



Start with Half a Cup

Fresh Fruits Portioning Guide for Schools

This reference assists schools with proper portioning of fresh fruits in the U.S. Department of Agriculture's (USDA) school nutrition programs. All quantities are based in the USDA's Food Buying Guide for Child Nutrition Programs (FBG), available at <https://www.fns.usda.gov/tn/fbg>.



How to Use

1. Locate the appropriate type of fruit in the chart below.
2. Establish a visual reference for the correct portion size: Measure ten ½-cup portions by weight, placing each portion into its own serving container.
3. Use the visual reference to portion the remaining fruit servings for the meal service.

Example for apple slices: The FBG indicates that 2 ounces of apple slices equal ½ cup of the fruits component. After preparing the apples (coring, cleaning, and cutting into slices), weigh out ten 2-ounce servings. Use these initial servings as a visual reference to portion the remaining servings.

Quantity of Fresh Fruits Equal to ½ Cup of Fruits Component

Fruits (fresh, raw)	Unit	Weight	Measure	Notes
Apple bananas, 4½- to 5½-inch, whole	each	4.5 ounces	2	2.25 ounces per apple banana
Apple bananas, 4½- to 5½-inch, sliced	pound	4.5 ounces		
Apples, 88-163 count,	pound	2.5 ounces		About 2-inch to 3-inch diameter
Apples, 100 count	each		½	
Apples, 125-138 count	each		½	1 apple = 1 cup
Apples, fresh slices	pound	2 ounces		Cored, wedged, or cubed apple with peel
Apricots, whole, 1⅜-inch diameter	each		2	
Bananas, 100/120/150 count	each		1	
Bananas, slices/chunks, peeled	pound	3 ounces		
Blackberries	pound	2.7 ounces		
Blueberries	pound	2.7 ounces		
Cantaloupe, 18 count	5-inch melon		⅕ of melon	Wedge
Cantaloupe, 15 count	5¾-inch melon		⅛ of melon	Wedge
Cantaloupe, peeled, diced	pound	3 ounces		
Cherries, sweet, whole	each		14	

Start with Half a Cup Fresh Fruits Portioning Guide for Schools

Fruits (fresh, raw)	Unit	Weight	Measure	Notes
Clementines	each		1½	1 clementine = ⅜ cup
Grapefruit, 27-32 count	each		½	
Grapefruit, sections	4	3 ounces		
Grapes, large	each		About 14	With or without stem
Grapes, without stems	pound	3 ounces		Cleaned and peeled
Honeydew melon	pound	3.3 ounces		
Huckleberries, wild	pound	3.2 ounces		
Kiwifruit, 33-39 count	each		1½	
Kiwifruit	pound	3 ounces		Chunks or wedges, unpeeled
Lychee	pound	5.4 ounces		Pitted
Mangoes	pound	3 ounces		Ready to eat, cubed or sliced
Nectarines, size 56-64	each		1	2¾-inch diameter = about ¾ cup
Nectarines, size 88-96	each		1	2¼-inch diameter = about ½ cup
Oranges, 113/125/126/138 count	each		1	
Oranges, Mandarin, peeled	pound	3.2 ounces		
Papaya	pound	2.5 ounces		Peeled, ready to serve
Peaches, size 56/60/64/80	each		1	Sizes 84 and 88 do not provide ½ cup
Peaches, size 84/88	each		1½	
Pears, 120/150 count	each		1	
Pears, 100 count	each		½	
Pineapple	pound	2.7 ounces		Peeled, cored, ready-to-serve
Plums, Italian	pound	3.2 ounces		About 2-3 whole plums
Plums, size 45/50	each		1	2-inch diameter
Rambutan, peeled, pitted	Pound	4 ounces		1 pound = 0.49 pound peeled, pitted
Starfruit (carambola)	pound	2.3 ounces		Sliced or chopped
Strawberries	pound	2.7 ounces		Ready-to-serve
Tangerines, 120 count	each		1	
Tangerines, 150 count	each		1½	1 whole tangerine = ⅜ cup
Watermelon	pound	3.25 ounces		Cubed, without rind

The Connecticut State Department of Education is an affirmative action/equal opportunity employer.