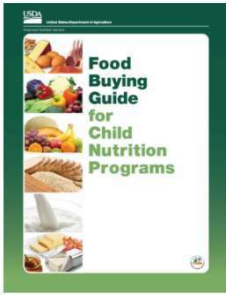# Food Buying Guide

## PDF version



*click on the link to get this document or copy and paste the link to your internet browser.*

**Section: is the introduction and only 7-8 pgs. Long. Yield Table is the one that list all the food items and how much it yields. This is the section you will want to print off or save to your computer.**

[https://foodbuyingguide.fns.usda.gov/Appendix/DownLoadFBG](https://foodbuyingguide.fns.usda.gov/Appendix/DownLoadFBG)

## Interactive Version



*click on the link to get this document or copy and paste the link to your internet browser.*

**The PDF version can be found at this website under the HOME**

[https://foodbuyingguide.fns.usda.gov](https://foodbuyingguide.fns.usda.gov)

## Mobile App



*Available on IOS and Android. It works on phones and tablets

**Android** – Google Play – type in USDA Food Buying Guide

**IOS** – iTunes – type in USDA Food Buying Guide