

Smart Choices

A Community Nutrition
Education Program



Thrifty Choices

Buying Guide And Storage Guide For Fresh Foods

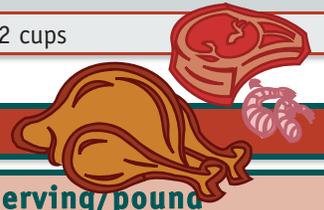
Fresh Fruits	1 pound	1 cup or equivalent	Yield/piece
Apples	3 cups, 3 apples	1 large	1 large = 1 cup 1 small = 1/2 cup
Banana	3-4	1 large	1 large = 1 cup 1 small = 1/2 cup
Berries	2 cups		Sold by the half pint, pint or quart. 1 quart of small berries = 3 3/4 cups, strawberries = 1 quart = 3 cups
Cantaloupe			2 cups per small, 4 cups per large
Cherries	2 3/4 cups About 77	28	
Figs, fresh	12	6	
Grapefruit	1 large	Sections from 1 large	1 large = 1 cup
Grapes	3 cups About 96 grapes	32	
Kiwi	3	2	
Lemons			2-3 tablespoons juice each
Lime			1-2 tablespoons juice each
Orange	2 large, 4 small	1 large	1 lb yields 1 cup juice
Watermelon	3 cups		1 large = 20 lb = 14 lb fruit = 42 cups 1 small = 7 lb = 5 lb fruit = 15 cups
Peaches and Nectarines	4	2	
Pears	3-4	2	
Pineapple	1/2 medium	1/4, cubed	4 cups, cubed
Plums	15-20	4-10	2 cups

Fresh Vegetables	1 pound	1 cup or equivalent	Yield/piece
Asparagus	2 cups	10 spears	
Beans, green	3 cups		
Beans, dried	2 1/4 cups		1 lb of dry makes 6 cups of cooked
Beans, lima	2 cups		
Beets	5 medium, 2 cups cubed		
Broccoli	2 1/2 cups florets		5 cups when you use florets and stems
Brussels sprouts	25-40 sprouts, 4 cups	10 small	
Cabbage	4 cups	1/4 head	1 small head = 3 lb 1 lb cooked = 2-3 cups
Carrots	3 cups, 4 large	1 large, sliced and cooked	
Cauliflower	2 cups		1 head = 1 lb
Celery	1 full bunch or 2 trimmed bunches	1 large rib = 1 cup sliced	1 bunch = 4 1/2 cups

Fresh Vegetables	1 pound	1 cup or equivalent	Yield/piece
Corn		2 ears = 1 cup kernels	1 ear = 1/2 cup
Eggplant	3 cups		1 lb = 3 cups, cooked
Greens	6 cups, raw		1 lb = 2 cups, cooked
Lettuce, head, romaine and leaf	5-6 cups, raw		
Mushrooms, white button	2-3 cups	10	
Okra	35 pods, 2 3/4 cup, sliced	12 pods	
Onions	3 large	1 = 1 cup	1 lb = 2 1/2 - 3 cups chopped
Peas, black eyed	2 cups, cooked		
Peppers	3 medium	1 pepper = 1 cup diced	
Potatoes	3 medium, 3 cups	1 medium	1 cup, cooked and mashed = 3/4 cup, mashed
Pumpkin	1 cup, cooked pulp	1 small, peeled, cubed, cooked and mashed = 1 cup	
Spinach	3 cups, raw, 2 cups cooked	1/2 lb = 1 cup	
Squash, winter	1 cup, cooked and mashed	1 small winter squash, peeled, seeded, cubed, cooked and mashed	
Squash, summer	3 cups, raw, 1 2/3 cup, cooked		
Sweet potatoes	4 medium, 3 1/2 cups cooked and mashed	1 medium = a scant cup	1 small = 1/2 cup, cooked
tomatoes	3-4 roma, 3 medium	1 cup diced = 2 small, 1 medium	
Turnips	4 medium	1 cup cooked = 1 1/2 turnips	1 lb = 2 cups



Fresh Meat, Poultry and Seafood



Meat	oz per pound, cooked	3-oz serving/pound
Boneless or ground meat	12	4
Steaks, roasts or chops with small bones	6-9	2-3
Ribs, shoulder cuts, neck with large bones	3-6	1-2
Cured and smoked, boneless with minimal cooking losses	12-15	8-10 hot dogs/lb, 4-5 servings

Poultry	oz per pound, cooked	3-oz serving/pound
Chicken, whole	6	2 (4 lb = 6-8 servings)
Boneless, skinless, breast meat	12	4
Turkey, whole	6	2
Boneless, rolled roast	9	3
Ground poultry	12	4

Fish	oz per pound, cooked	3-oz serving/pound
Whole, w/bone	5	1 1/2
Fillets, fish steaks	10	3 1/3
Chunks	9	3

Seafood	oz per pound, cooked	3-oz serving/pound
Crab, whole, 1	2 ounces meat	2-3 crabs = 1 serving
Oysters	18	6 oysters = 1 serving
Shrimp, in shell	8	Almost 3 servings per lb



STORAGE GUIDE for keeping the foods you buy fresh and safe. Save money by managing your refrigerator and pantry. Keep your refrigerator, cabinets and pantry clean and bug free.

In the freezer	How Long?	Special information
Meats	Ground beef, chops or steaks Large cuts of meat	Pack carefully to avoid freezer burn, airtight in freezer paper or freezer bags. Thaw in the refrigerator (the safest way) or in cool water (use the meat right away). Small pieces of meat can be thawed in the microwave. Use the defrost setting or you will cook some parts of the meat and it will be tough and rubbery.
Nuts	4 months	Oils in nuts make them spoil faster at room temperature. Chopped nuts spoil faster than whole, unchopped nuts. Nuts in the shell last up to 4 months.
Baked Goods	4 months	Take out what you need. Keep airtight to avoid freezer burn.

In the refrigerator

Keep the refrigerator clean and check the temperature. The best temperature for your refrigerator is 37 degrees.

Fruits	Use within a week. Citrus fruit and apples have a longer shelf life than other fruits.	Most fruits should be stored in the drawer in the refrigerator. Keep them dry. Bananas and unripe fruit can be stored on the counter. Once fruits are ripe, even bananas, store in the refrigerator.
Vegetables	Use within a week. Root vegetables like carrots and turnips have a longer shelf life.	Most vegetables should be stored in the drawer in the refrigerator. If not, store in the refrigerator in a bag with holes poked in it.
Milk	Use within a week of opening. Purchase milk with the most distant sell-by date available.	The sell-by date is only for unopened milk. If properly stored (in a 37-degree refrigerator), milk will stay fresh past the sell by date. Plan to use it before the sell-by date.
Cheeses	Unopened cheese is good until the sell-by date and may be good past that date if vacuum packed.	Use cheese within a week of opening. Pack well to avoid drying and mold. Solid pieces of cheese have a longer shelf life than grated cheeses. Only hard cheeses can be frozen.
Eggs	Eggs have a sell-by date but are often good for a couple of weeks past that date. Use within 3-5 weeks of purchase.	Eggs stay fresh longer if you store them inside the refrigerator in the carton.



Meats

Ground meat	2 days	Ground meats are highly perishable. Plan to use soon after purchasing. Store in the coldest part of the refrigerator
Sliced, chops or steaks	3 days	
Large cuts of meat	3-4 days	

Poultry

Whole	1-2 days	Use as soon as possible or freeze for later use.
Cut up pieces	1-2 days	Use as soon as possible or freeze for later use.
Boneless, skinless	1-2 days	Use as soon as possible or freeze for later use.
Ground	Within 2 days	Ground meats are highly perishable. Plan to use soon after purchasing. Store in the coldest part of the refrigerator
Seafood	1-2 days	Seafood is highly perishable and needs to be stored at temperatures colder than the refrigerator. Store it in a protective container like a zipper bag and set it on ice.

Foods to be refrigerated after opening



On the door of the refrigerator

Jelly, jam	6 months
Mustards	6 months
Pickles	6 months
Ketchup and barbeque sauces	6 months

These foods are either high in sugar or very acidic so they can be kept out of the refrigerator. They have a longer shelf life in the refrigerator.

Dry, Dark and Cool places

Onions	2 weeks or more	Separate from potatoes, carrots, any fruit
Potatoes	1-2 weeks	Separate from onions
Coffee	2 weeks	Keep airtight and away from foods that might give it an off flavor.
Tea	3 months	Keep the lid on tight.
Vegetable oils	4 months	Oils can become rancid and inedible. The flavor will change but so will the food value. Don't use rancid oils. Used oil spoils quickly. Don't mix used and fresh when storing.
Olive oils	3 months	You can store in the refrigerator but it will solidify. It's still OK.
Grain product like rice, oats, pasta and flour	6 months to a year	

On the counter and then in the refrigerator

Unripe fruits like bananas and peaches	Once ripe, they'll last 3 days in the refrigerator.	
Packaged foods before opening		If the food was unrefrigerated in the store, it can stay unrefrigerated in your house. Look for the words, "Refrigerate after opening." Look for date on packaging indicating "best used by" date.

In the pantry. For the best results, your pantry should be dark, dry, cool and bug-free. Wrap opened dry goods like grains and cereals so that they are air tight.

Unopened packages, cans and jars	Until the expiration date	Make sure your pantry is 70 degrees F. If it's hotter, the foods will lose quality and expire sooner.
Vinegar, even if open	At least a year	Acidic foods like vinegar last a long time.
Sugar	Forever	Foods high in sugar have a long shelf life, too.
Honey	Forever	Same as sugar.



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