Food Buying Guide for Child Nutrition Programs

Appendix C

Food Items for Further Processing

Appendix C - Food Items for Further Processing

1. Food As Purchased (AP)	2. Purchase Unit	3. Servings per Purchase Unit, Edible Portion (EP)	4. Serving Size per Meal Contribution	5. Purchase Units for 100 Servings	6. Additional Information
SORGHUM PRODUCTS					
Sorghum Flour Flour, Whole Sorghum	Pound	15.00	1/4 cup flour	6.70	

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BEEF, LEAN FINELY TEXTURED (LFTB)					
Beef, fresh or frozen Lean finely textured beef (LFTB), Raw	Pound	12.90	1 oz lean cooked meat	7.80	1 lb AP = 0.81 lb cooked lean meat
	Pound	8.64	1-1/2 oz lean cooked meat	11.60	1 lb AP = 0.81 lb cooked lean meat
CHICKEN, MECHANICALLY OR HAND SEPARATED					
Chicken, fresh or frozen Mechanically or Hand separated, Raw	Pound	11.20	1 oz lean cooked poultry	9.00	1 lb AP = 0.70 lb cooked poultry
	Pound	7.46	1-1/2 oz cooked poultry	13.50	1 lb AP = 0.70 lb cooked poultry
PORK, LEAN FINELY TEXTURED (LFTP)					
Pork, fresh or frozen Lean finely textured pork (LFTP), Raw	Pound	12.90	1 oz lean cooked meat	7.80	1 lb AP = 0.81 lb cooked lean meat
	Pound	8.64	1-1/2 oz lean cooked meat	11.60	1 lb AP = 0.81 lb cooked lean meat
SEAFOOD					
Seafood, frozen, Fish fillet block Raw	Pound	12.40	1 oz cooked fish	8.10	1 lb AP = 0.78 lb cooked fish
	Pound	8.32	1-1/2 oz cooked fish	12.10	1 lb AP = 0.78 lb cooked fish
Seafood, frozen, Minced fish block Raw	Pound	12.00	1 oz cooked fish	8.40	1 lb AP = 0.75 lb cooked minced fish
	Pound	8.00	1-1/2 oz cooked fish	12.50	1 lb AP = 0.75 lb cooked minced fish
Seafood, frozen, Shrimp Minced, Raw	Pound	9.28	1 oz cooked fish	8.70	1 lb AP = 0.73 lb cooked shrimp
	Pound	6.18	1-1/2 oz cooked fish	16.20	1 lb AP = 0.58 lb cooked shrimp
Seafood, frozen, Squid meat block Rings and Tentacles, Raw	Pound	11.60	1 oz cooked fish	8.70	1 lb AP = 0.73 lb cooked squid meat
	Pound	7.78	1-1/2 oz cooked fish	12.90	1 lb AP = 0.73 lb cooked squid meat
TURKEY, MECHANICALLY OR HAND SEPARATED					
Turkey, fresh or frozen Mechanically or Hand separated, Raw	Pound	11.20	1 oz cooked poultry	9.00	1 lb AP = 0.70 lb cooked poultry
	Pound	7.46	1-1/2 oz cooked poultry	13.50	1 lb AP = 0.70 lb cooked poultry

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TOMATO PASTE					
Tomato Paste[2], canned, Medium 28% or more, but less than 32% Natural Tomato Soluble Solids (NTSS)	Pound	32.20	1 tablespoon paste (1/4 cup vegetable)	3.20	
Tomato Paste, canned, Heavy 32% or more, but less than 39.3% Natural Tomato Soluble Solids (NTSS)	Pound	36.80	1 tablespoon paste (1/4 cup vegetable)	2.80	
Tomato Paste, canned, Extra Heavy 39.3% or more Natural Tomato Soluble Solids (NTSS)	Pound	45.10	1 tablespoon paste (1/4 cup vegetable)	2.30	

[2] If the percentage of Natural Tomato Soluble Solids (NTSS) is not specified for the brand of tomato paste you are using, use the yield data for tomato paste light, 24%-28% NTSS.