

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

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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</i> <i>(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