

# 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 quantities are based on the USDA Food Buying Guide for School Meal Programs (updated March, 2016)



### 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 = 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	
Bananas, 100/120/150 count	each		1 whole	
Bananas, slices/chunks, peeled	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, peeled, diced	pound	3 oz.		
Cherries, Sweet, whole	each		14 whole	
Clementines	each		1 1/2 whole	1 whole clementine = 3/8 cup
Grapefruit, 27-32 count	each		1/2 whole	
Grapefruit, sections	pound	4 oz.		
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		1 1/2 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 = about 3/4 cup
Nectarines, size 88-96	each		1 whole	2 1/4 inch diameter = about 1/2 cup
Oranges, 113/125/138 count	each		1 whole	
Papaya	pound	2.5 oz.		peeled, ready to serve
Peaches, size 56/60/64/80	each		1 whole	sizes 84 & 88 do not provide a 1/2 cup of fruit
Peaches, size 84/88	each		1 1/2 whole	
Pears, 120/150 count	each		1 whole	
Pears, 100 count	each		1/2 whole	
Pineapple	pound	2.7 oz.		peeled, cored, 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		1 whole	
Tangerines, 150 count	each		1 1/2 whole	1 whole tangerine = 3/8 cup fruit
Watermelon	pound	3.25 oz.		cubed, without rind