



## II. Fruit Component

Please fill out the chart below to determine the creditable amount of fruits

Description of Creditable Ingredient per Food Buying Guide (FBG)	Ounces per Raw Portion of Creditable Ingredient	Multiply	FBG Yield/Servings Per Unit	Creditable Amount <sup>1</sup> (quarter cups)
<b>Total Creditable Vegetable Amount:</b>				<b>0</b>
<ul style="list-style-type: none"> <li>• 1FBG calculations for fruits are in quarter cups. See chart below for quarter cup to cup conversions.</li> <li>• Fruits and fruit purees credit on volume served.</li> <li>• At least 1/8 cup of recognizable fruit is required to contribute towards the fruit component.</li> <li>• Please note that dried fruits credit as double the volume served in school meals (For example, 1/2 cup raisins credits as 1 cup fruit).</li> </ul>				

I certify the above information is true and correct and that \_\_\_ serving of the above product contains \_\_\_ cup(s) of fruit.

### Quarter Cup to Cup Conversions\*

0.5 Quarter Cups = 1/8 Cup vegetable/fruit or 0.5 ounces of equivalent meat alternate

1.0 Quarter Cups = 1/4 Cup vegetable/fruit or 1.0 ounce of equivalent meat alternate

1.5 Quarter Cups = 3/8 Cup vegetable/fruit or 1.5 ounces of equivalent meat alternate

2.0 Quarter Cups = 1/2 Cup vegetable/fruit or 2.0 ounces of equivalent meat alternate

2.5 Quarter Cups = 5/8 Cup vegetable/fruit or 2.5 ounces of equivalent meat alternate

3.0 Quarter Cups = 3/4 Cup vegetable/fruit or 3.0 ounces of equivalent meat alternate

3.5 Quarter Cups = 7/8 Cup vegetable/fruit or 3.5 ounces of equivalent meat alternate

4.0 Quarter Cups = 1 Cup vegetable/fruit or 4.0 ounces of equivalent meat alternate

\*The result of 0.9999 equals 1/8 cup but a result of 1.0 equals 1/4 cup

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**Date**

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