

Food Buying Guide Calculator

For Child Nutrition Programs



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.



Meat/Meat Alternates



Vegetables



Fruits



Grains/Breads



Milk



Other Foods

▶ Search

▶ [View Food Buying Guide](#)

▶ [Select Food Group](#)

-- Select A Food Group -- ▼

▶ [Self-Tutorial](#)

Calculation For Chicken

1



Food Categories
-- Select Food Category --

Meat/Meat Alternates

Top 10 Meat/Meat Alternates

- Beef, ground, fresh or frozen, no more than 20% fat, includes USDA Foods, (like IMPS 136)
- Cheese american, cheddar, mozzarella, or swiss, natural or process, includes USDA Foods
- Chicken boneless, fresh or frozen, tenders, tenderloins (boneless, chicken breast pieces without skin)
- Chicken, cooked, frozen, diced or pulled, no skin, wing meat, neck meat, giblet, or kidneys, includes USDA Foods
- Turkey roast, fresh or frozen, without bone, USDA Foods only
- Turkey ham, fully cooked, chilled or frozen
- Beef, ground, fresh or frozen, no more than 15% fat, (like IMPS 136)
- Beans, Pinto, dry, canned, whole, includes USDA Foods
- Yogurt, fresh, plain or flavored, sweetened or unsweetened, commercially-prepared (includes Greek yogurt)
- Bean products, dry beans, canned, beans baked or in sauce with pork

2

Food Categories

- Lamb, Veal and Game Products
- Select Food Category --
- Cheese, Eggs, Milk, Yogurt
- Chicken, Turkey**
- Luncheon Meat, Hot Dogs, Vienna Sausage
- Pork and Pork Products
- Nuts, Nut Butters and Seeds
- Beef and Beef Products
- Seafood and Fish
- Legumes, Dry Beans and Peas
- Lamb, Veal and Game Products

Calculation For Chicken

1

Item Description (AP)	Purchase Unit	Serving Description (EP)	Notes	Serving Unit
Chicken boneless, fresh or frozen, tenders, tenderloins (boneless, chicken breast pieces without skin)	lb	cooked chicken meat		oz
<div style="background-color: #0070C0; color: white; padding: 5px; margin-bottom: 5px;">▶ Serving Size</div> <div style="border: 1px solid #ccc; padding: 2px; margin-bottom: 5px;">1-1/2 oz ▼</div> <div style="background-color: #0070C0; color: white; padding: 5px; margin-bottom: 5px;">▶ Number of Servings</div> <div style="border: 1px solid #ccc; padding: 2px; margin-bottom: 5px;">10</div> <div style="background-color: #0070C0; color: white; padding: 5px; display: inline-block;">Add to List</div>				

2

Shopping List								
Item	Servings	Size	Food Item (AP)	Serving Description (EP)	Exact Qty	Purchase Qty	Purchase Unit	Select
1	10	1-1/2 oz	Chicken boneless, fresh or frozen, tenders, tenderloins (boneless, chicken breast pieces without skin)	cooked chicken meat	1.28	1.50	lb	Remove Edit

3

- Home
- Add More Items
- Print List
- Email List

Calculation For Noodles

1



Food Categories
-- Select Food Category -- ▾

Grains/Breads

Top 10 Grains/Breads

Bread (group B), sliced, fresh, all types - white, rye, whole wheat, raisin, quick bread, etc.

Rice, (group H), brown, long grain, regular, dry

Cereals, ready-to-eat, wheat, corn, rice, oats, granola, (group I)

Pasta, (group H), spaghetti, regular, dry

Rice, (group H), brown, long grain, regular, dry

Pasta, (group H), elbow macaroni, regular, dry

Pasta, (group H), spaghetti, regular, dry

Pasta, (group H), elbow macaroni, regular, dry

Graham crackers, (group B)

Graham crackers, (group B)

2

Food Categories
-- Select Food Category -- ▾
-- Select Food Category --
Breakfast Cereals
Bread, Rolls, Crackers
Other Grains and Cereals
Pasta
Rice

Calculation For Noodles

1

13 Items Found for Pasta	
Pasta (group H), bowties, large size, dry	
Pasta, (group H), elbow macaroni, regular, dry	
Pasta, (group H), noodles, egg, medium, dry	
Pasta, (group H), noodles, lasagna sheets, frozen	
Pasta, (group H), noodles, lasagna, dry	
Pasta, (group H), noodles, ramen, dry	

2

Pasta, (group H), noodles, egg, medium, dry			
Purchase Unit	Serving Description	Notes	Serving Unit
lb	dry pasta (uncooked)	1 G/B serving = 25 g dry	cup
lb	cooked pasta	1 G/B serving = 1/2 cup cooked pasta; 1 lb = 11.875 cups dry uncooked pasta	cup
lb	cooked pasta	1 G/B serving = 1/2 cup cooked pasta; 1 lb = 11.875 cups dry uncooked pasta	serving

Calculation For Noodles

1

Item Description (AP)	Purchase Unit	Serving Description (EP)	Notes	Serving Unit
Pasta, (group H), noodles, egg, medium, dry	lb	cooked pasta	1 G/B serving = 1/2 cup cooked pasta; 1 lb = 11.875 cups dry uncooked pasta	cup

2

Shopping List								
Item	Servings	Size	Food Item (AP)	Serving Description (EP)	Exact Qty	Purchase Qty	Purchase Unit	Select
1	10	1-1/2 oz	Chicken boneless, fresh or frozen, tenders, tenderloins (boneless, chicken breast pieces without skin)	cooked chicken meat	1.28	1.50	lb	Remove Edit
2	10	1/4 cup	Pasta, (group H), noodles, egg, medium, dry	cooked pasta	0.25	0.25	lb	Remove Edit

Emailing Shopping List

Email Your Shopping List

Enter the **List Name** and your **Email Address**. If you wish to attach a spreadsheet version of your list check **Attach Spreadsheet**. Then click **Send**.

List Name:

Your Email Address:

Attach Spreadsheet

Send

Emailing Shopping List

No Attachment

From: fbg@nfsmi.org Sent: Tue 6/30/2015 1:17
 To: Heather Stinson
 Cc:
 Subject: FBG Calculator: Shopping List-Heather Stinson

Message HeatherStinson.csv (636 B)

1 2 3 4 5 6 7

Heather Stinson							
Item #	Servings	Size	Food Item(AP)	Serving Desc(EP)	Exact Qty	Purchase Qty	Purchase Unit
1	10	1-1/2 oz	Chicken boneless, fresh or frozen, tenders, tenderloins (boneless, chicken breast pieces without skin)	cooked chicken meat	1.28	1.50	lb
2	10	1/4 cup	Pasta, (group H), noodles, egg, medium, dry	cooked pasta	0.25	0.25	lb

What If I Add More Chicken?

Shopping List

Item	Servings	Size	Food Item (AP)	Serving Description (EP)	Exact Qty	Purchase Qty	Purchase Unit	Select
1	10	1-1/2 oz	Chicken boneless, fresh or frozen, tenders, tenderloins (boneless, chicken breast pieces without skin)	cooked chicken meat	1.28	1.50	lb	Remove E
2	10	1/4 cup	Pasta, (group H), noodles, egg, medium, dry	cooked pasta	0.25	0.25	lb	Remove E
3	10	1-1/2 oz	Chicken boneless, fresh or frozen, tenders, tenderloins (boneless, chicken breast pieces without skin)	cooked chicken meat	1.28	1.50	lb	Remove E

Using the Search Option

▶ [View Shopping List](#)

▶ Search

milk

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▶ [Select Food Group](#)

-- Select A Food Group -- ▼

▶ [Self-Tutorial](#)

Item Description (AP)	Purchase Unit	Serving Description (EP)	Notes	Serving Unit
Milk, fluid, skim or nonfat milk, lowfat milk, reduced fat milk, whole milk, lactose-reduced milk, lactose-free milk, buttermilk, acidified milk, (unflavored or flavored)	gallon	fluid milk		cup
Milk, fluid, skim or nonfat milk, lowfat milk, reduced fat milk, whole milk, lactose-reduced milk, lactose-free milk, buttermilk, acidified milk, (unflavored or flavored)	quart	fluid milk		cup
Milk, fluid, skim or nonfat milk, lowfat milk, reduced fat milk, whole milk, lactose-reduced milk, lactose-free milk, buttermilk, acidified milk, (unflavored or flavored)	1/2 pint (8 fl oz)	fluid milk		cup

Any Questions?

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

Heather Stinson
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Child and Adult Care Food Program

