH Vegetables to Equal 1/2 cup Serving

### VEGETABLES (fresh, raw)

Item	Subgroup	Unit	Weight	Measure	Notes
Asparagus,	Other	pound	3.5 oz.		
Avocado, diced	Other	pound	2.6 oz.		ready-to-serve, peeled
Avocado, mashed	Other	pound	4.2 oz.		ready-to-serve, peeled
Avocado, 48 count, slices	Other	pound	4 oz.	about 6 slices*	ready-to-serve, peeled. Slices 3/8" x 3.5".
Beans, Green Whole	Other	pound	1.5 oz.		trimmed, whole
Beans, Green Cut	Other	pound	2 oz.		trimmed, cut
Broccoli, spears	Dark Green	pound	2.7 oz.		Ready-to-use, with stalks
Broccoli, Florets	Dark Green	pound	1.1 oz.		florets trimmed, ready-to-use
Cabbage, Green chopped	Other	pound	1.6 oz.		
Cabbage, Green shredded	Other	pound	1.0 oz.		
Cabbage, Napa	Other	pound	1.5 oz.		
Carrots, sticks	Red/Orange	pound/sticks	2.2 oz.	about 3 sticks*	*sticks 4 in. x 1/2 in.
Carrots, shredded	Red/Orange	pound	1.6 oz.		ready-to-use
Carrots, sliced	Red/Orange	pound	2.5 oz.		ready-to-use
Carrots, baby	Red/Orange	pound	2.5 oz.		ready-to-use
Cauliflower, Florets	Other	pound	1.75 oz.		florets trimmed, ready-to-use
Celery	Other	pound/sticks	2.2 oz.	about 3 sticks*	*sticks 4 in. x 1/2 in.
Cucumber, diced, unpeeled	Other	pound	2.8 oz.		
Cucumber, sliced, unpeeled	Other	pound	2.5 oz.		
Cucumber, sticks, unpeeled	Other	pound/sticks	2.7 oz.	about 3 sticks*	*sticks 3" x 3/4"
Cucumber, sticks, peeled	Other	pound/sticks	2.7 oz.	about 3 sticks*	*sticks 3" x 3/4"
Jicama	Starchy	pound	2.4 oz.		peeled, ready-to-use
<b>Kale, trimmed without stem**</b>	Dark Green	pound	1.3 oz.	1 cup	
Kohlrabi, chunks or sticks	Other	pound	2.6 oz.		
<b>Lettuce, Romaine**</b>	Dark Green	pound	1.3 oz.	1 cup	
<b>Lettuce, Dark Green Leafy**</b>	Dark Green	pound	2 oz.	1 cup	
<b>Lettuce, Iceberg, chopped**</b>	Other	pound	2.3 oz.	1 cup	
<b>Lettuce, Iceberg, shredded**</b>	Other	pound	2.2 oz.	1 cup	
<b>Lettuce, Salad Mix**</b>	Other	pound	2.5 oz.	1 cup	Salad mix with iceberg, romaine, shredded carrot & red cabbage
Peppers, Bell strips#	Various	pound	1.75 oz.		ready-to-use
Peppers, Cherry	Red/Orange	pound/each	2 oz.	about 6 whole	whole with stem
Radishes	Other	pound/each	2.4 oz.	about 14 small	
<b>Spinach**</b>	Dark Green	pound	2.5 oz.	1 cup	ready-to-use, trimmed
Squash, Summer, sliced	Other	pound	2.3 oz.		yellow or zucchini
Squash, Summer, sticks	Other	pound/sticks	2.5 oz.	about 3 sticks*	*sticks 3 in. x 1/2 in.
Tomatoes, Round diced	Red/Orange	pound	3.7 oz.		diced
Tomatoes, Round, wedges	Red/Orange	pound	3 oz.		half-inch wedges
Tomatoes, Sm-Med, slices	Red/Orange	pound	3.3 oz.	about 10 slices*	*1/8" thick slices of 2.25" tomato
Tomatoes, Large, slices	Red/Orange	pound	3.2 oz.	about 8 slices*	*1/8" thick slices of 2.5-2.75" tomato
Turnip, sticks*	Other	pound	2.5 oz.	about 14 sticks*	*sticks 1/2" x 2", peeled
Turnip, diced or cubed	Other	pound	2.3 oz.		peeled