Fruit and Vegetable Component
Vegetable & Fruit Overview

- Separates vegetable & fruit component into two components
- Limits the service of juice to once per day
- Changes how leafy greens & dried fruit contribute to the meal pattern.
Separation of Vegetables & Fruits

- **Breakfast:** 1 food component
- **Lunch & Supper:** 2 food components
- **Snack:** 2 separate food components
  - Optional to serve vegetable and/or fruit
Increase Vegetable Consumption

- Lunch & Supper: A vegetable may be used to meet the entire fruit component
  - Must be at least the same serving size as the fruit component it replaced
  - Must offer two different types of vegetables
    - i.e., two servings of carrots would not credit
Mixed Fruits and Vegetables

▪ Mixtures of vegetables and fruits may credit toward both components if they contain 1/8 cup vegetable and 1/8 cup fruit per serving

▪ Must be easily identifiable

▪ Ex: Carrot-raisin salad
Juice

▪ May be served at only one meal or snack per day

▪ Source of essential nutrients

▪ Lacks dietary fiber

▪ Pureed fruits and vegetables in smoothies are considered juice
Juice Blends

- Credits as a fruit component or a vegetable component

- Contributes to the food component with the highest number of ingredients
  - **Fruit component**: if it has more fruit than vegetables
  - **Vegetable component**: If it has more vegetables than fruits
# ACTIVITY:
## Ingredients List

<table>
<thead>
<tr>
<th>Green Juice</th>
<th>Strawberry Banana</th>
<th>Kiwi Strawberry Punch</th>
</tr>
</thead>
<tbody>
<tr>
<td>Celery, Apple, Cucumber, Spinach, Romaine, Lettuce, Kale, Lime, Lemon, Parsley</td>
<td>Strawberry, Banana, Raspberries, Kale</td>
<td>Water, high fructose corn syrup, citric acid, xanthan gum, corn oil, potassium citrate, food starch-modified</td>
</tr>
</tbody>
</table>

**Vegetable**

**Fruit**

**Not Creditable**
Crediting Changes

▪ 1 cup of raw leafy greens = ½ cup of vegetables
▪ ½ cup cooked leafy greens = ½ cup of vegetables
▪ ¼ cup dried fruit = ½ cup of fruit

▪ Tomatoes – are they a fruit or a vegetable?
  ▪ Food Buying Guide for School Meal Programs
  ▪ ChooseMyPlate.gov
    ▪ https://www.choosemyplate.gov/