

# Food Weights and Measures

\* 1 sprig of fresh herb = 1/2 t dried    1 T fresh herb = 1 t dried

Food	Weight	Approximate Measure
Allspice .....	1 oz.	4½ T.
Bacon, cooked .....	1 lb.	85–95 slices
Bacon, uncooked .....	1 lb.	14–25 slices
Bacon, uncooked, diced .....	1 lb.	2¼ c.
Baking Mix (i.e., Bisquick) .....	40 oz box (2.5 lbs.)	9 c.
Baking powder .....	1 oz.	2⅓ T.
Baking powder .....	1 lb.	2⅓ c.
Baking soda .....	1 oz.	2⅓ T.
Baking soda .....	1 lb.	2⅓ c.
Basil, sweet .....	1 oz.	1 c.
Bread crumbs, dry, ground .....	1 lb.	4 c.
Bread crumbs, soft .....	1 lb.	2 qt.
Butter, 1 stick butter .....	1/4 lb.	1/2 c or 8 T
Buttermilk, dry .....	1 oz.	⅓ c.
Cake mix .....	1 lb.	4 c.
Celery, diced .....	1 lb. (1–2 bunches)	1 qt.
Celery flakes, dried .....	1 oz.	1⅓ c.
Cheese, cheddar or Swiss, shredded .....	1 lb.	4 c.
Cheese, Parmesan or Romano, grated .....	1 lb.	5⅓ c.
Chicken, ready to cook .....	4–4½ lb.	1 qt. cooked, diced
Chicken, cooked, cubed .....	1 lb.	3 c.
Chili powder .....	1 oz.	4 T.
Chives, freeze-dried .....	1 oz.	2⅞ c.
Chocolate, baking .....	1 lb.	16 squares
Chocolate chips .....	1 lb.	3 c.
Chocolate, grated .....	1 lb.	3½ c.
Cinnamon, ground .....	1 oz.	4 T.
Citron, diced, chopped .....	1 lb.	2½ c.
Cloves, ground .....	1 oz.	4 T.
Cloves, whole .....	1 oz.	5 T.
Cocoa .....	1 lb.	4½ c.
Coconut, flaked .....	1 lb.	4⅔ c.
Coconut, shredded .....	1 lb.	5 c.
Cornmeal, coarse .....	1 lb.	3 c.
Cornstarch .....	1 oz.	3½ T.
Cornstarch .....	1 lb.	3½ c.
Corn syrup .....	1 lb.	1⅓ c.
Crackers, graham .....	1 lb.	60–65 crackers
Crackers, saltine .....	1 lb.	150–160 crackers
Cracker crumbs, medium fine .....	1 lb.	5–6 c.
Cream of tartar .....	1 oz.	3 T.

Food	Weight	Approximate Measure
Cream, whipping	1 pt.	1 qt. whipped
Currants, dried	1 lb.	3 c.
Curry powder	1 oz.	4 T.
Dates, pitted	1 lb.	2½ c.
Eggs, whole, in shell	1 lb.	8 large eggs
Eggs, shelled, fresh or frozen, whole	1 lb.	2 c. (9-11 eggs)
Eggs, shelled, fresh or frozen, whites	1 lb.	2 c. (16-20 eggs)
Eggs, shelled, fresh or frozen, yolks	1 lb.	2 c. (20-26 eggs)
Eggs, hard-cooked, chopped	1 lb.	2½ c.
Eggs, hard-cooked, chopped	1 doz.	3½ c.
Eggs, dried, whole	1 lb.	5½ c.
Eggs, dried, whites	1 lb.	5 c.
Eggs, dried, yolks	1 lb.	5½ c.
Flour, all-purpose	1 lb.	4 c.
Flour, cake or pastry	1 lb.	4¾ c.
Flour, white, bread	1 lb.	4 c.
Flour, whole wheat	1 lb.	3½ c.
Garlic	1 oz.	8 large cloves
Garlic, minced	1 oz.	2½ T.
Garlic powder	1 oz.	4 T.
Garlic salt	1 oz.	4 t.
Gelatin, granulated	1 oz.	4 T.
Gelatin, granulated	1 lb.	3 c.
Gelatin, prepared, flavored	1 lb.	2½ c.
Ginger, ground	1 oz.	4 T.
Hominy grits, dry	1 lb.	3 c.
Honey	1 lb.	1½ c.
Jam	1 lb.	1½ c.
Jelly	1 lb.	1½ c.
Lard	1 lb.	2 c.
Lemons, size 165	1 lb.	4-5 lemons, ¾ c. juice
Lemon juice	1 lb.	2 c. (8-10 lemons)
Lemon peel, fresh	1 lemon	3 T.
Lemon peel, fresh	1 oz.	4 T.
Lettuce, average head	2 lb.	1 head
Lettuce, shredded	1 lb.	6-8 c.
Lettuce, leaf	1 lb.	25-30 salad garnishes
Limes, fresh	1 lb.	¾ c. juice
Milk, fluid, whole	1 lb., 1 oz.	2 c.
Milk, evaporated	1 lb.	1¾ c.
Milk, sweetened, condensed	1 lb.	1½ c.
Milk, nonfat, dry	1 lb.	5½ c.
Milk, nonfat, dry	1 oz.	½ c.

1 c = 8 oz

2 c = 1 pt

4 c = 32 oz or 1 qt

4 qt = 128 oz or 16 c

Food	Weight	Approximate Measure
Molasses	1 lb.	1½ c.
Mustard, ground, dry	1 oz.	4 T.
Nutmeg, ground	1 oz.	3½ T.
Oil, vegetable	1 lb.	2-2½ c.
Onions, fresh, chopped	1 lb.	2-3 c.
Onion soup mix, dry	1 oz.	2⅔ T.
Onion soup mix, dry	1 lb.	2⅔ c.
Oranges, medium	1 lb.	3-4 oranges, 1 c. juice
Orange peel, fresh	1 medium orange	4 T. grated peel
Orange juice, frozen	6 oz.	3 c. reconstituted
Orange juice, frozen	32 oz.	4 qt. reconstituted
Oregano, ground	1 oz.	5 T.
Paprika	1 oz.	4 T.
Parsley, coarsely chopped	1 oz.	1 c.
Parsley flakes, dry	1 oz.	1½ c.
Peanut butter	1 lb.	1¾ c.
Pecans, shelled	1 lb.	3½ c.
Pepper, cayenne	1 oz.	3 T.
Pepper, ground, black	1 oz.	4 T.
Peppers, green	1 lb.	2-3
Peppers, green, chopped	1 lb.	3 c.
Pickles, chopped	1 lb.	3 c.
Pimiento, chopped	1 lb.	2½ c.
Pineapple, fresh	2-4 lb.	1 pineapple, 2-4 c. cubed
Potatoes, white	1 lb.	3 medium
Raisins	1 lb.	3 c.
Rice, regular	1 lb.	2⅓ c.
Sage, finely ground	1 oz.	8 T.
Salt	1 oz.	1½ T.
Shortening, hydrogenated	1 lb.	2¼ c.
Spaghetti, cooked	1 lb.	2⅔ c.
Sugar, brown, lightly packed	1 lb.	3 c.
Sugar, granulated	1 lb.	2-2½ c.
Sugar, powdered, XXXX sifted	1 lb.	3 c.
Tea, bulk	1 lb.	6 c.
Tea, instant	1 oz.	½ c.
Tomatoes, fresh	1 lb.	3-4 medium
Vanilla and other extracts	1 oz.	2 T.
Walnuts, English, shelled	1 lb.	3½ c.
Water	1 lb.	2 c.
Yeast, dry	¼ oz.	1 envelope (2½ t.)
Yeast, dry	1 oz.	3 T + 1 t.

# Understanding Can Sizes

COMMON CAN SIZES				
Industry Term	Approx. Net Weight or Fluid Measure (Check Label)	Approx. Cups	Approx. Servings	Principal Products
Buffet	8 oz.	1 cup	2 servings	Fruits, vegetables, specialties* for small families.
Picnic	10½ to 12 oz.	1¼ cups	3 servings	Mainly condensed soups. Some fruits, vegetables, meat, fish, specialties.*
No. 300	14 to 16 oz.	1¼ cups	3 to 4 servings	Pork and beans, baked beans, meat products, cranberry sauce, blueberries, specialties.*
No. 303	16 to 17 oz.	2 cups	4 servings	Principal size for fruits and vegetables, some meat products, ready-to-serve soups, specialties.*
No. 2	1 lb. 4 oz. or 1 pt. 2 fl. oz.	2½ cups	5 servings	Juices,** ready-to-serve soups, some specialties,* pineapple, apple slices. No longer in popular use for most fruits and vegetables.
No. 2½	1 lb. 13 oz.	3¼ cups	7 servings	Fruits, some vegetables (pumpkin, sauerkraut, spinach and other greens, tomatoes).
No. 3 cyl. or 46 fl. oz.	3 lb. 3 oz. or 1 qt. 14 fl. oz.	5¼ cups	10 to 12 servings	"Economy family size" fruit and vegetable juices,** pork and beans. Institutional size for condensed soups, some vegetables.
No. 10	6½ lb. to 7 lb. 5 oz.	12 to 13 cups	25 servings	Institutional size for fruits, vegetables, and some other foods.
Meat, poultry, fish, and seafood are almost entirely advertised and sold under weight terminology.				
Infant and junior foods come in small cans and jars suitable for the smaller servings used. Content is given on the label.				

SUBSTITUTING ONE CAN SIZE FOR ANOTHER		
1 No. 10 can	=	4 No. 2½ cans
1 No. 10 can	=	7 No. 303 cans
1 No. 10 can	=	5 No. 2 cans
1 No. 10 can	=	2 No. 5 cans

\*Specialties—food combinations prepared by special manufacturer's recipe.

\*\*Juices are packed in a number of other can sizes, including the 1-quart size.