

FOOD EQUIVALENCIES

Ingredient	Unit or Weight	Equivalent
Apples	1 medium-size	1 cup sliced
Bananas	1 medium-size	1/3 cup mashed
Bell Peppers	1 large	1 cup chopped
Butter, margarine or other fat	1/4 stick	2 tablespoons
	1/2 stick (1/8 lb.)	1/4 cup
	1 stick (1/4 lb.)	1/2 cup
	2 sticks (1/2 lb.)	1 cup
	4 sticks (1 lb.)	2 cups
Cabbage	1 lb. (1 small head)	5 cups shredded
Carrots	1 lb. (6 to 8 medium-size)	2-1/2 cups shredded or 2-1/4 cups chopped
Celery	1 stalk	1/2 cup chopped
Cheese	1 lb.	4 to 4-1/2 cups grated
Chicken breasts	1 1/2 lbs. (2 whole medium-sized breasts)	2 cups cooked, chopped chicken
Chocolate	1 oz.	1 square
Coconut	1 lb.	5 cups shredded
Cranberries	12 oz.	3 cups
Cream, heavy	1/2 pint (1 cup)	2 cups whipped cream
Cream cheese	3-oz. package	6 tablespoons
Currants	1 lb.	3 cups
Dates, pitted	1 lb.	2 1/2 cups
Eggs, whole	3 medium-size	Approx. 1/2 cup
Egg whites	4 medium-size	Approx. 1/2 cup
Egg yolks	3 medium-size	Approx. 1/4 cup
Flour, all-purpose	1 lb.	4 cups (sifted)
Flour, cake	1 lb.	4-1/2 cups (sifted)
Flour, rye	1 lb.	4-1/2 cups to 5 cups (unsifted)
Flour, whole-wheat	1 lb.	3-1/2 cups (unsifted)
Fruit and peels, candied	1 lb.	3 cups (cut up)
Gelatin, unflavored	1 envelope	1 tablespoon
Green beans	1 lb. (4 cups)	2-1/2 cups cooked
Lemon	1 medium-size	2 to 3 tablespoons juice, 1-1/2 to 2 teaspoons grated rind
Lettuce	1 medium-size head	6 cups torn into bite-size pieces
Lime	1 medium-size	2 tablespoons juice, 1-1/2 teaspoons grated rind

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Ingredient	Unit or Weight	Equivalent
Macaroni	1 cup (3-1/4 oz. uncooked)	2 to 2-1/2 cups cooked
Noodles	1 cup (1-1/3 oz. uncooked)	1 to 1-1/2 cups cooked
Nuts, whole (shelled)		
almonds	1 lb.	3 1/2 cups
peanuts	1 lb.	3 cups
pecans	1 lb.	4 cups
walnuts	1 lb.	4 cups
Orange	1 medium-size	1/4 to 1/3 cup juice, 3 to 4 teaspoons grated peel
Peaches, pears	1 medium-size	1/2 cup sliced
Potatoes	1 lb. (3 medium-size)	2 cups cubed or 1-3/4 cups mashed
Raisins	1 lb.	3-1/4 cups
Rice	1 lb.	2 cups
	1 cup (uncooked)	3 cups cooked
	1-1/2 cups packaged precooked	3 cups cooked
Spaghetti	8 oz.	4 cups cooked
Spinach	1 lb.	12 cups torn into bite-size pieces
Strawberries	4 cups whole	4 cups sliced
Sugar:		
brown	1 lb.	2-1/4 cups firmly packed
confectioners	1 lb.	3 to 5 cups
granulated	1 lb.	2 cups
superfine	1 lb.	2 cups
Tomatoes	1 medium-size	1/2 cup chopped