

Food Buying Guide

Yield Changes for Commonly Used Grains/Breads

Item and Page Number	New FBG Yield	Old FBG Yield	Comments
Pasta (Group H), Noodles, Lasagna, Dry – page 3-27	One pound uncooked yields 28.3, ¼ cup servings of cooked pasta	One pound uncooked yields 36.4, ¼ cup servings of cooked pasta	Use new yield information
Pasta (Group H), spaghetti, regular – page 3-28	One pound uncooked yields 21.2, ¼ cup servings of cooked <i>al dente</i> pasta	One pound uncooked yields 33.0, ¼ cup servings of cooked pasta	Use new yield information
Rice (Group H), brown, long grain, regular, dry – page 3-29	One pound uncooked yields 17.5, ¼ cup servings of cooked rice	One pound uncooked yields 39.1, ¼ cup servings of cooked rice	Use new yield information
Rice (Group H), white, long grain, parboiled (converted), Dry – page 3-29	One pound uncooked yields 17.5, ¼ cup servings of cooked rice	One pound uncooked yields 36.0, ¼ cup servings of cooked rice	Use new yield information
Rice (Group H), white, long grain, regular, dry – page 3-29	One pound uncooked yields 30.0, ¼ cup servings of cooked rice	One pound uncooked yields 35.9, ¼ cup servings of cooked rice	Use new yield information
Rice (Group H), white, medium grain, regular, dry – page 3-29	One pound uncooked yields 27.0, ¼ cup servings of cooked rice	One pound uncooked yields 36.1, ¼ cup servings of cooked rice	Use new yield information
Rice (Group H), white, short grain, regular, dry – page 3-29	One pound uncooked yields 27.0, ¼ cup servings of cooked rice	One pound uncooked yields 31.6, ¼ cup servings of cooked rice	Use new yield information

NOTE: These are only some of the values listed for foods in the new Food Buying Guide. Check all food values carefully in the New Food Buying Guide to assure proper crediting.