

Food Buying Guide for Child Nutrition Programs

**VEGETABLES**

**DARK GREEN SUBGROUP**

<b>Section 2 - Vegetables – Dark Green Subgroup</b>					
<b>1. Food As Purchased, AP</b>	<b>2. Purchase Unit</b>	<b>3. Servings Per Purchase Unit, EP</b>	<b>4. Serving Size per Meal Contribution</b>	<b>5. Purchase Units for 100 Servings</b>	<b>6. Additional Information</b>
<b>BEET GREENS</b>					
<b>Beet Greens, fresh</b> <i>Untrimmed</i>	Pound	3.50	1/4 cup cooked vegetable	28.6	1 lb AP = 0.48 lb ready-to-cook beet greens
<b>BOK CHOY</b>					
<b>Bok Choy, Fresh</b> <i>Whole</i>	Pound	14.40	1/4 cup raw, shredded vegetable (credits as 1/8 cup in NSLP/SBP)	7.0	1 lb AP = 0.77 lb (about 3-1/2 cups) ready-to-serve bok choy
<b>BROCCOLI</b>					
<b>Broccoli, fresh</b> <i>Untrimmed</i>	Pound	9.80	1/4 cup raw vegetable spears	10.3	1 lb AP = 0.81 lb ready-to-cook broccoli
	Pound	9.40	1/4 cup cooked, drained vegetable spears	10.7	1 medium spear = about 1/4 cup broccoli
	Pound	10.20	1/4 cup cut, cooked, drained vegetable	9.9	
<b>Broccoli, fresh</b> <i>Florets Trimmed Ready-to-use</i>	Pound	28.80	1/4 cup cut raw vegetable	3.5	1 lb AP = 1 lb (about 7-1/8 cups) ready-to-cook broccoli
<b>Broccoli, fresh</b> <i>Spears Trimmed Ready-to-use</i>	Pound	17.10	1/4 cup raw vegetable spears	5.9	1 lb AP = 1.0 lb (about 4-1/4 cups) ready-to-cook broccoli
	Pound	13.00	1/4 cup cooked, drained vegetable spears	7.7	1 lb AP = 1.00 lb (about 3-1/4 cups) cooked broccoli
<b>Broccoli, fresh</b> <i>Slaw Ready-to-use</i>	Pound	21.10	1/4 cup raw vegetable	4.8	1 lb AP = 1 lb (about 5-1/4 cups) ready-to-serve or -cook broccoli slaw

The contents of this guidance document do not have the force and effect of law and are not meant to bind the public in any way. This document is intended only to provide clarity to the public regarding existing requirements under the law or agency policies.

## Section 2 - Vegetables – Dark Green Subgroup

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<b>BROCCOLI (continued)</b>					
<b>Broccoli, frozen</b> <i>Spears</i>	Pound	10.90	1/4 cup cooked, drained vegetable	9.2	1 lb AP = 0.90 lb (about 2-5/8 cups) cooked broccoli
<b>Broccoli, frozen</b> <i>Cut or chopped</i>	Pound	9.60	1/4 cup cooked, drained vegetable	10.5	
<b>CHARD, SWISS (see SWISS CHARD)</b>					
<b>CHICORY</b>					
<b>Chicory, fresh</b>	Pound	47.40	1/4 cup raw vegetable pieces (credits as 1/8 cup in NSLP/SBP)	2.2	1 lb AP = 0.89 lb ready- to-serve raw chicory
	Pound	31.60	1/4 cup raw vegetable pieces with dressing (credits as 1/8 cup in NSLP/SBP)	3.2	
<b>COLLARD GREENS</b>					
<b>Collard Greens, fresh</b> <i>Untrimmed</i>	Pound	6.20	1/4 cup cooked, drained vegetable leaves	16.2	1 lb AP = 0.57 lb ready- to-cook collards leaves
	Pound	10.50	1/4 cup cooked, drained vegetable leaves and stems	9.6	1 lb AP = 0.74 lb ready- to-cook collards leaves
<b>Collard Greens, canned</b>	No. 10 can (101 oz)	27.20	1/4 cup heated, drained vegetable	3.7	1 No. 10 can = about 54.0 oz (6-3/4 cups) heated, drained collards
	No. 10 can (101 oz)	35.90	1/4 cup drained vegetable	2.8	1 No. 10 can = about 66.4 oz (9 cups) drained, unheated collards
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<b>COLLARD GREENS (continued)</b>					
<b>Collard Greens, canned</b>	No. 2-1/2 can (27 oz)	6.80	1/4 cup heated, drained vegetable	14.7	1 No. 2-1/2 can = about 17.6 oz (3 cups) drained collards
	No. 300 can (14-1/2 oz)	3.67	1/4 cup heated, drained vegetable	27.3	
<b>Collard Greens, frozen</b> <i>Chopped or Whole leaf</i>	Pound	9.20	1/4 cup cooked, drained vegetable	10.9	
<b>ENDIVE, ESCAROLE</b>					
<b>Endive or Escarole, fresh</b> <i>Whole</i>	Pound	19.90	1/4 cup raw vegetable pieces (credits as 1/8 cup in NSLP/SBP)	5.1	1 lb AP = 0.78 lb ready- to-serve raw endive (escarole)
<b>GRAPE LEAVES</b>					
<b>Grape Leaves, fresh</b> <i>Whole with stem</i>	Pound	27.40	1/4 cup cooked, drained vegetable (about 3 leaves)	3.7	1 lb AP = 0.80 lb (about 6-3/4 cups) cooked, steamed grape leaves without stem
<b>Grape Leaves, canned</b> <i>Pickled</i>	14 oz jar	17.00	1/4 cup drained vegetable (about 3 leaves)	5.9	14 oz jar = about 8 oz (4-1/4 cups) drained leaves
<b>KALE</b>					
<b>Kale, fresh</b> <i>Trimmed With stem Ready-to-use</i>	Pound	35.70	1/4 cup raw, chopped vegetable (no stem) (credits as 1/8 cup in NSLP/SBP)	2.9	1 lb AP = 0.73 lb ready- to-cook, stemmed kale leaves
	Pound	10.00	1/4 cup cooked, drained vegetable (no stem)	10.0	1 lb AP = 0.77 lb (about 2-1/2 cups) stemmed, chopped, cooked kale

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<b>Kale (continued)</b>					
<b>Kale, fresh</b> <i>Trimmed</i> <i>Without stem</i>	Pound	48.80	1/4 cup raw, chopped vegetable (credits as 1/8 cup in NSLP/ SBP)	2.1	1 lb AP = 1 lb ready-to- cook
<b>Kale, fresh</b> <i>Trimmed</i> Without stem	Pound	13.70	1/4 cup cooked, drained vegetable	7.3	1 lb AP = 1.15 lb (about 3-3/8 cups) cooked, drained kale
<b>Kale, fresh</b> <i>Untrimmed</i>	Pound	11.80	1/4 cup cooked, drained vegetable	8.5	1 lb AP = 0.67 lb ready- to-cook
<b>Kale, canned</b>	No. 10 can (98 oz)	26.70	1/4 cup heated, drained vegetable	3.8	1 No. 10 can = about 49.6 oz (6-2/3 cups) heated, drained kale
	No. 10 can (98 oz)	40.20	1/4 cup drained vegetable	2.5	1 No. 10 can = about 58.0 oz (10 cups) drained kale
	No 2-1/2 can (27 oz)	7.35	1/4 cup heated, drained vegetable	13.7	1 No. 2-1/2 can = about 1-3/4 cups heated, drained kale
	No 2-1/2 can (27 oz)	11.00	1/4 cup drained vegetable	9.1	1 No. 2-1/2 can = about 15.9 oz (2-3/4 cups) drained, unheated kale
	Pound	4.35	1/4 cup heated, drained vegetable	23.0	
	Pound	6.56	1/4 cup drained vegetable	15.3	
<b>Kale, frozen</b> <i>Chopped</i>	Pound	12.10	1/4 cup cooked, drained vegetable	8.3	
<b>Kale, frozen</b> <i>Whole leaf</i>	Pound	9.50	1/4 cup cooked, drained vegetable	10.6	

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<b>LETTUCE</b>					
<b>Lettuce, fresh</b> <i>Dark Green Leafy (loose lettuce) Untrimmed</i>	Pound	21.70	1/4 cup raw vegetable pieces (credits as 1/8 cup in NSLP/SBP)	4.7	1 lb = 0.66 lb ready-to-serve raw lettuce
	Pound	14.50	1/4 cup raw vegetable pieces with dressing (credits as 1/8 cup in NSLP/SBP)	6.9	
<b>Lettuce, fresh</b> <i>Romaine Untrimmed</i>	Pound	31.30	1/4 cup raw vegetable pieces (credits as 1/8 cup in NSLP/SBP)	3.2	1 lb AP = 0.64 lb ready-to-serve raw lettuce
	Pound	20.90	1/4 cup raw vegetable pieces with dressing (credits as 1/8 cup in NSLP/SBP)	4.8	
<b>MUSTARD GREENS OR MUSTARD CABBAGE GREENS</b>					
<b>Mustard greens, fresh</b> <i>Trimmed Without Stems</i>	Pound	49.20	1/4 cup raw vegetable pieces (credits as 1/8 cup in NSLP/SBP)	2.1	1 lb AP = 0.99 lb (about 12-1/8 cups) ready-to-serve or -cook greens
	Pound	14.10	1/4 cup cooked, drained vegetable	7.1	
<b>Mustard greens, fresh</b> <i>Untrimmed</i>	Pound	13.20	1/4 cup cooked, drained vegetable	7.6	1 lb AP = 0.93 lb ready-to-cook greens
<b>Mustard Greens, canned</b>	No. 10 can (101 oz)	31.00	1/4 cup drained vegetable	3.3	1 No. 10 can = about 61.0 oz (7-3/4 cups) drained greens
	No. 10 can (101 oz)	20.30	1/4 cup heated, drained vegetable	5.0	1 No. 10 can = about 40.1oz (5 cups) drained greens
	No. 2-1/2 can (27 oz)	11.80	1/4 cup drained vegetable	8.5	1 No. 2-1/2 can = about 15.9 oz (2-3/4 cups) drained greens

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<b>MUSTARD GREENS or MUSTARD CABBAGE GREENS (continued)</b>					
<b>Mustard Greens, canned</b>	No. 300 can (14-1/2 oz)	3.81	1/4 cup drained vegetable	26.3	
	No. 300 can (14-1/2 oz)	2.74	1/4 cup heated, drained vegetable	36.5	
<b>Mustard Greens, frozen</b> <i>Chopped</i>	Pound	11.60	1/4 cup cooked, drained vegetable	8.7	
<b>Mustard Greens, frozen</b> <i>Leaf</i>	Pound	12.30	1/4 cup cooked, drained vegetable	8.2	
<b>PARSLEY</b>					
<b>PARSLEY, fresh</b> <i>Curly</i>	Pound	83.40	1/4 cup chopped, raw vegetable (credits as 1/8 cup in NSLP/ SBP)	1.2	1 lb AP = 0.92 lb ready-to-serve raw parsley
<b>SPINACH</b>					
<b>Spinach, fresh</b> <i>Partly trimmed</i>	Pound	30.70	1/4 cup raw, chopped vegetable (credits as 1/8 cup in NSLP/ SBP)	3.3	1 lb AP = 0.88 lb ready-to-cook or -serve raw spinach
	Pound	20.40	1/4 cup vegetable with dressing (credits as 1/8 cup in NSLP/ SBP)	5.0	
	Pound	7.60	1/4 cup cooked, drained vegetable	13.2	
<b>Spinach, fresh</b> <i>Leaves (4-inch by 9-inch)</i> <i>Ready-to-use</i>	Pound	25.60	1/4 cup raw, chopped vegetable (credits as 1/8 cup in NSLP/ SBP)	4.0	1 lb AP = 1 lb (about 6-3/8 cups) ready-to-cook or -serve raw spinach
	Pound	12.60	1/4 cup wilted vegetable	8.0	1 lb AP = 1.03 lb (about 3-1/8 cups) wilted (lightly steamed for one minute) spinach

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<b>SPINACH (continued)</b>					
<b>Spinach, canned</b>	No. 10 can (98 oz)	25.20	1/4 cup heated, drained vegetable	4.0	1 No. 10 can = about 55.0 oz drained spinach
	No. 2-1/2 can (27 oz)	6.90	1/4 cup heated, drained vegetable	14.5	1 No. 2-1/2 can = about 17.6 oz (2-1/4 cups) drained spinach
	No. 300 can (13-1/2 oz)	3.91	1/4 cup heated, drained vegetable	25.6	1 No. 300 can = about 1 cup) drained, unheated spinach
	Pound	4.11	1/4 cup heated, drained vegetable	24.4	
<b>Spinach, frozen</b> <i>Chopped</i>	Pound	5.60	1/4 cup cooked, drained vegetable	17.9	
<b>Spinach, frozen</b> <i>Leaf, Whole</i>	Pound	6.50	1/4 cup cooked, drained vegetable	15.4	
<b>SWISS CHARD</b>					
<b>Swiss Chard, fresh</b> <i>Trimmed</i>	Pound	21.10	1/4 cup raw, chopped vegetable (credits as 1/8 cup in NSLP/ SBP)	4.8	1 lb AP = 0.96 lb (about 5-1/4 cups) ready-to- serve raw, chopped Swiss chard
<b>Swiss Chard, fresh</b> <i>Untrimmed</i>	Pound	6.30	1/4 cup cooked, drained vegetable	15.9	1 lb AP = 0.92 lb ready- to-cook trimmed Swiss chard
<b>TURNIP GREENS</b>					
<b>Turnip Greens, fresh</b> <i>Untrimmed</i>	Pound	6.50	1/4 cup cooked, drained vegetable	15.4	1 lb AP = 0.70 lb ready- to-cook turnip greens

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<b>TURNIP GREENS (continued)</b>					
<b>Turnip Greens, canned</b>	No. 10 can (98 oz)	27.60	1/4 cup heated, drained vegetable	3.7	1 No. 10 can = 58.0 oz drained turnip greens
	No. 2-1/2 can (27 oz)	7.60	1/4 cup heated, drained vegetable	13.2	
	No. 300 can (14-1/2 oz)	3.72	1/4 cup heated, drained vegetable	26.9	
	Pound	4.50	1/4 cup heated, drained vegetable	22.3	
<b>Turnip Greens, frozen</b> <i>Chopped or Whole Leaf</i>	Pound	9.60	1/4 cup cooked, drained vegetable	10.5	
<b>WATERCRESS</b>					
<b>Watercress, fresh</b>	Pound	50.50	1/4 cup raw vegetable sprigs or pieces (credits as 1/8 cup in NSLP/ SBP)	2.0	1 lb AP = 0.92 lb ready- to-serve raw watercress