## Recipe Analysis

## Recipe Name:

Portions Per Recipe: $\qquad$

| Ingredients Quantity of <br> Ingredients <br> As <br> Purchased <br> (1) (2) | Purchase Unit <br> (3) | Servings Per Purchase Unit in FoodBuying Guide (4) | Meat/Meat Alternate (5) | Grains/ Breads <br> (6) | Fruits <br> (7) | Vegetables <br> DGV—Dark Green Vegetables ROV—Red/Orange Vegetables <br> LV—Legume Vegetables SV—Starchy Vegetables OV-Other Vegetables |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  |  |  |  |  |  | ROV | LV | SV | DGV | OV |
|  |  |  |  |  |  |  |  |  |  |  |
| NOTES |  | TOTALS |  |  |  |  |  |  |  |  |
| - Oz to lb conversion chart is on page I-36 in the FoodBuying Guide <br> - Remember to convert ready-to-use products to their As Purchased amount <br> - The values for Columns 5, 6, 7, and 8 are found by multiplying the value in Column 2 by the value in Column 4 <br> - Remember to divide the total $1 / 4$ cups of vegetables and fruits by 4 to get the cups of vegetables and fruits Grains/breads in portions of a cup: Convert all needed servings into the same portion of a cup; use the corresponding yield data for that same size Grains/breads in numbers of servings: Use the yield data provided for 1 grains/breads serving Separate vegetables into subgroups, using the | Portions | Recipe.... <br> Calculations | Total of M/ MA divided by Total \# Portions | Total of G/B divided by Total \# Portions | (1) Total of Fruits divided by 4 to convert to cups; <br> (2) Divide cups by Total \# Portions | (1) Total of ROV divided by 4 to convert to cups; <br> (2) Divide cups by Total \# Portions | (1) Total of LV divided by 4 to convert to cups; <br> (2) Divide cups by Total \# Portions | (1) Total of SV divided by 4 to convert to cups; <br> (2) Divide cups by Total \# Portions | (1) Total of DGV divided by 4 to convert to cups; <br> (2) Divide cups by Total \# Portions DGV veg | (1) Total of OV divided by 4 to convert to cups; <br> (2) Divide cups by Total \# Portions |
| - Keep recipe analysis with standardized recipe for reference | Each P | tion Contains | oz | serv | c | c | c | c | c | c |

