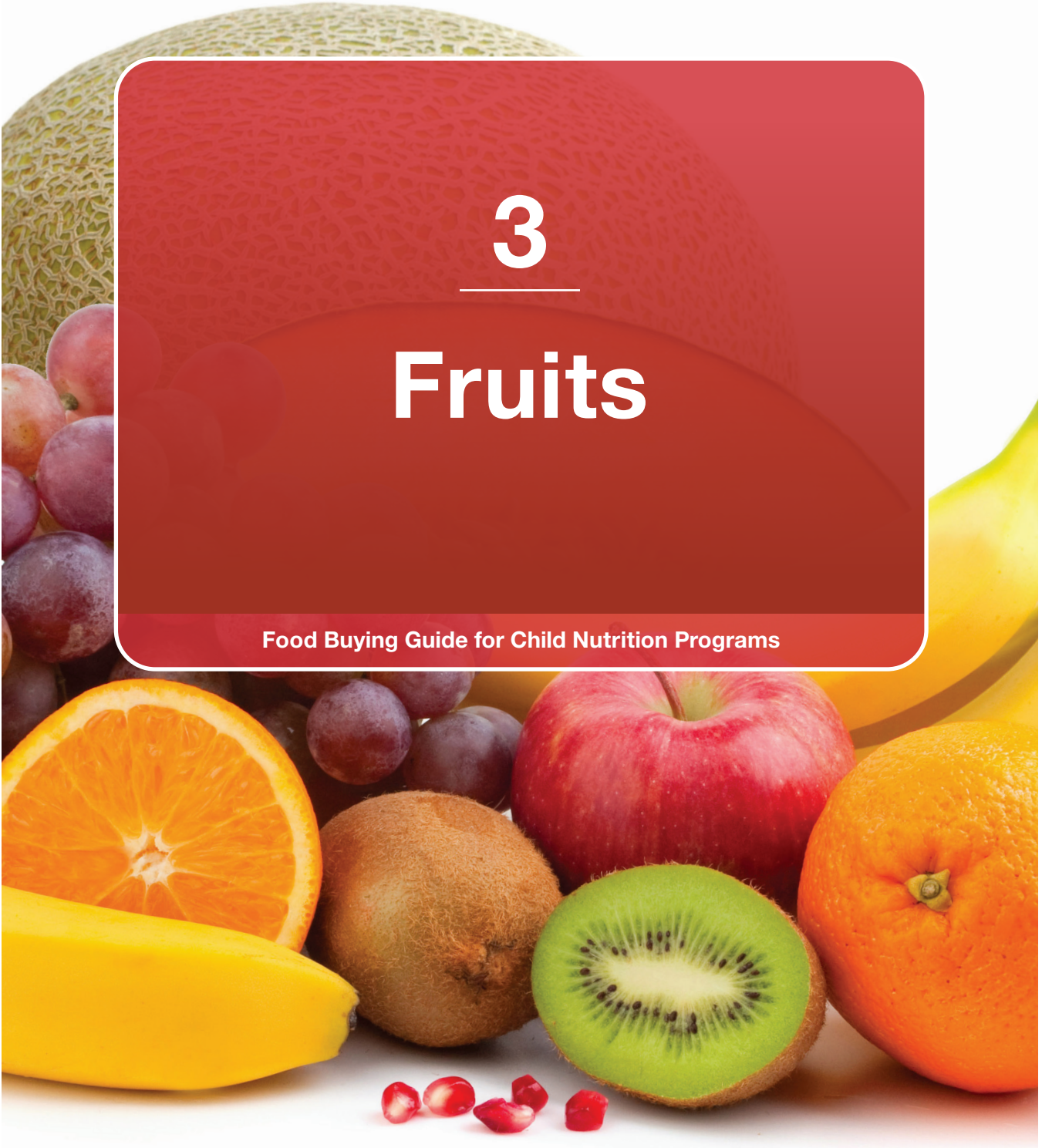


# 3

# Fruits

Food Buying Guide for Child Nutrition Programs



## 3 | Fruits

### Fruits Component for the Child Nutrition Programs

Regulations for the Child Nutrition Programs require that each reimbursable meal contain fruits. Fruits may be served as part of a reimbursable snack for the National School Lunch Program (NSLP) Afterschool Snack Service, Child and Adult Care Food Program (CACFP), and Summer Food Service Program (SFSP). The meal pattern requirements are described in the Charts located on pages I-7 and I-17.

#### Specific requirements:

Fruits that are fresh, frozen, dried, canned (packed in water, full-strength juice, or light syrup) and full-strength fruit juice may contribute toward the fruits requirement.



- Any liquid or frozen product labeled “juice,” “full-strength juice,” “single-strength juice,” “100% juice” or “reconstituted juice” is considered full-strength juice. To be used in meeting the fruits requirement, the product must be 100% full-strength juice.
- Juice products that are less than full-strength or that contain concentrates that are not fully reconstituted may not be served as part of a reimbursable meal or snack.
- Juice cannot be credited when used as an ingredient in another food or beverage product with the exception of smoothies.
- In School Meal Programs, no more than 1/2 of the total weekly fruits requirements may be met with full-strength fruit juice.
- In the CACFP, full-strength juice may be used to meet the fruits or vegetables component no more than once per day.
- Snack-type fruit products do not contribute toward meal pattern requirements. Please refer to the section titled “Products That Do Not Meet Requirements” on page 3-6 for more information.
  - The minimum creditable serving size for fruits is 1/8 cup. The importance of adequate and recognizable amounts of fruits must be considered in menu planning in order to ensure a well-balanced meal, to illustrate healthy choices from the MyPlate food guidance system and to meet the meal pattern requirements.
- In School Meal Programs and the CACFP, whole dried fruit and whole dried fruit pieces credit at twice the volume served.
  - For example, if you have 1/8 cup of dried cranberries, it credits as 1/4 cup fruit. Please note that 1/8 cup of any fruit (frozen, fresh, or dried) is the minimum creditable amount; 1/16 cup (1 Tbsp) of dried fruit does not credit as 1/8 cup.
- Full-strength juice may be used as one component of a snack when the other component is not fluid milk.
- For School Meal Programs and the CACFP, menu items that are mixtures of fruits and vegetables, for example, carrot-raisin salad, must be credited separately for the fruits and the vegetables components. For each component to credit, the serving must contain a minimum of 1/8 cup.

**To help meet nutritional standards and the Dietary Guidelines for Americans, the fruits requirements are based on the following recommendations:**

- Include a variety of fruits each week;
  - Fruits are sources of many essential nutrients such as potassium, dietary fiber, vitamin C, and folate. Serve a variety of fruit choices, as each fruit differs in nutrient content.
  - At least half of the recommended amount of fruits should come from whole fruits.
  - Fruit juice is lower than whole fruit in dietary fiber and when consumed in excess can contribute extra calories.
  - Serve fruits with more potassium often, such as bananas, prunes and prune juice, dried peaches and apricots, cantaloupe, honeydew melon and orange juice.
  - When serving canned fruits, purchase fruit canned in 100% fruit juice or water rather than syrup.
  - Keep saturated fat and added sugars low when preparing fruit dishes.



## 3 | Fruits

### Crediting of Fruits

Please refer to the appropriate program regulatory guidance for program-specific information related to the fruits requirement.

A serving of canned fruit (as described in Column 4) may include the juice or liquid syrup in which the fruit is packed. Serving information is also provided for drained fruit. A serving of cooked fruit includes the fruit and juice or liquid. A serving of thawed frozen fruit consists of fruit plus the juice or liquid that accumulated during thawing unless otherwise noted in Column 4.



### Crediting of Fruit Juice Concentrates How to Use Information on Concentrates

Fruit juice concentrates are allowed to be credited when fully reconstituted. The actual amount of fruit concentrate, before reconstituting, is used to determine the creditable amount.

See the following example:

Multiply the number of 32 fl oz cans of concentrate in the recipe by the number of creditable tablespoons of concentrate (1 Tbsp concentrate credits as 1/4 cup fruit juice when fully reconstituted) provided by one 32 fl oz can of concentrate.

**EXAMPLE:** Two 32 fl oz cans of frozen orange juice concentrate are reconstituted with water to make 100% orange juice. The yield data states that one 32 fl oz can of frozen orange juice concentrate provides 64 tablespoons of concentrate. Thus,  $2 \times 64 = 128$ . Therefore, 128 creditable 1/4 cup servings of fruit juice are provided by the reconstituted frozen orange juice concentrate.

Juice concentrates that are not fully reconstituted do not credit and may not be served as part of a reimbursable meal. Only 100% juice that is offered in a beverage form may credit toward the fruit requirement. In schools, up to half of the weekly fruits requirement may be served as 100% juice. In the CACFP, pasteurized full-strength juice may only be served at one meal, including snack, per day.

Please note that 1 Tbsp concentrate + 3 Tbsp water = 4 Tbsp full-strength reconstituted juice or 1/4 cup credit.



## Factors Affecting Yields

Yield figures for fruits are for on-site preparation. They do not allow for losses that may occur in prepared products (both pre-portioned and bulk) during freezing, storage, heating, and serving. Other factors may affect your yields: quality and condition of the food, storage conditions and handling, equipment used in preparation, cooking and holding times, serving utensils, and portion control.

Yields of fruits vary according to the form of the food when it is purchased (before preparations). For example:

- Dehydrated fruits yield more servings per pound than fresh, frozen, or canned because they gain weight and volume as they absorb water during soaking and cooking. Some dehydrated products, particularly fruits, continue to expand while cooling.
- The weight of canned fruits varies due to different densities of the food. A No. 10 can yields an average of 12 to 13-2/3 cups and 96 oz (6 lb) to 117 oz (7 lb 5 oz).



## Definitions

<b>Count</b>	The number of whole fruits contained or packed in a specific container. The higher the count the smaller the size of each fruit.
<b>Pared</b>	When the outer covering (skin or peel) of a fruit has been removed.
<b>Size</b>	The number of pieces of whole fruits in 10 pounds of product.
<b>Tempered</b>	Frozen fruit brought to room temperature; thawed but not heated.
<b>Unpared</b>	When the outer covering (skin or peel) of a fruit has not been removed.

## 3 | Fruits

### Products That Do Not Meet Requirements

The following products do not contribute to the fruits component and may not be credited toward meeting the fruits requirement in any meal served under the Child Nutrition Programs:

- Snack-type foods made from fruits, such as fried banana chips;
- Pickle relish, jam, or jelly; or
- Home canned fruit products (for food safety reasons).

### Information Included In This Section

Over 360 entries for fruits – fresh, canned, frozen, and dehydrated – are listed alphabetically. Data for canned and frozen juices are also included in this section. Fruits information includes:

- Yield information on common institutional packs, smaller packs, and 1-pound units of many fresh, canned, and frozen fruits.
- Data on unsweetened canned and frozen fruits or those packed in juice, light syrup, or water.
- Net weight of contents of the can (including liquid) under the can size in Column 2, except where noted.
- Minimum weight and volume of drained fruits in Column 6.
- Yields in terms of 1/4 cup servings, unless noted.
- Contribution to the meal patterns.
- Yield information on juice concentrates, if reconstituted to full-strength.
- Yield information for all fruits are based on volume not weight. This includes pureed, dried, or dehydrated fruits.



## Explanation of the Columns

The data on fruits in the following tables include yield information on common types and customary serving sizes of products that you can buy on the market as well as some USDA Foods products.

### **Column 1: Food As Purchased, AP**

The individual foods are arranged in alphabetical order.

### **Column 2: Purchase Unit**

The purchase unit is specified, for example, 1 can (generally No. 10, No. 2-1/2, or No. 300), 1 pound, or 1 package. You can use data for one purchase unit to determine how much product you need for a specific number of servings.

### **Column 3: Servings per Purchase Unit, EP (Edible Portion)**

This column shows the number of servings of a given size (found in Column 4) from each purchase unit (found in Column 2). Numbers in this column have sometimes been rounded down in order to help ensure enough food for the number of servings.

### **Column 4: Serving Size per Meal Contribution**

The size of a serving is given as a measure and/or weight or number of pieces. In most cases the serving size and contribution to the meal pattern are the same. When they differ, the contribution is stated along with the serving size.

### **Column 5: Purchase Units for 100 Servings**

This column shows the number of purchase units (found in Column 2) you need for 100 servings. Numbers in this column are generally rounded up in order to help ensure enough food is purchased for the number of servings.

### **Column 6: Additional Information**

This column gives other information to help you calculate the amount of food you need to prepare meals. Column 6 information is not available for every food item.