

WHOLE PRODUCE YIELDS

This Produce Yield Guide helps you understand the true amount of usable product (yield) for each item of produce.



FRUITS

PRODUCT	PREPARATION/FINISHED PRODUCT	AVERAGE YIELD
Apples	Peeled & Cored	40%
Avocados	Skin & Seeded	63%
Bananas	Flesh Raw	66%
Blackberries	Raw, Sound Berries	96%
Cantaloupe	Rind & Seeded	43%
Cherries	Flesh	62%
Coconut	Meat	48%
Figs	Without Stem	97%
Grapefruit	Segments, without Membrane	97%
Grapes	Stems Removed	96%
Honeydew	Rind & Seeded	48%
Lemons	Juiced & Strained	36%
Limes	Juiced & Strained	47%
Mangoes	Without Pit & Skin	69%
Oranges	Pared, Flesh	44%
Papayas	Pulp	65%
Peaches	Without Pit & Skin	76%
Pears	Without Pit & Skin	78%
Pineapple	Peeled & Cored	38%
Plantains	Fully Ripe	65%
Plums	Pitted	94%
Pomegranates	Skin & Seeds	44%
Prickly Pears	Pulp	44%
Strawberries	Flesh, Raw	94%
Tomatoes	Stem & Base	90%
Watermelon	Rind & Seeded	52%

Estimated yield percentages are based on USDA's Agricultural Handbook 'Food Yields.'
Actual yields will vary based on product grade, size, quality, seasonality, etc.

Learn more at usfoods.com/produce-resources
or by scanning this QR Code.



WHOLE PRODUCE YIELDS

This Produce Yield Guide helps you understand the true amount of usable product (yield) for each item of produce.



VEGETABLES

PRODUCT	PREPARATION/FINISHED PRODUCT	AVERAGE YIELD
Acorn Squash	Flesh, Raw	74%
Artichoke	Edible Leaves & Base	40%
Asparagus	Trimmed Ends	80%
Beets	Peeled & Diced	91%
Broccoli	Cored, Florets Only	47%
Brussels Sprouts	Trimmed & Ready to Cook	90%
Butternut Squash	Raw, Whole	84%
Red & Green Cabbage	Trimmed, Without Core	64%
Carrots	Sliced or Diced	68%
Cauliflower	Cored, Florets Only	53%
Celery	Stalks Trimmed	60%
Cilantro	Cleaned, Stems Removed	60%
Corn	Raw Kernels Cut Off Cob	36%
Cucumbers	Paired & Sliced	84%
Eggplant	Trimmed, Pared & Sliced	81%
Endives	Trimmed & Cored	86%
Fennel	Trimmed & Cored	86%
Garlic	Peeled Cloves	87%
Ginger Root	Peeled	90%
Iceberg Lettuce	Trimmed & Cored	62%
Leeks	Bulb & Flower Leaves	44%
Mushrooms	Trimmed	90%
Onions	Sliced or Diced	63%
Peppers	Sliced or Diced	59%
Potatoes	Skinned by Hand & Raw	63%
Romaine	Trimmed Leaves	67%
Spinach	Trimmed Leaves	72%
Zucchini	Flesh, Raw	78%

Estimated yield percentages are based on USDA's Agricultural Handbook 'Food Yields.' Actual yields will vary based on product grade, size, quality, seasonality, etc.

Learn more at usfoods.com/produce-resources or by scanning this QR Code.

