

# Other Foods

## Description of Other Foods

**The foods in this section do not meet the requirement for any component in the meal patterns of the food based menu planning approaches.** These items are included since they are frequently used as condiments and seasonings, to round out the meal, to improve acceptability, and to satisfy children's appetites. Because of the calories and nutrients these items contain they are counted in any nutrient analysis.

The calories supplied by these foods help to meet the energy needs of growing children. They also contribute varying amounts of protein, vitamins, and minerals essential to good nutrition. However, many of these foods are high in salt, sugar, or fat. For that reason, you may want to consider carefully how often and in what amount you use them.

The section does not include yields for all of the "other foods" you need in preparing meals. Flour and sugar, for example, are not included since they are never served alone. When purchase units for 100 servings of a food seem inappropriate, such as 100 cups of mustard, Column 5 is left blank.

Foods are designated as "USDA Commodity" or "Market pack" in Column 1. USDA-donated foods are not normally available on the market. Market pack foods are commercially available.

Refer to the Introduction Section for instructions on using Yield Data Tables.

# Food Buying Guide for Child Nutrition Programs

## Section 5 Other Foods

### Section 5—Other Foods

1 Food As Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit, EP	4 Serving Size	5 Purchase Units for 100 Servings	6 Additional Information
<b>BUTTER, MARGARINE</b>					
<b>Butter</b>	Pound	96.0	1 teaspoon butter	1.1	1 lb = 2 cups
<b>Margarine</b>	Pound	96.0	1 teaspoon margarine	1.1	1 lb = 2 cups
<b>CATSUP (KETCHUP)</b>					
<b>Catsup (Ketchup)</b> <i>Tomato</i>	No. 10 can (115 oz)	11.4	1 cup catsup	--	1 No. 10 can = about 11-1/2 cups
	No. 10 can (115 oz)	183.0	1 tablespoon catsup	0.60	
	20 oz bottle	32.0	1 tablespoon catsup	3.2	
	Pound	1.6	1 cup catsup	--	
<b>CHILI SAUCE</b>					
<b>Chili Sauce</b>	No. 10 can (113 oz)	12.9	1 cup sauce	--	
	19 oz bottle	2.2	1 cup sauce	--	
	Pound	1.8	1 cup sauce	--	
<b>COCONUT</b>					
<b>Coconut, fresh</b> <i>In shell</i>	Pound	2.7	1 cup shredded or grated coconut	--	1 lb in shell = about 0.48 lb (2-3/4 cups) shredded or grated ready-to-serve
<b>Coconut, frozen</b> <i>Shredded</i>	Pound	5.8	1 cup coconut	--	
<b>Coconut, dried</b> <i>Flakes</i>	Pound	5.1	1 cup coconut	--	
<b>Coconut, dried</b> <i>Shredded</i>	Pound	4.9	1 cup coconut	--	

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<b>CREAM</b>					
<b>Cream, fresh</b> <i>Light</i>	1 quart	64.0	1 tablespoon cream	1.6	
<b>Cream, fresh</b> <i>Heavy Whipping</i>	1 quart	128.0	1 tablespoon whipped cream	0.79	Volume doubles when whipped
	1 pint	64.0	1 tablespoon whipped cream	1.6	
<b>CREAM CHEESE</b>					
<b>Cream Cheese</b>	Pound	15.6	2 tablespoon cheese	6.5	
<b>EGG PRODUCT</b>					
<b>Egg Product, frozen</b> <b>Egg Whites</b>	Pound	7.51	1/4 cup portion	13.4	1 lb frozen = about 1-5/8 cups thawed
<b>Egg Product, frozen</b> <b>Egg Yolks</b>	Pound	7.51	1/4 cup portion	13.4	1 lb frozen = about 1-5/8 cups thawed
<b>FISH, SURIMI</b>					
<b>Fish, Surimi, frozen</b>	Pound	10.8	1/4 cup thawed surimi	9.3	1 lb AP = 0.98 lb ready-to-use, thawed surimi (about 2-3/4 cups)
	Pound	15.7	1 oz thawed surimi	6.4	
	Pound	10.4	1-1/2 oz thawed surimi	9.7	
<b>FROZEN DESSERTS</b>					
Frozen Desserts <b>Ice cream</b> <b>Ice milk</b> <i>Sherbet - Brick</i>	1 quart	8.0	1 slice (1/2 cup)	12.5	
Frozen Desserts <b>Ice cream</b> <b>Ice milk</b> <b>Sherbet</b> <b>Frozen yogurt</b> <i>Bulk</i> <i>Hardened or Soft serve</i>	1 gal	32.0	1/2 cup portion	3.2	
	1 gal	64.0	1/4 cup portion	1.6	

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<b>HOMINY</b>					
<b>Hominy, canned</b>	No. 10 can (105 oz)	46.9	1/4 cup hominy	2.2	1 can = about 68 oz drained
	No. 2-1/2 can (29 oz)	12.9	1/4 cup hominy	7.8	1 can = about 19 oz drained
	No. 300 can (15-1/2 oz)	6.3	1/4 cup hominy	15.9	
<b>HONEY</b>					
<b>Honey Strained</b>	Pound	1.4	1 cup honey	--	
	Pound	22.3	1 tablespoon honey	4.5	
<b>JAMS, JELLIES and PRESERVES</b>					
<b>Jams, Jellies and Preserves</b>	1 gal	16.0	1 cup jam	--	
	1 gal	256.0	1 tablespoon jelly	0.40	
	1 quart	4.0	1 cup jam	--	
	1 quart	64.0	1 tablespoon jam	1.6	
	Pound	1.4	1 cup jam	--	
	Pound	22.6	1 tablespoon jam	4.5	
<b>KETCHUP (see CATSUP)</b>					
<b>MILK, DRIED</b>					
<b>Milk, dried Whole Regular</b>	Pound	14.2	1 cup reconstituted	--	4.5 oz (1 cup) dry plus 3-1/2 cups water = about 1 qt fluid whole milk
	Pound	3.5	1 cup dry milk		
<b>Milk, dried Nonfat Instant</b>	Pound	20.0	1 cup reconstituted milk	--	3.2 oz (1-1/3 cups) dry plus 3-3/4 cups water = about 1 qt fluid skim milk
	Pound	6.6	1 cup dry milk		

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<b>MILK, DRIED (continued)</b>					
<b>Milk, dried</b> <i>Non-instant</i> <i>USDA Commodity</i>	Pound	20.0	1 cup reconstituted milk	--	3.2 oz (3/4 cup) dry plus 3-3/4 cups water = about 1 qt fluid skim milk
	Pound	3.7	1 cup dry milk		
<b>MILK, EVAPORATED</b>					
<b>Milk, Evaporated, canned</b>	No. 10 can (97 oz)	12.0	1 cup concentrated milk	--	To reconstitute, add 1 part evaporated milk with 1 part water
	13 fl oz can	1.6	1 cup concentrated milk	--	
<b>MUSTARD</b>					
<b>Mustard</b> <i>Prepared</i>	1 gal (about 142 oz)	16.0	1 cup mustard	--	
	1 gal (about 142 oz)	256.0	1 tablespoon mustard	0.40	
	1 quart (about 35 oz)	64.0	1 tablespoon mustard	1.6	
	Pound	1.8	1 cup mustard	--	
<b>PICKLE RELISH</b>					
<b>Pickle Relish</b>	1 gal (about 147 oz)	16.0	1 cup relish	--	1 gal = about 58 oz drained (about 8 cups)
	1 gal (about 147 oz)	256.0	1 tablespoon relish	0.40	
	1 quart (about 35 oz)	64.0	1 tablespoon relish	1.6	
	Pound	1.8	1 cup relish	--	
<b>PORK</b>					
<b>Pork, fresh</b> <b>Pig Ears</b> <i>Lobe off</i> <i>Square cut</i>	Pound	15.6	1 oz cooked pig's ear	6.5	1 lb AP = 0.98 lb cooked pig's ears
	Pound	10.4	1-1/2 oz cooked pig's ear	9.7	

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<b>PORK (continued)</b>					
Pork, fresh <b>Pig Feet Front</b> (Like IMPS #420)	Pound	0.64	1 oz cooked pig's feet	156.3	1 lb AP = 0.04 lb cooked, skinned, boned meat
	Pound	0.42	1-1/2 oz cooked pig's feet	238.1	
Pork, fresh <b>Pig Feet Hind</b> (Like IMPS #420A)	Pound	0.32	1 oz cooked pig's feet	312.5	1 lb AP = 0.02 lb cooked, skinned, boned meat
	Pound	0.21	1-1/2 oz cooked pig's feet	476.2	
<b>PORK, MILD CURED</b>					
Pork, Mild Cured, chilled or frozen <b>Bacon Slices Precooked</b>	Pound	116.0	bacon slices per pound	0.87	1 lb AP = 0.86 lb cooked bacon (about 6 cups thawed, cooked and chopped)
Pork, Mild Cured, chilled or frozen <b>Bacon Slices Raw</b>	Pound	23.0	bacon slices per pound	4.4	1 lb AP = 0.38 lb cooked bacon (about 5 cups chopped)
Pork, Mild Cured, chilled or frozen <b>Ham Hocks Cured and Smoked</b> (Like IMPS #560)	Pound	0.32	1 oz cooked ham hocks	312.5	1 lb AP = 0.02 lb cooked meat from ham hocks
	Pound	0.21	1-1/2 oz cooked ham hocks	476.2	
<b>POPCORN, POPPED</b>					
<b>Popcorn, Popped</b>	48 - 1 oz individual packages	136.7	1/4 cup popped	0.74	1 oz pkg = about 2-1/4 cups
	Pound	68.3	1/2 cup popped	1.5	1 lb dry = about 34-1/4 cups
	Pound	45.5	3/4 cup popped	2.2	
	Pound	34.1	1 cup popped	3.0	
<b>POTAO CHIPS</b>					
<b>Potato Chips</b>	Pound	32.0	1/2 ounce chips (about 1/2 cup)	3.2	

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<b>POTATO STICKS</b>					
Potato Sticks	Pound	32.0	1/2 ounce sticks (about 3/8 cup)	3.2	
<b>PUDDING</b>					
Pudding, canned Ready-to-serve Butterscotch, Chocolate, Vanilla, etc.	No. 10 can (112 oz)	47.9	1/4 cup pudding	2.1	1 can = about 12 cups ready-to-serve pudding
	No. 10 can (112 oz)	23.9	1/2 cup pudding	4.2	
<b>SYRUPS</b>					
Syrups Cane, Corn, Maple, Molasses, etc.	1 gal (about 183oz)	16.0	1 cup syrup	--	
	1 gal (about 183oz)	128.0	2 tablespoon syrup	0.79	
	1 quart	4.0	1 cup syrup	--	
	1 quart	32.0	2 tablespoon syrup	3.2	
<b>SALAD DRESSINGS</b>					
Salad Dressings French, Mayonnaise, Mayonnaise type	1 gal	16.0	1 cup dressing	--	
	1 gal	256.0	1 tablespoon dressing	0.40	
	1 quart	4.0	1 cup dressing	--	
	1 quart	64.0	1 tablespoon dressing	1.6	
<b>VEGETABLES FOR SEASONING</b>					
Vegetables for Seasoning, dried <b>Celery</b> Flakes	Ounce	1.3	1 cup dry flakes	--	For flavor, use 1 oz dry in place of 11.3 oz (2-2/3 cups) fresh chopped celery
	Pound	21.6	1 cup dry flakes	--	
Vegetables for Seasoning, dried <b>Chives</b> Freeze-dried Flakes	Ounce	2.8	1 cup flakes	--	For flavor, use 1 oz dry in place of 14.7 oz (8-2/3 cups) fresh chopped chives
	Pound	46.2	1 cup flakes	--	

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<b>VEGETABLES FOR SEASONING (continued)</b>					
Vegetables for Seasoning, dried <b>Garlic</b> <i>Minced</i>	Ounce	2.6	1 tablespoon garlic	--	For flavor, use 1/4 tsp. dry in place of 2 cloves fresh minced garlic
	Pound	42.0	1 tablespoon garlic	--	
Vegetables for Seasoning, dried <b>Mixed vegetables</b> <i>Flakes</i>	Ounce	7.2	1 tablespoon flakes	--	
	Pound	7.8	1 cup flakes	--	
Vegetables for Seasoning, dried <b>Onions</b> <i>Chopped</i>	Ounce	6.0	1 tablespoon onions	--	For flavor, use 1 oz dry in place of about 9.1 oz (1-1/2 cup) fresh chopped onion
	Pound	5.2	1 cup onions	--	
Vegetables for Seasoning, dried <b>Onions</b> <i>Minced</i>	Ounce	6.0	1 tablespoon onions	--	
	Pound	4.5	1 cup onions	--	
Vegetables for Seasoning, dried <b>Onions</b> <i>Flakes</i>	Ounce	6.0	1 tablespoon flakes	--	
	Pound	7.6	1 cup flakes	--	
Vegetables for Seasoning, dried <b>Parsley</b> <i>Flakes</i>	Ounce	21.8	1 tablespoon flakes	--	For flavor, use 1 oz dry in place of about 2.9 oz (4 cups) fresh chopped parsley
	Pound	20.6	1 cup flakes	--	
Vegetables for Seasoning, dried <b>Pepper, Green or Red</b> <i>Flakes</i>	Ounce	11.3	1 tablespoon flakes	--	For flavor, use 1 oz dry in place of about 8.8 oz (1-2/3 cups) fresh chopped green pepper
	Pound	11.3	1 cup flakes	--	



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<b>YEAST</b>					
<b>Yeast</b> <i>Active Dry</i>	Pound	3.1	1 cup yeast	--	1 package (1/4 oz) = about 1 tablespoon
<b>Yeast</b> <i>Compressed</i>	Pound	25.2	1 cake yeast	--	1 cake (5/8 oz) = 1 package; (1/4 oz) active dry yeast