Recipe Analysis Worksheet

FIGURE 1

Recipe Name:_____ Portions per Recipe: _____

Ingredients (1)	Quantity of Ingredient As Purchased (number of purchase units) (2)	Purchase Unit (3)	Servings per Purchase Unit in *Food Buying Guide* (4)	Meat/ Meat Alternates (ounces) (5) = (2) X (4)	Vegetables/ Fruits (1/4 cup) (6) = (2) X (4)	Grains/ Breads (servings) (7) = (2) X (4)
Notes: · oz to lb conversion chart is on page I-36 · remember to convert ready-to-use products to their "as purchased" amount (see examples in Method 1, pages I-51 through I-59) · the values for Columns 5, 6, & 7 are found by multiplying the value in Column 2 by the value in Column 4. · remember to divide the total 1/4 cup servings of vegetables/fruits by 4 to get the cups of fruit. · grains/breads in portions of a cup: convert all needed servings into the same portion of a cup and 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			**Totals**		(1/4 c)	
			Portions per Recipe			
			Calculations	total ÷ by # portions	total ÷ by 4 (to get units in cups), then ÷ by # portions	total ÷ by # portions
This Recipe provides _____ portions.			***Each Portion Contributes***	**oz** meat/meat alternates	**cup(s)** vegetables/ fruits	**serving(s)** grains/ breads