

Manufacturer: Healthy America LLC Code No. F9038, F9018
 Product Name: The Amazing Chickpea - Apple Cinnamon (F9038, F9018)
 Case/Pack/Count/Portion/Size: 1.13 oz

I. Meat/Meat Alternate

The chart below shows the creditable amount of Meat/Meat Alternate determination.

Description of Creditable Ingredients per Food Buying Guide (FBG)	Ounces per Raw Portion of Creditable Ingredient	Multiply	FBG Yield/ Servings Per Unit	Creditable Amount *
Dry Garbanzo or Chickpea	0.731	X	1.53	1.118
		X		
		X		
A. Total Creditable M/MA Amount¹				1.118

*Creditable Amount - Multiply ounces per raw portion of creditable ingredient by the FBG Yield Information

II. Alternate Protein Product (APP)

If the product contains APP, the chart below will be completed to determine the creditable amount of APP. If APP is used, documentation will be provided for each APP used.

APP manufacturer and code number	Oz Dry APP / Portion	Multiply	% of Protein As-Is*	Divide by 18**	Creditable Amount of APP***
		X		÷ by 18	
B. Total Creditable APP Amount¹					

*Percent of Protein As-Is is provided on the attached APP documentation.

**18 is the percent of protein when fully hydrated.

***Creditable amount of APP equals ounces of Dry APP multiplied by the percent of protein as-is divided by 18.

A. + B. Total Creditable M/MA + APP Amount (unrounded)¹	1.118
C. TOTAL CREDITABLE M/MA + APP AMOUNT (A + B rounded down to nearest 1/4 oz)	1.00

¹Total Creditable Amount must be rounded down to the nearest 0.25oz (1.49 would round down to 1.25 oz meat equivalent). Do not round up. If you are crediting M/MA and APP, you do not need to round down in box A (Total Creditable M/MA Amount) until after you have added the Total Creditable APP Amount from box B to box C.

Total weight (per portion) of product as purchased

1.13 ounces (2 TBSP)

Total creditable amount of product (per portion)

1.0 ounce equivalent

(Reminder: Total creditable amount cannot count for more than the total weight of product.)

I certify that the above information is true and correct and that a portion of the above product (ready for serving) contains meat alternate when prepared according to directions.

1.00 1.13 ounce serving/
ounces of equivalent meat/

I further certify that any APP used in the product conforms to the Food and Nutrition Service Regulations (7 CFR Parts 210, 220, 225, 226, Appendix A) as demonstrated by the attached supplier documentation.



Signature

Scientist of Food and Nutrition, AURI

Title

Lorrene Occhino

Printed Name

01.20.22

Date

612-813-0502

Phone Number

Product Formulation Statement

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		X		0.00
		X		0.00
		X		0.00
Total Creditable M/MA Amount¹				

*Creditable Amount - Multiply ounces per raw portion of creditable ingredient by the FBG Yield Information

Vegetable Component

Description of Creditable Ingredients per Food Buying Guide (FBG)	Vegetable Subgroup	Ounces (wr) per Raw Portion of Creditable Ingredients	Multiply	FBG Yield/ Servings Per Unit	Creditable Amount ¹ (quarter cups)
Dry Garbanzo beans	Beans/Peas	0.731	X	1.53	1.12
		X	X		
Total Creditable Vegetable Amount¹					

¹FBG calculations for vegetables are in quarter cups.

Vegetables and vegetable purees credit on volume served.

At least 1/8 cup of recognizable vegetable is required to contribute towards the vegetable component.

1/4 cup serving of legumes provides 1 ounce equivalent of meat/meat alternate

(Reminder: Total creditable amount cannot count for more than the total weight of product.)

Total Cups Beans/Peas (Legumes)	1/4 cup
Total Cups Dark Greens	
Total Cups Red/Orange	
Total Cups Starchy	
TotalCups Other	

I certify that the above information is true and correct and that a portion of the above product (ready for serving) contains 1.13 ounce serving/ 1/4 cup (s)

Lorrene Occhino
Signature

Scientist of Food and Nutrition, AURI
Title

Lorrene Occhino
Printed Name

01.17.2022
Date

218.281.7600, x115
Phone Number