Recipe Analysis

Portions Per Recipe: _____

Ingredients Quantity of Ingredients As Purchased			Purchase Unit	Servings Per Purchase Unit in Food- Buying Guide	Meat/Meat Alternate	Grains/ Breads	Fruits	Vegetables DGV—Dark Green Vegetables ROV—Red/Orange Vegetables LV—Legume Vegetables SV—Starchy Vegetables OV—Other Vegetables				
	(1) (2)		(3)	(4)	(5)	(6)	(7)		(8)			
								ROV	LV	SV	DGV	OV
NO	TES			TOTALS								
• • • •	 Buying Guide Remember to convert ready-to-use products to their As Purchased amount The values for Columns 5, 6, 7, and 8 are found by multiplying the value in Column 2 by the value in Column 4 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 subcolumns of 8 		Portions Per Recipe Calculations		Total of M/ MA divided by Total # Portions oz M/Ma	Total # Portions serv G/B	 (1) Total of Fruits divided by 4 to convert to cups; (2) Divide cups by Total # Portions cups Fruits 	 (1) Total of ROV divided by 4 to convert to cups; (2) Divide cups by Total # Portions ROV veg 	 (1) Total of LV divided by 4 to convert to cups; (2) Divide cups by Total # Portions LV veg 		DGV veg	 (1) Total of OV divided by 4 to convert to cups; (2) Divide cups by Total # Portions cups OV veg
•	• Keep recipe analysis with standardized recipe for reference		Each Po	rtion Contains	OZ	serv	с	с	с	с	с	с

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