

## Food Buying Guide

### Fruit Crediting as a 1/2 Cup Serving

### Reference Sheet

Fruit	Count/Unit Size	½ Cup Serving Size (unless noted)
Apples	125-138	1/2 apple
Bananas	150 (petite)	1 banana
	100-120	1 banana
Blackberries	1 Pound	6 servings/lb
Blueberries	1 Pound	6 servings/lb
Clementine	3-4 per pound	1 whole, peeled = 3/8 cup (1 ½ clementines = ½ cup fruit)
Grapefruit	27-32	1/2 grapefruit
Grapes		14 grapes
Kiwi	33-39	1 Kiwi = 3/8 cup (1 ½ kiwis = ½ cup fruit)
Nectarines	88-96	1 whole, raw
	56-64	1 whole, raw (3/4 c)
Oranges	138	1 whole
	125	1 whole (5/8 c)
	113	1 whole (5/8 c)
Peaches	80	1 whole, raw
	88 or 84	1 whole, raw (3/8 c)
	64 or 60	1 whole, raw (2/3 c)
	56	1 whole, raw (3/4 c)
Pears	150	1 whole, raw
	120	1 whole, raw (3/4 c)
(D'Anjou, Bosc, or Bartlett)	100	1 whole, raw (1 1/4 c)
Plums – 2-inch diameter (Purple, Red, or Black)	45 or 50	1 whole, raw
Plums (Japanese or hybrid)	60 or 65	1 whole, raw (3/8 c)
Raspberries	1 Pound	6 servings/lb
	1 Pint	4 servings/pint
Strawberries	1 Pound	5.25 servings/lb
	1 Pint	about 4 servings/pint
Tangerines	120	1 whole (3/8 c)