

Creditable and Non-Creditable Foods

Fiscal Year 2019 – 2020



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Milk

1. Milk must be pasteurized fluid milk, fortified with vitamins A and D.
2. Participants must be served milk at breakfast, lunch, and supper. Serving milk at supper to an adult participant is optional.
3. Milk may be one of the two required components for snacks. For children, milk may not be credited for snacks when juice is served as the other component.
4. Always record the type of milk served to each age group on menus to document what was served.
5. CACFP allows children one month to transition from breastmilk or formula to whole cow's milk after the first birthday.
6. Unflavored whole milk must be served to children one to two years of age. One month is allowed for transition from whole milk to low fat (1%) or fat free (skim) milk when a child turns two years old (25th month).
7. Unflavored low fat (1%) or fat free milk (skim) must be served to children two through five years of age.
8. Low fat (1%) or fat free (skim) milk must be served to participants age six years and older.
9. Flavored milk is allowed only for participants six years of age (or in Kindergarten) and older, and must be fat free (skim) or 1%.
10. Milk must be served as a beverage or over cereal.
11. Milk is not credited when used in cooking (e.g., soup, custard, and pudding).
12. Families may request in writing non-dairy substitutes nutritionally equivalent to cow's milk.

Creditable

- Acidified milk (acidophilus)
- Breastmilk, no upper age limit
- Buttermilk, cultured milk or kefir
- Cow's milk
- Goat's milk
- Lactose-free cow's milk
- Lactose-reduced cow's milk
- Milkshakes, only the milk portion credits
- Smoothies, only the milk portion credits
- Soy milk, if family's written request is on file and nutrients are nutritionally equal to cow's milk ^{1, 2, 3}. Products meeting this requirement are:
 - 8th Continent Soy milk (Original or Vanilla ^{2, 3})
 - Great Value Original Soy Milk
 - Kirkland Signature Organic Plain Soy milk
 - Pacific Natural Ultra Soy milk (Plain or Vanilla ^{2, 3})
 - PEARL Organic Soy milk Smart (Original, Smart Creamy Vanilla ^{2, 3} or Smart Chocolate ^{2, 3})
 - Silk Original Soy milk
 - Sunrich Naturals Soy milk (Plain, Original, Unsweetened or Vanilla ^{2, 3})
 - Westsoy[®] Organic Plus (Plain or Vanilla ^{2, 3})
- Ultra-high Temperature (UHT) shelf stable cow's milk, skim or 1%

Creditable for Specific Age Groups

- Cocoa ^{2, 3} made only from fluid skim or 1% milk, for participants age 6 and over
- Flavored skim or 1% milk ^{2, 3}, for participants age 6 and over
- Skim or 1% milk, for participants age 2 and over
- Whole milk, for children ages 1-2 only
- Yogurt ⁴, served instead of milk once a day for adult participants only

Non-creditable

- Almond milk
- Cocoa mix made with water
- Coconut milk
- Coffee creamers
- Cream
- Cream sauce
- Cream soup
- Custard
- Dry milk
- Eggnog
- Evaporated milk
- Half and half
- Ice cream and frozen yogurt
- Ice milk
- Imitation milk
- Pudding
- Pudding pops
- Raw milk ⁵ (certified or uncertified)
- Reconstituted dry milk, only with State approval
- Rice milk
- Sherbet or sorbet
- Sour cream
- Soy milk, beverage or drink when not nutritionally equal to cow's milk
- Sweetened condensed milk
- Yogurt (commercial only) is creditable only as a meat alternate or milk substitute for adult participants at one meal per day.

Non-creditable for Specific Age Groups

- Flavored milk for children under 6 years of age
- 1% or skim milk for children under age two
- Whole and 2% milk for participants over age one

¹ Documentation from a prescribing medical professional is required for other brands.

² Contact your Home Sponsor if you have questions about a specific product.

³ Flavored milk may be served only to participants 6 years and over.

⁴ Yogurt may contain no more than 23 g. sugar per 6 oz.

⁵ Serving this food is prohibited. It must not be served as an "extra" food.

Meat/Meat Alternates

1. Meat/meat alternates may include lean meat, poultry, fish, cheese, eggs, nuts, seeds, nut or seed butters, cooked dry beans or split peas, and yogurt. Meats must be state or federally inspected. Eggs must be federally inspected.
2. A combination of two meat/meat alternates may be served at the same meal to total the required serving size.
3. A meat/meat alternate must be served at lunch and supper, and may be served as one of the two required components at snacks.
4. A meat/meat alternate may be served ounce for ounce in place of the grain component at breakfast no more than three times per week.
5. At least $\frac{1}{4}$ ounce or $\frac{1}{2}$ Tablespoon of cooked, lean meat or its equivalent must be served to credit as part of the required serving.
6. Cooked, dry beans or split peas may be credited as a vegetable or as a meat alternate, but one food item cannot count for both components in the same meal.
7. Nuts or seeds may fulfill no more than 50% of the required meat/meat alternate serving size at lunch and supper.
8. Another meat or meat alternate should be provided with peanut butter or cheese when served at lunch and supper.
9. In breaded products and meat sauces, only the meat portion is credited toward meeting serving size requirements.
10. Child Nutrition (CN) labels or Product Formulation Statements (PFS) are required for processed combination products. See following pages for more information about CN labels and PFS.
11. Deep-fat fried foods (submerged in hot oil or other fat) cannot be prepared in the day care home and served as part of a reimbursable meal. Purchased foods may be deep-fat fried. Pre-fried foods baked at the day care home may be served.

Creditable

- Bologna (no byproducts, cereals, binders or extenders*) +
- Canadian bacon and ham +
- Cheese, natural (e.g., Colby, Swiss, Cheddar, Monterrey Jack)
- Cheese food and cheese spread ¹ +
- Cheese substitute +
- Cottage cheese, ricotta cheese ¹ +
- Dried split peas, beans, lentils, refried beans, soy beans (canned or cooked from dry – ¼ c. = 1 oz. meat alternate)
- Eggs, whole only – fresh, frozen, dried or liquid (must be federally inspected)
- Fish and shellfish, cooked (only the meat portion credits)
- Hot dogs (no byproducts, cereals, binders or extenders*) +
- Liver, kidney, tripe
- Peanuts, nuts, seeds, soy nuts
- Peanut, nut, soy or seed butter, regular (not reduced-fat)
- Sausage (fresh pork, fresh Italian, Vienna) +
- Soup, bean or split pea (½ cup = 1 oz. meat)
- Spare ribs (only lean meat portion credits)
- Tahini (credited as a seed butter)
- Tofu ²
- Turkey ham +
- Yogurt (dairy or soy) ³, commercial only
- Yogurt ³ in smoothies

Combination items are creditable only with a CN label or Product Formulation Statement if not listed in Food Buying Guide. Use recipes for homemade items; a serving must contain at least ¼ oz. meat/meat alternate. This list is not exhaustive.

- Beef patties
- Breaded items (fish, meat and poultry) +
- Burritos
- Canned pasta with meat +
- Corndogs +
- Egg rolls +
- Falafel
- Frozen Entrees +
- Lasagna +
- Macaroni and cheese +
- Meatballs
- Meat loaf
- Meat sauce
- Pizza +
- Pot pie +
- Quiche +
- Ravioli
- Salisbury Steak
- Soups
- Spaghetti with meat sauce
- Stews

Non-creditable

- Bacon, bacon-bits, imitation bacon products
- Canned cheese sauce
- Cheese product (Velveeta) or imitation cheese
- Cheese, jarred
- Chestnuts
- Coconut
- Cream cheese
- Deep-fat fried foods prepared on-site
- Egg substitutes, whites and yolks alone, uninspected
- Fish, home caught or home pickled ⁴
- Game: venison, squirrel, fish, etc. (credit only if USDA or State inspected)
- Ham hocks, pigs' feet, neck bones, tail bones
- Home canned meats ⁴, home slaughtered meats ⁴
- Imitation meats/meat alternates (e.g., imitation crab meat)
- Jerky (any type)
- Nutella
- Potted, pressed, or deviled canned meat (e.g., Spam)
- Powdered cheese, boxed macaroni and cheese
- Soup, commercial canned (except bean or split pea)
- Tempeh, seitan
- Yogurt ⁴, **HM**
- Yogurt, covered fruits or nuts
- Yogurt, frozen

Non-creditable except with a CN label or Product Formulation Statement.

- Lunch meat +
- Meat analogs ⁵ (veggie burgers, breakfast links, textured vegetable protein crumbles)
- Pepperoni +
- Salami +
- Sausage (Polish, Summer) +
- Snack meat sticks (any type) +
- Soy cheese +
- Turkey bacon +

¹ A double portion must be served.

² 2.2 oz. or ¼ cup = 1 oz. meat (must contain > 5 g. protein per oz.).

³ No more than 23 g. sugar per 6 oz.

⁴ Serving these foods is prohibited. It must not be served as an "extra" food.

⁵ Alternate protein products may be up to 100% non-meat protein.

Vegetables

1. Most vegetables are creditable. Serve a variety for optimal nutrition.
2. Vegetables must be served as a required meal component at lunch and supper.
3. A vegetable may be used to fulfill the fruit component when two different vegetables are served for lunch or supper.
4. One vegetable or one fruit or portions of each must be served for breakfast.
5. A vegetable and a fruit can be served for the two required components at snack.
6. Juice may be served only one time per day.
7. Juice may not be served for snack if milk is the only other required component served.
8. Juice may be served at lunch or supper.
9. At least $\frac{1}{8}$ cup (2 Tablespoons) of vegetable must be served to credit as the minimum serving size requirement. If only $\frac{1}{8}$ cup of vegetable is served, the second vegetable (or fruit) serving must fulfill the rest of the total required amount of both components combined.
10. All juice must be full strength (100%) juice and pasteurized. Juices labeled "juice", "full strength juice", "100% juice", "single strength juice", "juice from concentrate" or "reconstituted juice" are full strength. Juices naturally high in or fortified with vitamin C are recommended.
11. Vegetable and fruit juice blends are creditable as either a fruit or a vegetable depending on the first ingredient.
12. Two forms of the same food (e.g., cooked cabbage and coleslaw) are not creditable in the same meal.
13. Combinations such as mixed vegetables, peas and carrots, stew vegetables and casserole vegetables credit as one vegetable when the amount of each vegetable is not known.
14. Cooked, dry beans or split peas may be credited either as a vegetable or as a meat alternate, but the food item cannot count for both components in the same meal.
15. Vegetables combined with other foods in mixed dishes must be recognizable in order to be creditable.

Creditable

- Avocado
- Carrots
- Dried split peas, beans, lentils, baked beans, refried beans, soy beans (canned or cooked from dry)
- Chopped vegetables in **HM** casseroles or stews ¹
- Coleslaw ¹ (only the vegetable credits)
- Dehydrated vegetables (measure when re-hydrated)
- Edamame (green soy beans)
- Kale ²
- Leafy vegetables ²
- Mixed vegetables (credits as one vegetable)
- Mushrooms
- Mustard greens
- Pizza sauce ¹
- Potatoes
- Potato skins
- Salsa, all vegetable including spices
- Smoothies, vegetable (puree = juice)
- Soup, tomato or vegetable
(If commercial, 1 cup soup = $\frac{1}{4}$ cup vegetable)
- Spaghetti sauce ¹
- Tomato paste – 1 Tablespoon = $\frac{1}{4}$ cup vegetable
- Tomato puree – 2 Tablespoons = $\frac{1}{4}$ cup vegetable
- Tomato sauce – 4 Tablespoons ($\frac{1}{4}$ cup) = $\frac{1}{4}$ cup vegetable
- Tomato juice
- Vegetable juice blend (e.g., V-8 juice)

Non-creditable

- Chili sauce
- Corn chips (credit as grain if whole grain or enriched)
- Dry spice mixes
- Home canned vegetables ³
- Hominy
- Ketchup, condiments and seasonings
- Pickle relish
- Potato chips, potato sticks
- Raw sprouts ³
- Salsa, commercial with non-vegetable ingredients
- Tomato-based sauce on canned pasta and commercial pizza ⁴
- Vegetable straws, crisps, or chips

¹ The minimum serving size to contribute toward meeting meal pattern requirements is $\frac{1}{8}$ cup (2 Tablespoons).

² 1 cup leafy vegetable = $\frac{1}{2}$ cup vegetable.

³ Serving these foods is prohibited. They must not be served as an "extra" food.

⁴ Creditable only with CN label or Product Formulation Statement (PFS).

Fruits

1. Most fruits are creditable. Serve a variety for optimal nutrition.
2. Fruits must be served as a required meal component at lunch and supper.
3. The entire fruit component may be replaced by serving a second vegetable at lunch or supper.
4. A fruit or vegetable or portions of each must be served at breakfast.
5. A fruit and a vegetable can be served for the two required components at snack.
6. Juice may be served only one time per day.
7. Juice may not be served at snack if milk is the only other required component served.
8. Juice may be served at lunch or supper.
9. At least $\frac{1}{8}$ cup (2 Tablespoons) of fruit must be served to credit as the minimum serving size requirement. If only $\frac{1}{8}$ cup of fruit is served, the vegetable serving must fulfill the rest of the total required amount of both components combined.
10. All juice must be full strength (100%) juice and pasteurized. Juices labeled "juice", "full strength juice", "100% juice", "single strength juice", "juice from concentrate" or "reconstituted juice" are full strength. Juices naturally high in or fortified with vitamin C are recommended.
11. Fruit and vegetable juice blends are creditable as either a fruit or a vegetable depending on the first ingredient.
12. Two forms of the same food (e.g., applesauce and apple slices) are not creditable in the same meal.
13. Combinations such as fruit cocktail, fruit salad, or mixed fruit credit as one fruit serving when the amount of each fruit is not known.
14. Fruits combined with other foods in mixed dishes must be recognizable in order to be creditable.

Creditable

- Apple cider, must be pasteurized
- Cranberry sauce made with whole cranberries (not jellied)
- Dried fruit (e.g., apricots, cherries, dates, figs, prunes, raisins, cranberries) ¹
- Frozen juice bars or popsicles made with 100% fruit and/or juice
- Fruit cocktail, credits as one fruit
- Fruit puree, 100% fruit
- Fruit sauce ², **HM**
- Fruit in gelatin or pudding ² (only the fruit credits)
- Fruit in dessert pies, crisps and cobblers ² (only the fruit credits)
- Juice, 100% full strength
- Juice blends, 100% full strength
- Juice concentrates, reconstituted to equal 100% juice
- Kiwi fruit
- Smoothies, fruit (puree = juice)

Non-creditable

- Apple butter
- Banana chips, commercial
- Barbecue sauce
- Caffeinated drinks
- Coconut
- Frozen fruit flavored bars (less than 100% juice)
- Fruit "drink" (less than 100% juice)
- Fruit flavored syrup or powder
- Fruit in cookies, breads, muffins and grain bars
- Fruit in commercial fruited yogurt
- Fruit snacks, leather, rollups, shapes (less than 100% fruit)
- Fruit flavored ice cream
- Fruit flavored water
- Fruit syrup from canned fruit
- Gummy fruit candy
- Home canned fruits ³
- Honey, syrup, jam, jelly, preserves
- Jellied cranberries, canned
- Jell-O, gelatin
- Juice cocktails (less than 100% juice)
- Juice drinks
- Kool-Aid
- Lemon pie filling
- Lemonade
- Orangeade
- Popsicles (less than 100% juice)
- Pudding with fruit, commercial
- Punch (less than 100% juice)
- Sherbet, sorbet, commercial ⁴
- Toaster pastry filling

¹ $\frac{1}{4}$ cup dried fruit = $\frac{1}{2}$ cup fruit

² Minimum serving size to contribute toward meeting meal pattern requirements is $\frac{1}{8}$ cup (2 Tablespoons).

³ Serving these foods is prohibited. They must not be served as an "extra" food.

Grains

1. Creditable grains must list whole grain, enriched flour/meal, bran, or germ as the first ingredient. Cereals must be whole grain, enriched, or fortified. Carefully read ingredient labels to ensure the grain product meets requirements.
2. At least one serving of grains per day must be whole grain-rich (WGR) across all eating occasions. WGR means the product must contain at least 50% whole grains and the remaining grain ingredients are creditable.
3. Menus must be labeled clearly identifying WGR foods to document they were served. Keep label information or recipes on file for WGR items to document requirements were met.
4. A grain item must be served for lunch and supper, and may be one of the two required components at snack.
5. Meat and meat alternates may be served in place of the grain component a maximum of three times per week at breakfast.
6. At least $\frac{1}{4}$ serving of a grain item must be served to credit toward the required serving size.
7. Breakfast cereals must contain no more than six (6) g. of sugar per dry oz. (21 g. per 100 g.).
8. Grain-based desserts are not creditable as the grain component at any meal or snack. The fruit in cobblers, crisps, and pies is creditable toward the fruit requirement if the minimum required portion is served (2 Tablespoons). An additional fruit or vegetable must be served to fulfill the remainder of the required portion.
9. Instructions to credit commercial grain products, grain foods made from purchased mixes, and from scratch (HM, homemade) are on the following pages, "Determining Portion Sizes for Grain Products".
10. Ounce equivalents must be used to determine the quantity of creditable grains by October 1, 2019. Ounce equivalent means a serving must provide 16 grams of grain. The "Grains Serving Size Chart" uses 16 grams as the reference. The previous "Grains/Breads Serving Size Chart" may be used until October 1, 2019 if desired.
11. The minimum serving size specified in the meal pattern chart for ready-to-eat breakfast cereals must be served by October 1, 2019. Until October 1, 2019, the minimum serving size for any type of ready-to-eat breakfast cereals is $\frac{1}{4}$ cup for children ages 1-2; $\frac{1}{3}$ cup for children ages 3-5; $\frac{1}{4}$ cup for children ages 6-12; and $1\frac{1}{2}$ cups for adults.

Creditable

All must list whole grain, bran, germ or enriched flour or meal as the first ingredient, or be fortified.

- Animal crackers +
- Bagels
- Belvita (breakfast biscuits, soft baked) +
- Biscuits +
- Boston brown bread
- Breeding or batter on meats **HM** +
- Bread sticks, hard or soft
- Bread stuffing
- Cereal, dry or cooked
- Cheetos +
- Chips, grain based +
- Chow Mein noodles +
- Cornbread and corn muffins +
- Corn tortillas
- Couscous
- Crackers, savory +
- Crepes
- Croissants +
- Croutons ¹ +
- Darlington sweet crackers +
- Dumplings
- Egg roll skins, won ton wrappers
- English muffins
- Fry bread +
- Graham Crackers +
- Grains (barley, cornmeal, millet, oats, quinoa, rice, wheat)
- Granola cereal +
- Grits
- Hushpuppies +
- Kasha (buckwheat)
- Macaroni, noodles, spaghetti and other pasta shapes
- Muffins +
- Pancakes
- Pie crust or shell in main dish pie or quiche +
- Pita bread
- Pizza crust
- Popovers
- Pretzels, soft and hard
- Puff pastry in main dish +
- Quick breads including banana, carrot, pumpkin, zucchini breads +
- Rice cakes ¹
- Scones +
- Snack crackers +
- Sun Chips +
- Taco or tortilla shells +
- Tortillas
- Waffles

Non-creditable

Items with sugar listed as the first ingredient.

Sweet flavored or coated items (made with sprinkles, cocoa, chocolate, caramel, toffee, glaze, icing, frosting, candy pieces, jam, sweetened fruit puree, custard, flavored chips, and marshmallows).

- Belvita sandwich cookies
- Bread pudding
- Brownies
- Cake, cupcakes
- Caramel corn
- Cereal bars, commercial and **HM**
- Chips, grain based (if not whole grain or enriched)
- Churros
- Cinnamon rolls
- Coffee cake
- Commercial breeding or batter on meat products ² +
- Cookies (wafer, sandwich, and bars)
- Cream puff shells
- Crisp and cobbler crust
- Doritos ³
- Doughnuts
- Fig or fruit bars
- Fritos ³
- Gingerbread
- Grain-based desserts
- Grain fruit bars, granola bars
- Grains included in smoothies
- Grits, unenriched
- Hominy
- Ice cream cones
- Jiffy brand mixes
- Nut, legume (bean), or seed flour
- Pastries
- Pie crust for dessert pies
- Popcorn
- Pop tarts, toaster pastries
- Potatoes (credit as a vegetable)
- Potato chips, potato sticks
- Rice pudding
- Sopapillas
- Sweet biscotti
- Sweet croissants
- Sweet pita chips
- Sweet rice cakes
- Sweet rolls, buns
- Sweet scones
- Tapioca
- Turnover crust
- Vanilla wafers (plain cookies)

¹Serving size probably not reasonable.

²Creditable only with CN label or Product Formation Statement.

³Creditable products may be available for school food service.

How Much to Serve?

Grain serving sizes are based on ounce equivalents, effective 10/1/2019.

 Common Grains Items	Serving Size 1-5 year olds	Serving Size 6 year olds-Adults	Cost*
Bagel – 3.3 oz. national brand	¼	¼	.24
Bread, 100% whole wheat – store brand U	½ slice	1 slice	.10
Oatmeal, cooked, store brand U	¼ cup	½ cup	.04
Cereal, Cheerios	½ cup	1 cup	.19
Cheez-It snack crackers	20	40	.20
Ritz snack crackers – national brand	4	7	.19
Snack crackers – store brand U	4	7	.13
English muffin	¼	½	.21
Fish crackers (30 oz. box)	21	41	.20
Pretzels, large ring – store brand U	4	8	.11
Pretzels, stick – store brand U	13	26	.11
Saltines – national brand	4	8	.15
Saltines – store brand U	4	8	.04
Oyster crackers – store brand U	28	55	.10
Tortilla, small (28 g.)	½	1	.15
Triscuits	4	8	.23
Wheat Thins	9	17	.21

*Approximate prices in February 2017 at HyVee in central Iowa. Instead of counting out crackers, place the correct amount in a measuring cup to determine the required volume and scoop out the serving. **U** = Low cost option.

SERVING SIZE AND YIELD for Selected Fresh Vegetables and Fruits

Please note that the serving sizes and yields are approximate. This chart is intended as a reference only. Refer to the **Food Buying Guide** for a full listing of serving sizes and yields for vegetables and fruits.

Vegetable	Serving Size and Yield	Fruit	Serving Size and Yield
Broccoli	1 medium spear = 1/4 cup	Apples	1 <i>small</i> apple = 1/2 cup 1/2 apple = 1/4 cup 1/4 apple = 1/8 cup
Carrots baby carrots	14 baby carrots = 1/2 cup 7 baby carrots = 1/4 cup 4 baby carrots = 1/8 cup	Bananas	3 small bananas = 1 pound 1/2 small banana = 1/4 cup 1/4 small banana = 1/8 cup
sticks	1 stick is 4 inches long x 1/2 inch wide 6 sticks = 1/2 cup 3 sticks = 1/4 cup 2 sticks = 1/8 cup	Cantaloupe	1/8 large melon = 1/2 cup 1/16 large melon = 1/4 cup 1/32 large melon = 1/8 cup
Cauliflower	1 medium head = 6 cups florets	Grapes, seedless	14 large grapes = 1/2 cup 7 large grapes = 1/4 cup 4 large grapes = 1/8 cup
Celery sticks	1 stick is 3 inches long x 3/4 inch wide 8 sticks = 1/2 cup 4 sticks = 1/4 cup 2 sticks = 1/8 cup	Nectarines	1 nectarine = 1/2 cup 1/2 nectarine = 1/4 cup 1/4 nectarine = 1/8 cup
Cucumber slices	2 inches across, 1/8 inch thick slices 8 slices = 1/2 cup 4 slices = 1/4 cup 2 slices = 1/8 cup	Oranges	4 oranges = 1 pound 1 orange = 1/2 cup 1/2 orange = 1/4 cup 1/4 orange = 1/8 cup
Dill pickles	4 to 4 3/4 inches long 3 pickles = 1/2 cup 1 1/2 pickles = 1/4 cup 3/4 pickle = 1/8 cup	Peaches	4 peaches = 1 pound 1 peach = 1/2 cup 1/2 peach = 1/4 cup 1/4 peach = 1/8 cup
Radishes	14 radishes = 1/2 cup 7 radishes = 1/4 cup 4 radishes = 1/8 cup	Pears	4 pears = 1 pound 1 pear = 1/2 cup 1/2 pear = 1/4 cup 1/4 pear = 1/8 cup
Tomatoes slices	1/4 inch thick slices 4 slices = 1/2 cup 2 slices = 1/4 cup 1 slice = 1/8 cup	Raisins	1 pound = 3 cups 5 1/3 ounces = 1 cup 2 2/3 ounces = 1/2 cup 1 1/3 ounces = 1/4 cup 1 package (1 1/2 ounces) = 1/4 cup
cherry	6 tomatoes = 1/2 cup 3 tomatoes = 1/4 cup 2 tomatoes = 1/8 cup	Tangerines	1 tangerine = 1/2 cup
		Watermelon	1 melon = 28 pounds 1/16 piece = 1/2 cup 1/32 piece = 1/4 cup 1/64 piece = 1/8 cup