

## Additional Creditable Fruits and Vegetables

The [Food Buying Guide](#) is a reference tool that contains commonly consumed items and is not an exclusive list of creditable items for the Child and Adult Care Food Program (CACFP). Below is a list of additional food items that are creditable in the CACFP.

- The food items listed below should be credited by volume.
- A serving of canned, cooked vegetable is considered to be drained.
- A serving of canned fruit may include the juice or syrup in which the fruit is packed.
- A serving of thawed frozen fruit consists of fruit plus the juice or syrup that accumulated during thawing.
- 1/4 cup of dried fruit or vegetable credits as 1/8 cup serving of fruit/vegetable.

Food Item	Amount Needed for ¼ Cup Serving
Azuki beans - also known as adzuki beans	¼ cup cooked vegetable
Bitter melon - also known as bitter gourd, bitter squash, balsam-pear, goya, and karela	¼ cup cooked or raw vegetable
Cherimoya - also known as custard apple	¼ cup fresh fruit
Choy sum - also known as Chinese flowering cabbage	¼ cup cooked or raw vegetable
Daikon radish - also known as white radish, winter radish, or oriental radish	¼ cup cooked or raw vegetable
Durian	¼ cup fresh fruit
Feijoa - also known as pineapple guava or guavasteen	¼ cup fresh or canned fruit
Gai choy - also known as oriental mustard, Chinese mustard, Indian mustard, mustard greens, or leaf mustard	¼ cup cooked or raw vegetable
Gai lan - also known as Chinese broccoli, Chinese kale, or kai lan	¼ cup cooked or raw vegetable
Jackfruit - also known as jack tree, jakfruit	¼ cup fresh, canned or frozen fruit
Kumquat	¼ cup fresh or canned fruit
Lychee - also known as litchi	¼ cup fresh or canned fruit
Napa cabbage	¼ cup cooked or raw vegetable
Pak choy - also known as bok choy, pak choi, bok choi	¼ cup cooked or raw vegetable
Purslane - also known as Mexican parsley	¼ cup cooked or raw vegetable
Quince	¼ cup fresh or canned fruit
Winter melon - also known as white gourd, winter gourd, tallow gourd, Chinese preserving melon, or ash gourd	¼ cup cooked or raw vegetable
Yard long beans - also known as bora, bodi, asparagus bean, pea bean, snake bean, and Chinese long bean	¼ cup cooked or raw vegetable

Please contact your [assigned consultant](#) with any questions.