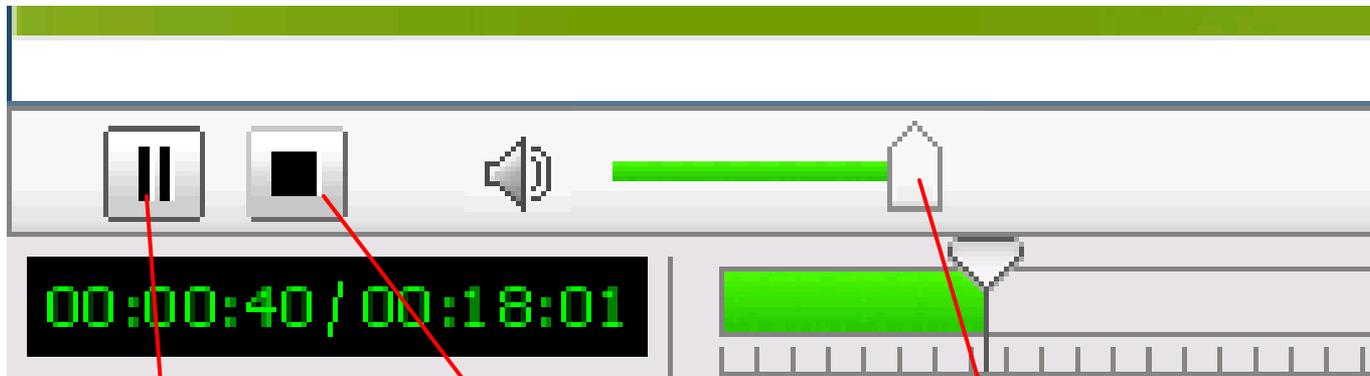


To get started, make sure your speakers are on and turned up.



Pause/Play

Stop

Volume: Hold the left mouse button and slide

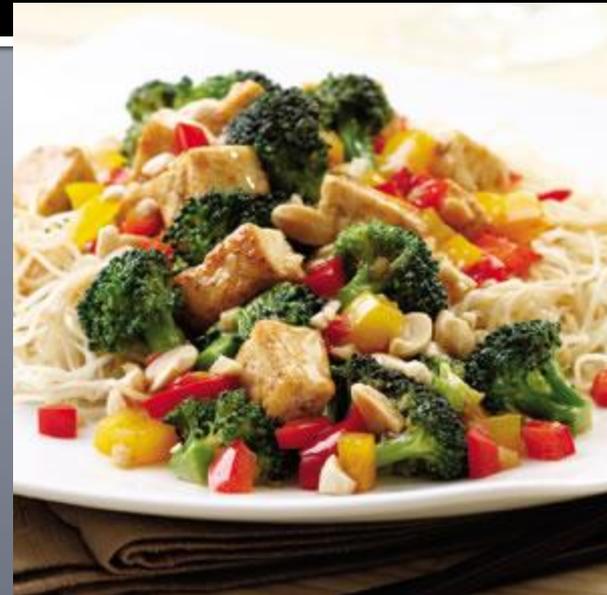
Indiana Department of Education  
Child Nutrition Programs  
2012

# Crediting Components

# Agenda

- Grain/Bread Chart
- Child Nutrition (CN) Labels
- Standardized Recipes
- Food Distribution Fact Sheets
- Food Buying Guide

# Grain/Bread Chart



**EXHIBIT A: SCHOOL LUNCH AND BREAKFAST**

**(Valid Starting July 1, 2012)**

**WHOLE GRAIN-RICH OUNCE EQUIVALENCY (OZ EQ) REQUIREMENTS FOR SCHOOL MEAL PROGRAMS<sup>1,2</sup>**

<b>GROUP A</b>	<b>OZ EQ FOR GROUP A</b>
<ul style="list-style-type: none"> <li>• Bread type coating</li> <li>• Bread sticks (hard)</li> <li>• Chow mein noodles</li> <li>• Savory Crackers (saltines and snack crackers)</li> <li>• Croutons</li> <li>• Pretzels (hard)</li> <li>• Stuffing (dry) Note: weights apply to bread in stuffing.</li> </ul>	1 oz eq = 22 gm or 0.8 oz 3/4 oz eq = 17 gm or 0.6 oz 1/2 oz eq = 11 gm or 0.4 oz 1/4 oz eq = 6 gm or 0.2 oz
<b>GROUP B</b>	<b>OZ EQ FOR GROUP B</b>
<ul style="list-style-type: none"> <li>• Bagels</li> <li>• Batter type coating</li> <li>• Biscuits</li> <li>• Breads (sliced whole wheat, French, Italian)</li> <li>• Buns (hamburger and hot dog)</li> <li>• Sweet Crackers<sup>4</sup> (graham crackers - all shapes, animal crackers)</li> <li>• Egg roll skins</li> <li>• English muffins</li> <li>• Pita bread (whole wheat or whole grain-rich)</li> <li>• Pizza crust</li> <li>• Pretzels (soft)</li> <li>• Rolls (whole wheat or whole grain-rich)</li> <li>• Tortillas (whole wheat or whole corn)</li> <li>• Tortilla chips (whole wheat or whole corn)</li> <li>• Taco shells (whole wheat or whole corn)</li> </ul>	1 oz eq = 28 gm or 1.0 oz 3/4 oz eq = 21 gm or 0.75 oz 1/2 oz eq = 14 gm or 0.5 oz 1/4 oz eq = 7 gm or 0.25 oz
<b>GROUP C</b>	<b>OZ EQ FOR GROUP C</b>
<ul style="list-style-type: none"> <li>• Cookies<sup>3</sup> (plain - includes vanilla wafers)</li> <li>• Cornbread</li> <li>• Corn muffins</li> <li>• Croissants</li> <li>• Pancakes</li> <li>• Pie crust (dessert pies<sup>3</sup>, cobbler<sup>3</sup>, fruit turnovers<sup>4</sup>, and meat/meat alternate pies)</li> <li>• Waffles</li> </ul>	1 oz eq = 34 gm or 1.2 oz 3/4 oz eq = 26 gm or 0.9 oz 1/2 oz eq = 17 gm or 0.6 oz 1/4 oz eq = 9 gm or 0.3 oz

<sup>1</sup> The following food quantities from Groups A-G, must contain at least 16 grams of whole-grain or can be made with 8 grams of whole-grain and 8 grams of enriched meal and/or enriched flour to be considered whole grain-rich.

<sup>2</sup> Some of the following grains may contain more sugar, salt, and/or fat than others. This should be a consideration when deciding how often to serve them.

<sup>3</sup> Allowed only as dessert at lunch as specified in §210.10.

<sup>4</sup> Allowed for desserts at lunch as specified in §210.10, and for breakfasts served under the SBP.

<b>GROUP D</b>	<b>OZ EQ FOR GROUP D</b>
<ul style="list-style-type: none"> <li>• Doughnuts<sup>4</sup> (cake and yeast raised, unfrosted)</li> <li>• Cereal bars, breakfast bars, granola bars<sup>4</sup> (plain)</li> <li>• Muffins (all, except corn)</li> <li>• Sweet roll<sup>4</sup> (unfrosted)</li> <li>• Toaster pastry<sup>4</sup> (unfrosted)</li> </ul>	1 oz eq = 55 gm or 2.0 oz 3/4 oz eq = 42 gm or 1.5 oz 1/2 oz eq = 28 gm or 1.0 oz 1/4 oz eq = 14 gm or 0.5 oz
<b>GROUP E</b>	<b>OZ EQ FOR GROUP E</b>
<ul style="list-style-type: none"> <li>• Cereal bars, breakfast bars, granola bars<sup>4</sup> (with nuts, dried fruit, and/or chocolate pieces)</li> <li>• Cookies<sup>3</sup> (with nuts, raisins, chocolate pieces and/or fruit purees)</li> <li>• Doughnuts<sup>4</sup> (cake and yeast raised, frosted or glazed)</li> <li>• French toast</li> <li>• Sweet rolls<sup>4</sup> (frosted)</li> <li>• Toaster pastry<sup>4</sup> (frosted)</li> </ul>	1 oz eq = 69 gm or 2.4 oz 3/4 oz eq = 52 gm or 1.8 oz 1/2 oz eq = 35 gm or 1.2 oz 1/4 oz eq = 18 gm or 0.6 oz
<b>GROUP F</b>	<b>OZ EQ FOR GROUP F</b>
<ul style="list-style-type: none"> <li>• Cake<sup>3</sup> (plain, unfrosted)</li> <li>• Coffee cake<sup>4</sup></li> </ul>	1 oz eq = 82 gm or 2.9 oz 3/4 oz eq = 62 gm or 2.2 oz 1/2 oz eq = 41 gm or 1.5 oz 1/4 oz eq = 21 gm or 0.7 oz
<b>GROUP G</b>	<b>OZ EQ FOR GROUP G</b>
<ul style="list-style-type: none"> <li>• Brownies<sup>3</sup> (plain)</li> <li>• Cake<sup>3</sup> (all varieties, frosted)</li> </ul>	1 oz eq = 125 gm or 4.4 oz 3/4 oz eq = 94 gm or 3.3 oz 1/2 oz eq = 63 gm or 2.2 oz 1/4 oz eq = 32 gm or 1.1 oz
<b>GROUP H</b>	<b>OZ EQ FOR GROUP H</b>
<ul style="list-style-type: none"> <li>• Cereal Grains (barley, quinoa, etc)</li> <li>• Breakfast cereals (cooked)<sup>5,6</sup></li> <li>• Bulgur or cracked wheat</li> <li>• Macaroni (all shapes)</li> <li>• Noodles (all varieties)</li> <li>• Pasta (all shapes)</li> <li>• Ravioli (noodle only)</li> <li>• Rice (enriched white or brown)</li> </ul>	1 oz eq = 1/2 cup cooked or 1 ounce (28 g) dry
<b>GROUP I</b>	<b>OZ EQ FOR GROUP I</b>
<ul style="list-style-type: none"> <li>• Ready to eat breakfast cereal (cold, dry)<sup>5,6</sup></li> </ul>	1 oz eq = 1 cup or 1 ounce for flakes and rounds 1 oz eq = 1.25 cups or 1 ounce for puffed cereal 1 oz eq = 1/4 cup or 1 ounce for granola

<sup>5</sup> Refer to program regulations for the appropriate serving size for supplements served to children aged 1 through 5 in the NSLP; and meals served to children ages 1 through 5 and adult participants in the CACFP. Breakfast cereals are traditionally served as a breakfast menu item but may be served in meals other than breakfast.

<sup>6</sup> Cereals must be whole-grain, or whole grain and enriched or fortified cereal.

# Soft Breadstick

GROUP B	OZ EQ FOR GROUP B
<ul style="list-style-type: none"> <li>• Bagels</li> <li>• Batter type coating</li> <li>• Biscuits</li> <li>• Breads (sliced whole wheat, French, Italian)</li> <li>• Buns (hamburger and hot dog)</li> <li>• Sweet Crackers<sup>4</sup> (graham crackers - all shapes, animal crackers)</li> <li>• Egg roll skins</li> <li>• English muffins</li> <li>• Pita bread (whole wheat or whole grain-rich)</li> <li>• Pizza crust</li> <li>• Pretzels (soft)</li> <li>• Rolls (whole wheat or whole grain-rich)</li> <li>• Tortillas (whole wheat or whole com)</li> <li>• Tortilla chips (whole wheat or whole com)</li> <li>• Taco shells (whole wheat or whole com)</li> </ul>	<p>1 oz eq = 28 gm or 1.0 oz            3/4 oz eq = 21 gm or 0.75 oz            1/2 oz eq = 14 gm or 0.5 oz            1/4 oz eq = 7 gm or 0.25 oz</p> <div style="border: 2px solid red; padding: 10px; text-align: center; margin: 10px auto; width: fit-content;"> <p><b>Nutrition Facts</b></p> <p><b>Serving Size: 1.5 oz (43g)</b></p> </div>

- How do you determine the ounce equivalents of grains in this product?
- How many ounce equivalents of grain does this breadstick credit?

# Dinner Roll

GROUP B	OZ EQ FOR GROUP B
<ul style="list-style-type: none"> <li>• Bagels</li> <li>• Batter type coating</li> <li>• Biscuits</li> <li>• Breads (sliced whole wheat, French, Italian)</li> <li>• Buns (hamburger and hot dog)</li> <li>• Sweet Crackers<sup>4</sup> (graham crackers - all shapes, animal crackers)</li> <li>• Egg roll skins</li> <li>• English muffins</li> <li>• Pita bread (whole wheat or whole grain-rich)</li> <li>• Pizza crust</li> <li>• Pretzels (soft)</li> <li>• Rolls (whole wheat or whole grain-rich)</li> <li>• Tortillas (whole wheat or whole com)</li> <li>• Tortilla chips (whole wheat or whole com)</li> <li>• Taco shells (whole wheat or whole com)</li> </ul>	<p>1 oz eq = 28 gm or 1.0 oz            3/4 oz eq = 21 gm or 0.75 oz            1/2 oz eq = 14 gm or 0.5 oz            1/4 oz eq = 7 gm or 0.25 oz</p>

Nutrition Facts

Serving size 1 Roll (38g)  
 Servings per Container 24

- How do you determine ounce equivalents?
- How many ounce equivalents of grain does this roll credit?

# Chocolate Chip Cookie

GROUP E	OZ EQ FOR GROUP E
<ul style="list-style-type: none"> <li>• Cereal bars, breakfast bars, granola bars<sup>4</sup> (with nuts, dried fruit, and/or chocolate pieces)</li> <li>• Cookies<sup>3</sup> (with nuts, raisins, chocolate pieces and/or fruit purees)</li> <li>• Doughnuts<sup>4</sup> (cake and yeast raised, frosted or glazed)</li> <li>• French toast</li> <li>• Sweet rolls<sup>4</sup> (frosted)</li> <li>• Toaster pastry<sup>4</sup> (frosted)</li> </ul>	<ul style="list-style-type: none"> <li>1 oz eq = 69 gm or 2.4 oz</li> <li>3/4 oz eq = 52 gm or 1.8 oz</li> <li>1/2 oz eq = 35 gm or 1.2 oz</li> <li>1/4 oz eq = 18 gm or 0.6 oz</li> </ul>

Nutrition Facts	
Serving size: 1 cookie (28g)	
Servings Per Recipe 24 cookies	
Amount Per Serving	
Calories 101	Cal. from Fat 53
% Daily Value*	
Total Fat 6g	8%
Saturated Fat 1g	6%
Cholesterol 0mg	0%
Sodium 118mg	4%
Total Carbohydrate 12g	4%
Dietary Fiber 1g	4%
Sugars 7g	
Protein 1g	
Vitamin A 10%	Vitamin C 0%
Calcium 2%	Iron 2%
* Percent Daily Values is based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	

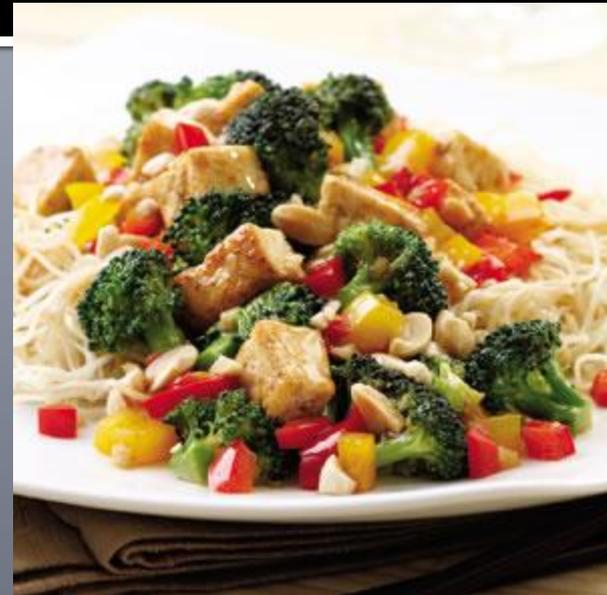
- How do you determine ounce equivalents?
- How many ounce equivalents of grain does this cookie credit?

# Peanut Butter and Jelly Sandwich

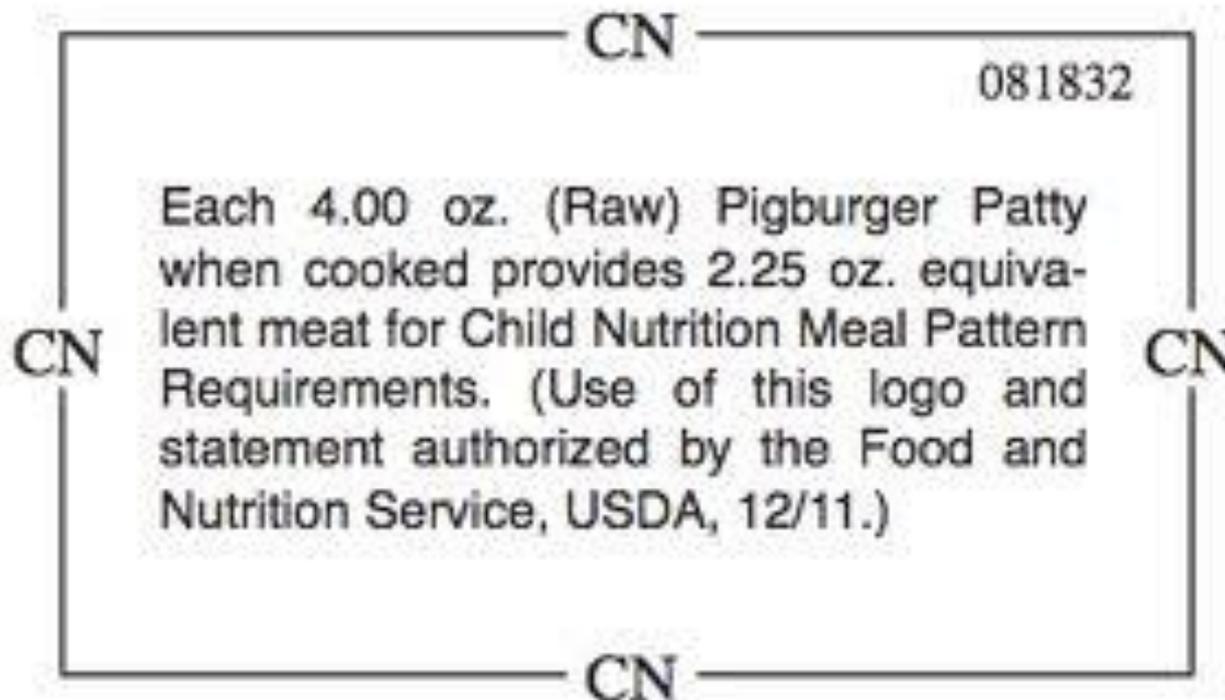
GROUP B	OZ EQ FOR GROUP B
<ul style="list-style-type: none"> <li>• Bagels</li> <li>• Batter type coating</li> <li>• Biscuits</li> <li>• Breads (sliced whole wheat, French, Italian)</li> <li>• Buns (hamburger and hot dog)</li> <li>• Sweet Crackers<sup>4</sup> (graham crackers - all shapes, animal crackers)</li> <li>• Egg roll skins</li> <li>• English muffins</li> <li>• Pita bread (whole wheat or whole grain-rich)</li> <li>• Pizza crust</li> <li>• Pretzels (soft)</li> <li>• Rolls (whole wheat or whole grain-rich)</li> <li>• Tortillas (whole wheat or whole corn)</li> <li>• Tortilla chips (whole wheat or whole corn)</li> <li>• Taco shells (whole wheat or whole corn)</li> </ul>	<p>1 oz eq = 28 gm or 1.0 oz</p> <p>3/4 oz eq = 21 gm or 0.75 oz</p> <p>1/2 oz eq = 14 gm or 0.5 oz</p> <p>1/4 oz eq = 7 gm or 0.25 oz</p>

Nutrition Facts	
Serving Size 2 slices (52g)	
Servings Per Container 11	
Amount Per Serving	
<b>Calories</b> 140	Calories from Fat 20
% Daily Value	
<b>Total Fat</b> 2g	<b>3%</b>
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 240mg	<b>10%</b>
<b>Total Carbohydrate</b> 25g	<b>8%</b>
Dietary Fiber 2g	8%
Sugars 4g	
<b>Protein</b> 5g	
Vitamin A 10%	Vitamin C 0%
Calcium 10%	Iron 8%
Vitamin D 10%	Vitamin E 10%
Thiamin 10%	Riboflavin 6%
Niacin 8%	Folic Acid 10%
*Percent (%) Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower based on your calorie needs.	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram: Fat 9 * Carbohydrate 4 * Protein 4	

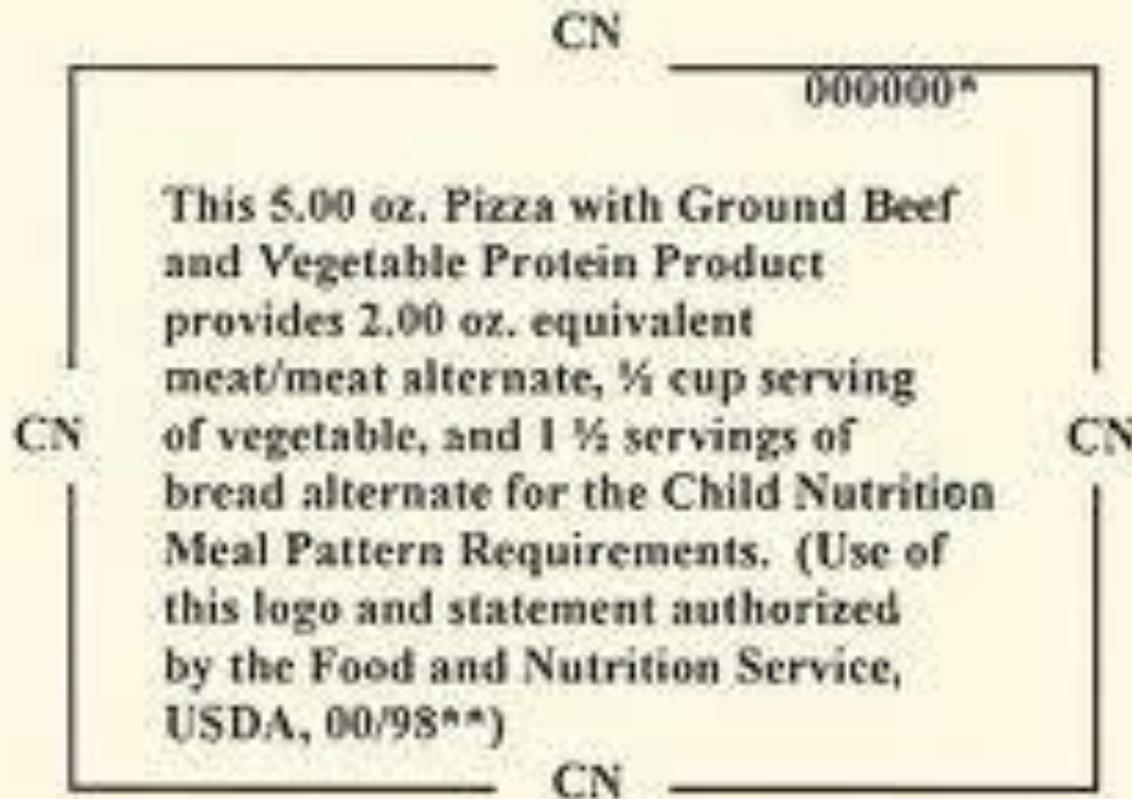
# Child Nutrition (CN) Label



# Child Nutrition (CN) Label



# Child Nutrition (CN) Label



# Child Nutrition (CN) Label

## Sample CN Label

### Chicken Stir-Fry Bowl

#### Ingredient Statement:

Chicken, brown rice, broccoli, red peppers, carrots, onions, water, olive oil, soy sauce, spices.

CN

099135

Each 4.5 oz. Chicken Stir-Fry Bowl provides 1.5 oz. equivalent meat, 1.0 oz eq Grains, ¼ cup dark green vegetable, ¼ cup red/orange vegetable, and ¼ cup other vegetable for Child Nutrition Meal Pattern Requirements.

CN

CN

(Use of this logo and statement authorized by the Food and Nutrition Service, USDA XX/XX).

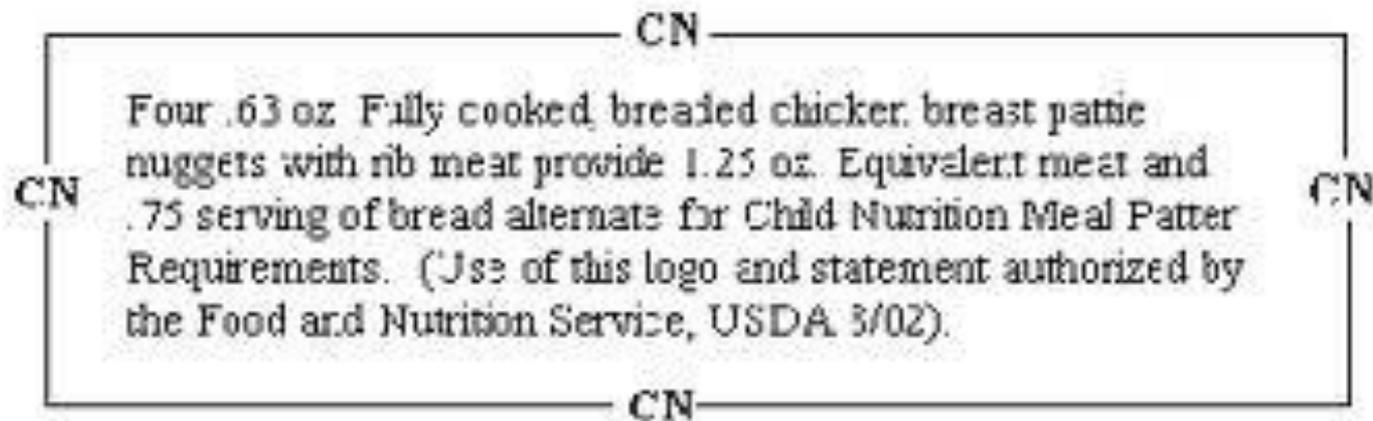
CN

Net Wt.: 18 pounds

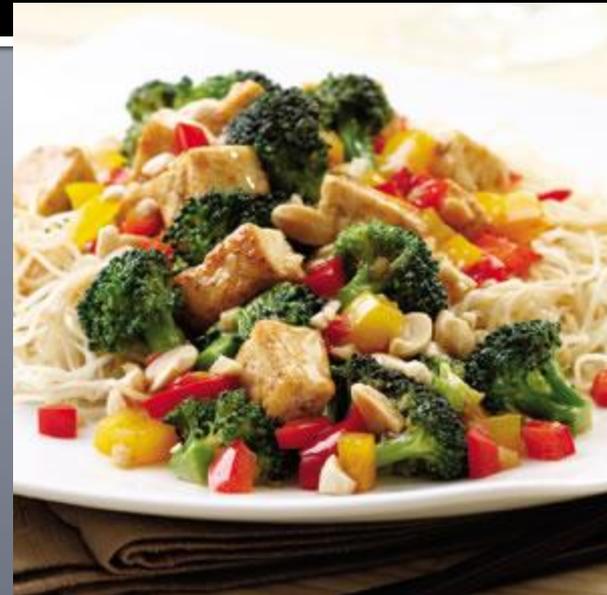


Chicken Wok Company  
1234 Kluck Street Poultry, PA 12345

# Child Nutrition (CN) Label



# Standardized Recipes



# Chicken or Turkey and Noodles

Meat/Meat Alternate-Grains/Breads

Main Dishes

D-17

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Chicken stock, non-MSG		2 gal		4 gal	1. Heat chicken stock to boiling. Slowly stir in noodles, onions, and carrots (optional). Boil, uncovered, for 6 minutes. DO NOT DRAIN.
Enriched noodles	2 lb 8 oz	1 gal 3 ½ qt	5 lb	3 gal 3 qt	
*Fresh onions, chopped OR Dehydrated onions	14 oz OR 2 ½ oz	2 ½ cups OR 1 ¼ cups	1 lb 12 oz OR 5 oz	1 qt ½ cup OR 2 ½ cups	2. Melt margarine or butter. Add flour and stir until smooth.
*Fresh carrots, shredded (optional)	8 oz	2 ½ cups	1 lb	1 qt ½ cup	
Margarine or butter	4 oz	½ cup	8 oz	1 cup	3. Add flour mixture, milk, pepper, marjoram (optional), parsley (optional), and chicken or turkey to noodles. Stir gently to combine.
Enriched all-purpose flour	4 oz	¾ cup 3 Tbsp	8 oz	1 ¾ cups 2 Tbsp	
Instant nonfat dry milk, reconstituted		1 qt 2 cups		3 qt	4. Stir occasionally until thickened. CCP: Heat to 165° F or higher for at least 15 seconds.
Ground black or white pepper		1 ½ tsp		1 Tbsp	
Dried marjoram (optional)		1 ½ tsp		1 Tbsp	5. Pour into medium half-steamtable pans (10" x 12" x 4"). For 50 servings, use 3 pans. For 100 servings, use 6 pans.
Dried parsley (optional)		½ cup		1 cup	
*Cooked chicken or turkey chopped	6 lb 6 oz	1 gal 1 qt	12 lb 12 oz	2 gal 2 qt	6. CCP: Hold for hot service at 135° F or higher.  Portion with 8 oz ladle (1 cup).

Comments:

\*See Marketing Guide.

## Marketing Guide for Selected Items

Food as Purchased for	50 Servings	100 Servings
Mature onions	1 lb	2 lb
Carrots	10 oz	1 lb 4 oz

<http://www.nfsmi.org/Templates/TemplateDefault.aspx?qs=cEIEPTEwMiZpc01ncj10cnVI>

# Chicken or Turkey and Noodles

Meat/Meat Alternate-Grains/Breads

Main Dishes

D-17

Chicken, whole, without neck and giblets	17 lb 12 oz	35 lb 8 oz
OR	OR	OR
Turkey, whole, without neck and giblets	13 lb 9 oz	27 lb 2 oz

## SERVING:

1 cup (8 oz ladle) provides 2 oz equivalent meat/meat alternate and 1 serving of grains/breads

## YIELD:

**50 Servings:** 3 medium half-steamtable pans

**100 Servings:** 6 medium half-steamtable pans

## VOLUME:

**50 Servings:** about 3 gallons 2 cups

**100 Servings:** about 6 gallons 1 quart

Edited 2004

## Nutrients Per Serving

<b>Calories</b>	244	<b>Saturated Fat</b>	1.88 g	<b>Iron</b>	1.91 mg
<b>Protein</b>	21.90 g	<b>Cholesterol</b>	75 mg	<b>Calcium</b>	63 mg
<b>Carbohydrate</b>	21.32 g	<b>Vitamin A</b>	128 IU	<b>Sodium</b>	186 mg
<b>Total Fat</b>	7.52 g	<b>Vitamin C</b>	0.9 mg	<b>Dietary Fiber</b>	0.8 g

# Ham and Cheese Sandwich

- The recipe calls for 3 pounds of ham (48 ounces). The commodity ham is credited at 13.1 ounces per pound.

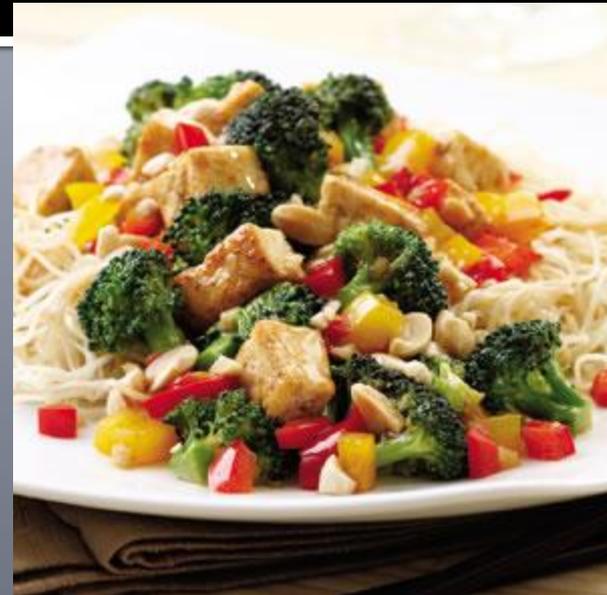
3 pounds x 13.1 = 39.3 ounces

39.3 oz divided by 24 servings = 1.6375 ounces per serving

Cheese is listed as 184 count and .4 oz per slice. The recipe calls for 2 slices which equals .8 ounces per sandwich.

- 1.6375 ounces of ham + .8 ounces of cheese = 2.4375 oz of meat/meat alternate
- Round down to 2.25 ounces of meat/meat alternate

# Commodity Fact Sheet



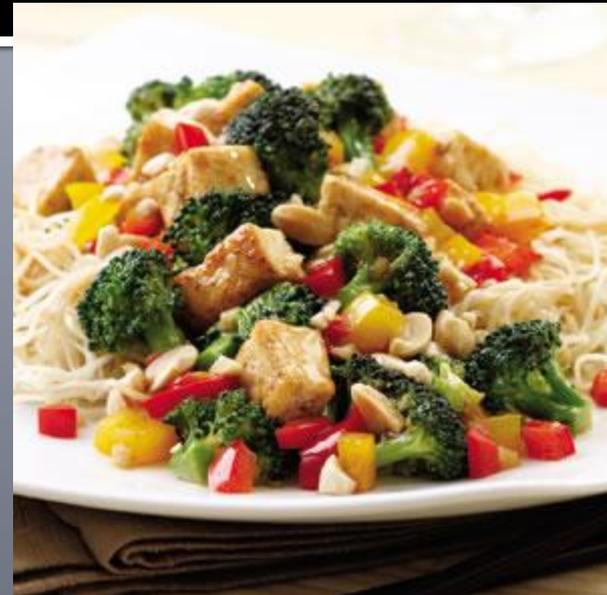
# Food Distribution Fact Sheet

## 100187 - HAM, WATER ADDED, FULLY COOKED, SLICED, FROZEN, 5 LB

<b>CATEGORY</b>	<ul style="list-style-type: none"><li>• Meat/Meat Alternates</li></ul>
<b>PRODUCT DESCRIPTION</b>	<ul style="list-style-type: none"><li>• Ham, water added, cured, boneless, fully cooked, and sliced. Sliced ham is 97% fat free (3% fat).</li></ul>
<b>PACK/YIELD</b>	<ul style="list-style-type: none"><li>• 8/5 lb hams per case.</li><li>• One 40 lb case AP yields 32.8 lb cooked lean meat and provides about 524.0 1.22-oz servings sliced ham water added.</li><li>• One 5 lb pkg AP yields 4.1 lb cooked lean meat and provides about 65.5 1.22-oz servings sliced ham water added.</li><li>• One lb AP provides 0.82 lb lean cooked meat and provides about 13.1 1.22-oz servings sliced ham water added.</li><li>• CN Crediting: 1.22 oz sliced ham water added provides 1 oz-equivalent meat/meat alternate.</li></ul>

<http://www.fns.usda.gov/fdd/facts/commodityfacts.htm>

# Food Buying Guide

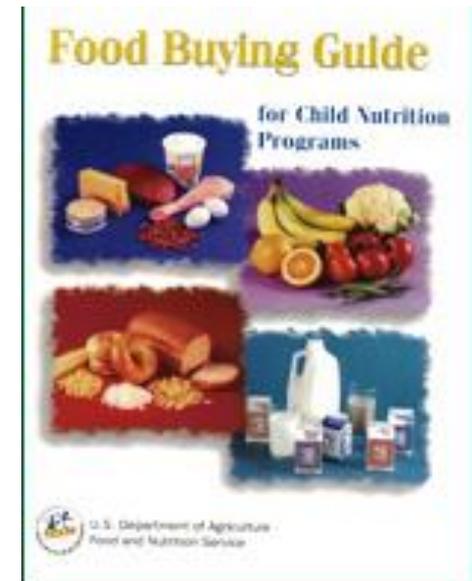


# Food Buying Guide

## Food Buying Guide for Child Nutrition Programs

**NEW** The Food Buying Guide is being updated in phases to include resources for the new Nutrition Standards for School Meals. The following changes have been issued or are in progress:

- Separation of Vegetables and Fruits Section
- Meat/Meat Alternates Section (under construction)
- Milk Section (under construction)
- Grains Section (under construction)
- Appendix A Recipe Analysis (under construction)



<http://www.fns.usda.gov/tn/Resources/foodbuyingguide.html>

# Food Buying Guide

Also Available: Online [Food Buying Guide Calculator for Child Nutrition Programs](#)

## Download PDF:

- **Revised Sections for School Meal Programs** NEW
- **Food Buying Guide Replacement Pages**
- **Cover**
- **Introduction**
- **Meat/Meat Alternates** - Contains more specific cuts, game meats, cooked ham and the Institutional Meat Purchase

1<sup>st</sup>

## Download PDF:

- **Separation of Vegetables/Fruits**
- **Fruits**
- **Vegetables by Subgroup**
  - Additional
  - Beans and Peas
  - Dark Green
  - Red/Orange
  - Starchy
  - Other

2<sup>nd</sup>

<http://www.fns.usda.gov/tn/Resources/foodbuyingguide.html>

Click on Revised Sections for School Meal Programs to see the separated fruit and vegetable sections

# Food Buying Guide

## Section 2 - Vegetables – Red/Orange Subgroup

1. Food As Purchased, AP	2. Purchase Unit	3. Servings Per Purchase Unit, EP	4. Serving Size per Meal Contribution	5. Purchase Units for 100 Servings	6. Additional Information
<b>CARROTS</b>					
<b>Carrots, fresh</b> <i>Without tops</i>	Pound	10.30	1/4 cup raw vegetable strips (about 3 strips, 4-inch by 1/2 inch)	9.8	1 lb AP = 0.70 lb ready-to-cook, or serve raw carrot sticks

# Food Buying Guide

## Section 2 – Fruits

1. Food As Purchased, AP	2. Purchase Unit	3. Servings Per Purchase Unit, EP	4. Serving Size per Meal Contribution	5. Purchase Units for 100 Servings	6. Additional Information
<b>APPLES</b> <b>Apples, fresh</b> <i>125-138 count</i> <i>Whole</i>	Pound	14.80	1/4 cup raw unpeeled fruit (about 1/4 apple)	6.8	1 lb AP = 0.91 lb (3-2/3 cups) ready-to-cook or -serve raw, cored, unpeeled apples

# Food Buying Guide

- servings of dry beans and peas given in 1/4-cup and 3/8-cup servings, and peanut butter and other nut butters given in 2 Tbsp and 3 Tbsp measures equivalent to 1 and 1-1/2 ounces of meat alternate, respectively;
- whole eggs expressed in large egg equivalents (1 large egg = 2 ounces equivalent meat alternate) and 1/2 large egg equivalents (1/2 large egg = 1 ounce equivalent meat alternate);

# Food Buying Guide

1 Food As Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit, EP	4 Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information
<b>BEANS, BLACK (TURTLE)</b>					
<b>Beans, Black (Turtle), dry, canned</b> <i>Whole</i> <i>Includes USDA Commodity</i>	No. 10 can (110 oz)	27.8	1/4 cup heated, drained beans	3.6	1 No. 10 can = about 62.0 oz (6-7/8 cups) heated, drained beans
	No. 10 can (110 oz)	18.5	3/8 cup heated, drained beans	5.5	

# Food Buying Guide

## Download PDF:

- **Revised Sections for School Meal Programs** NEW
- **Food Buying Guide Replacement Pages**
- **Cover**
- **Introduction**
- **Meat/Meat Alternates** - Contains more specific cuts, game meats, cooked ham and the Institutional Meat Purchase Specification (IMPS) number for certain items.
- **Vegetables/Fruits** - Contains many ready-to-use items and new items such as kiwi, star fruit and yucca.
- **Grains/Breads** - Contains a worksheet to calculate grams of flour, new classifications based on the grains/bread instruction, and information on how to determine if a product is creditable.
- **Milk** - Contains a more complete list of fluid milk available and their updated product names.
- **Other Foods** - Contains additional items.

- Other foods do not credit as any meal components but contribute to calories, saturated fat, and sodium.

# Food Buying Guide Calculator

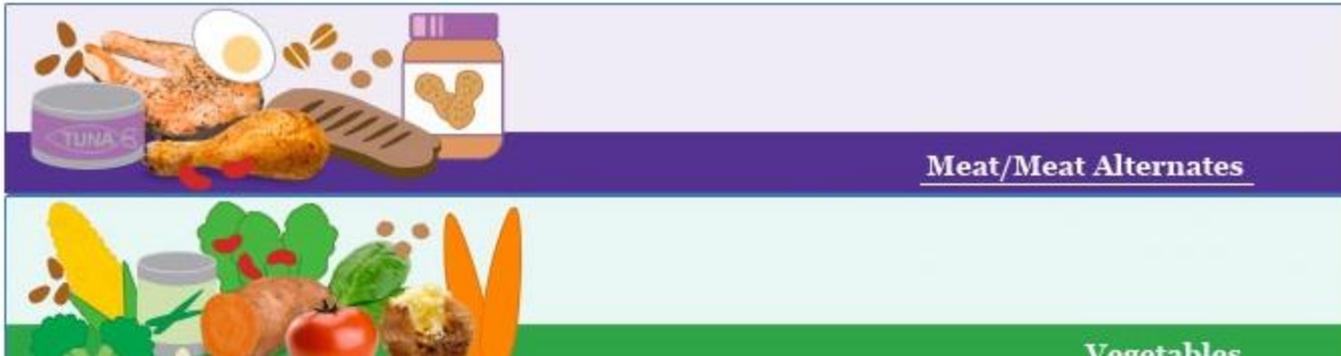
## Food Buying Guide

Calculator for Child Nutrition Programs



National Food Service Management Institute  
The University of Mississippi

Choose a **Food group** by clicking on an image below, or enter a keyword or food item in the **Search** field to the right, then click **Go**. Avoid the use of punctuation.



▶ Search

Go

▶ [View Food Buying Guide](#)

▶ [Select Food Group](#)

-- Select A Food Group --

▶ [Self-Tutorial](#)

<http://fbg.nfsmi.org/>

# Food Buying Guide Calculator

Item Description (AP)	Purchase Unit	Serving Description (EP)	Notes	Serving Unit
Beans, Green, canned, cut, includes USDA Foods	No. 10 can (101 oz)	heated drained vegetable		cup

▸ Serving Size

3/4 cup ▾

▸ Number of Servings

120

Add to List

Shopping List

Item	Servings	Size	Food Item (AP)	Serving Description (EP)	Exact Qty	Purchase Qty	Purchase Unit	Select
1	120	3/4 cup	Beans, Green, canned, cut, includes USDA Foods	heated drained vegetable	7.95	8.00	No. 10 can (101 oz)	<a href="#">Remove</a> <a href="#">Edit</a>

**Thank You!**