

Converting Common Measures

Convert Ounces to Pounds

Ounces	Decimal Amounts in Pounds	Ounces	Decimal Amounts in Pounds	Ounces	Decimal Amounts in Pounds
1 oz	.063 lb	7 oz	.44	13 oz	.81 lb
2 oz	.13 lb	8 oz	.50 lb	14 oz	.88 lb
3 oz	.19 lb	9 oz	.56 lb	15 oz	.94 lb
4 oz	.25 lb	10 oz	.63 lb	16 oz	1.0 lb
5 oz	.31 lb	11 oz	.69 lb		
6 oz	.38	12 oz	.75 lb		

To convert ounces to pounds in decimal units, divide the number of ounces by 16.

Convert Decimal to Fraction

Decimal Unit	Fractional Equivalent	Decimal Unit	Fractional Equivalent	Decimal Unit	Fractional Equivalent
.125	1/8	.375	3/8	.66	2/3
.25	1/4	.50	1/2	.75	3/4
.33	1/3	.625		.875	

Convert Volume Measures

1 gallon	= 4 quarts or 16 cups	1 gallon of water	= 8 lbs or 128 ounces
1 quart	= 4 cups or 2 pints	1 quart of water	= 2 lbs or 32 ounces
1 pint	= 2 cups	1 pint of water	= 16 ounces
1 cup	= 16 tablespoons	1 cup of water	= 8 ounces
1 tablespoon	= 3 teaspoons	1 tablespoon of water	= 1/2 ounce

Crediting the Meat/Meat Alternate (M/MA) Component

- Measured in weight
- Credits in ounce equivalents (oz eq)
 - A minimum of 0.25 oz eq per serving is needed to credit
- Round down to the ¼ oz eq
- Use the [USDA Food Buying Guide](#), a Child Nutrition (CN) label or Product Formulation Statement (PFS) to credit M/MA

Crediting the Grain/Bread (G/B) Component

- Measured in weight
- Credits in ounce equivalents (oz eq)
 - A minimum of 0.25 oz eq per serving is needed to credit
- Round down to the $\frac{1}{4}$ oz eq
- Use the [Exhibit A Grain Requirements Chart](#), a Child Nutrition (CN) label or Product Formulation Statement (PFS) or by calculating the grams of creditable grains in a recipe. Refer to the [USDA Food Buying Guide](#) for more information.

Crediting the Vegetable Component

- Measured in cups
- Rounds down to the $\frac{1}{8}$ cup
- Credits cup-for-cup (e.g., $\frac{1}{2}$ cup corn credits as $\frac{1}{2}$ cup starchy vegetable)
 - Exceptions:
 - Raw, leafy salad greens credit as half the volume served
 - 1 TBSP tomato paste credits as $\frac{1}{4}$ cup red/orange vegetable
 - 2 TBSP tomato puree credits as $\frac{1}{4}$ cup red/orange vegetable

Crediting the Fruit Component

- Measured in cups
- Rounds down to the $\frac{1}{8}$ cup
- Credits cup-for-cup (e.g. $\frac{1}{4}$ cup of peaches credits as $\frac{1}{4}$ cup of fruit)
- Dried fruit credits as double the volume served (e.g. $\frac{1}{4}$ cup raisins credits as $\frac{1}{2}$ cup fruit)