

Canned Fruit Portioning Guide

1/2 cup servings per unit

This reference was developed to assist School Nutrition Programs in proper portioning of canned fruits.

All quantities are based on the [USDA Food Buying Guide](#).

Fruit as listed in The Food Buying Guide	UNIT	AVG. ½ Cup servings per unit	NOTES
Apples, canned	#10 can	25.20	Fruit and juice
Apples, canned	#10 can	23.75	Drained
Apricots, canned, diced	#10 can	24	Fruit and juice
Apricots, canned, halves	#10 can	24	Unpeeled, fruit and juice
Apricots, canned, halves	#10 can	14.66	Unpeeled, drained
Blackberries, canned, whole	#10 can	23.9	Fruit and juice
Blackberries, canned, whole	#10 can	21.32	Drained
Blueberries, canned, whole	#10 can	23.8	Fruit and juice
Blueberries, canned, whole	#10 can	18.5	Drained
Grapefruit and orange sections	1 gallon	31.95	Fruit and juice
Grapefruit and orange sections	1 gallon	26.5	Drained
Peaches, canned, diced	#10 can	24.3	Fruit and juice
Peaches, canned, diced	#10 can	17.7	Drained
Peaches, canned, halves	#10 can	23.55	Fruit and juice <i>(about 2 halves w/juice)</i>
Peaches, canned, halves	#10 can	16.25	Drained
Peaches, canned, slices	#10 can	25	Fruit and juice
Peaches, canned, slices	#10 can	18.05	Drained
Pears, canned, diced	#10 can	23.8	Fruit and juice
Pears, canned, diced	#10 can	19	Drained
Pears, canned, halves	#10 can	26	Fruit and juice <i>(about 2 halves w/juice)</i>
Pears, canned, halves	#10 can	15.5	Drained
Pears, canned, slices	#10 can	24.85	Fruit and juice
Pears, canned, slices	#10 can	14.75	Drained
Pineapple, canned, chunks	#10 can	24.95	Fruit and juice
Pineapple, canned, chunks	#10 can	15.9	Drained
Pineapple, canned, tidbits	#10 can	25.05	Fruit and juice
Pineapple, canned, tidbits	#10 can	16.7	Drained