

# Fresh Fruit Portioning Guide

Average Weight or Measure Quantity to Equal ½ Cup Serving of Fresh, Raw Fruit

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

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

Harvest of the Month	Fruit as listed in The Food Buying Guide	UNIT	Average MEASURE for ½ cup	Average WEIGHT for ½ cup	NOTES
HOTM	Apples, 125-138 count whole	each	½ apple, unpeeled	1.9 oz.	
HOTM	Apples, 100 count whole	each	½ apple, unpeeled	1.9 oz.	
HOTM	Apples, whole	pound	1/2 cup	2 oz.	Raw, unpeeled, cored, sliced fruit
	Apricots, whole 1 3/8" diameter	each	2 whole	1.25 oz.	
	Bananas, 100/120/150 count	each	1 whole	2.8-5.9 oz.	
	Bananas, slices/chunks, peeled	pound		3 oz.	
	Blackberries	pound		2.7 oz.	
HOTM	Blueberries	pound		2.7 oz.	
	Cantaloupe, 15 count	5 ¾" melon	1/8" of whole	2.75 oz.	Wedge
	Cantaloupe, 18 count	5" melon	1/5 of whole	2.75 oz.	Wedge
	Cantaloupe, peeled, diced/cubed	pound		3 oz.	Seeds and pulp removed
	Cherries, sweet, whole with pits	each	14 whole	3.4 oz.	
	Clementines	each	1 & ½ whole	2.6 oz.	1 whole, peeled = 3/8 cup
HOTM	Grapefruit, 27-32 count	each	½ whole	3.8 oz.	Fruit and liquid
HOTM	Grapefruit, sections	pound	About 2 sections	4 oz.	Peeled
	Grapes	each	About 14 large	3 oz.	Without the stem
	Honeydew	pound		3.3 oz.	Peeled and seed/pulp removed
	Kiwi, 33-39 count	each	2 halves or ¾ whole	3 oz.	Unpeeled
	Kiwi, chunks/slice/wedge	pound		3 oz.	Unpeeled
	Mangoes	pound		3 oz.	Peeled, cubed /sliced
	Nectarines, size 56-64	each	1 whole	5.2 oz.	2 ¾" diameter = about ¾ cup
	Nectarines, size 88-96	each	1 whole	3.6 oz.	2 ¼"diameter = about ½ cup
HOTM	Oranges, 113/125/138 count	each	1 whole		
HOTM	Oranges, Mandarin/Satsuma	pound		3.44 oz.	1-cup peeled sections
	Papaya	pound		2.5 oz.	Peeled, sliced/cubed
HOTM	Peaches, size 56/60/64/80	each	1 whole	3.55-5.3 oz.	
HOTM	Peaches, size 84/88	each	1 ½ whole	2.9 oz.	2 1/8" diameter
	Pears, 120/150 count	each	1 whole	3.5-4.8 oz.	
	Persimmon	pound	½ cup	2.7 oz.	Unpeeled, diced/wedge, raw fruit
	Pineapple	pound		2.7 oz.	Peeled, cored, sliced/cubed
	Plums, purple, red, or black	each	1 whole	3.2 oz.	2" diameter
	Starfruit, sliced	pound		2.3 oz.	
	Starfruit, chopped	pound		3.3 oz.	
HOTM	Strawberries	pound		2.7 oz.	
HOTM	Tangerines, 120 count	each	1 whole	4 oz.	
HOTM	Tangerines, 150 count	each	1 ½ whole	2.72 oz.	1 whole tangerine = 3/8 cup fruit
	Tangelo	pound	½ cup	3.5 oz.	Ready-to-serve peeled, sections
HOTM	Watermelon	pound		3.5 oz.	Cubed, without rind