

TABLE 1.3 Food weights and approximate equivalents in measure (pp. 22–31)

<i>Food</i>	<i>Weight</i>	<i>Approximate measure</i>
Alfalfa sprouts	1 lb	6 cups
Allspice, ground	1 oz	4½ Tbsp
Almonds, blanched, sliced, chopped	1 lb	3½ cups
Apples, canned, pie pack	1 lb	2 cups
Apples, fresh, AP ^a	1 lb	3 medium (113)
Apples, fresh, pared and sliced	1 lb	2¾ cups
Apples, pared and diced, ½-inch cubes	1 lb	3 cups
Applesauce	1 lb	2 cups
Apricots, canned halves, without juice	1 lb	2 cups or 12–20 halves
Apricots, canned, pie pack	1 lb	2 cups
Apricots, dried, AP	1 lb	3 cups
Apricots, dried, cooked, without juice	1 lb	4½–5 cups
Apricots, fresh	1 lb	5–8 apricots (large)
Apricots, sliced	1 lb	3 cups
Asparagus, canned, cuts	1 lb	2½ cups
Asparagus, canned tips, drained	1 lb	16–20 stalks
Asparagus, fresh	1 lb	16–20 stalks
Avocado	1 lb	2 medium
Bacon bits	1 lb	3½ cups
Bacon, cooked	1 lb	85–95 slices
Bacon, uncooked	1 lb	14–25 slices
Bacon, uncooked, diced	1 lb	2¼ cups
Baking powder	1 oz	2½ Tbsp
Baking powder	1 lb	2½ cups
Baking soda	1 oz	2½ Tbsp
Baking soda	1 lb	2½ cups
Bananas, AP	1 lb	3 medium
Bananas, diced	1 lb	2½–3 cups
Bananas, mashed	1 lb	2 cups
Barbecue sauce	1 lb	2 cups
Barley, pearl	1 lb	2½ cups
Basil, sweet, dried	1 oz	1⅓ cups
Basil leaves, fresh (loosely packed)	1 oz	¾ cup, 40 medium leaves
Bay leaves	1 oz	2 cups
Beans, baked	1 lb	2 cups
Beans, garbanzo, canned	1 lb	2½ cups
Beans, Great Northern, dried, AP	1 lb	2½ cups
Beans, green, cut, cooked	1 lb	3 cups
Beans, green, cut, frozen	1 lb	3 cups
Beans, kidney, dried, AP	1 lb	2½ cups
Beans, kidney, dried, 1 lb AP, after cooking	2 lb 6 oz	6–7 cups
Beans, lima, dried, AP	1 lb	2½ cups
Beans, lima, dried, 1 lb AP, after cooking	2 lb 9 oz	6 cups

^aAP denotes “as purchased,” which refers to the status of the product before it is peeled, hulled, cored, or otherwise prepared for cooking.

TABLE 1.3 *continued*

<i>Food</i>	<i>Weight</i>	<i>Approximate measure</i>
Beans, lima, fresh, canned, or frozen	1 lb	3 cups
Beans, navy or black turtle, dried, AP	1 lb	2¼ cups
Beans, navy, dried, 1 lb AP, after cooking	2 lb 3 oz	5½–6 cups
Beans, pinto, dried, AP	1 lb	2½ cups
Bean sprouts, canned, drained	1 lb	1 qt
Bean sprouts, fresh	1 lb	2 qt
Beef, cooked, diced	1 lb	3 cups
Beef, dried, solid pack	1 lb	3¾ cups
Beef, ground, raw	1 lb	2 cups
Beef base (paste)	1 lb	2½ cups
Beets, cooked, diced, or sliced	1 lb	2½–3 cups
Beets, fresh, medium	1 lb	3–4 beets
Blackberries, fresh, frozen, IQF ^b	1 lb	3½ cups
Blackberries or boysenberries, pie pack	1 lb	2½ cups
Blackeyed peas, dried	1 lb	2¾ cups
Blueberries, canned	1 lb	2 cups
Blueberries, fresh, frozen, IQF	1 lb	2½ cups
Bran, all bran	1 lb	2 qt
Bran flakes	1 lb	3 qt
Bread, dry, broken	1 lb	8–9 cups
Bread, fresh	1 lb	8 oz dry crumbs
Bread, loaf	1 lb	16–18 slices, ½ inch each
Bread, sandwich	2 lb	36–40 slices, thin
Bread, soft, broken	1 lb	2½ qt
Bread crumbs, dry, ground	1 lb	4 cups (1 qt)
Bread crumbs, soft	1 lb	2 qt
Broccoli, florets	1 lb	4 cups
Broccoli, head	1 lb	1 medium
Brussels sprouts, AP	1 lb	1 qt
Butter	1 lb	2 cups
Buttermilk, dry	1 oz	¼ cup
Buttermilk, dry	1 lb	4 cups
Butterscotch chips	1 lb	2⅔ cups
Cabbage, raw, shredded	1 lb	1 qt lightly packed
Cabbage, AP, shredded, cooked	1 lb	1½ cups
Cake crumbs, soft	1 lb	6 cups
Cake mix	1 lb	4 cups
Cantaloupe	3 lb	1 melon, 6-inch diameter
Caraway seeds	1 oz	4 Tbsp
Cardamom, ground	1 oz	4½ Tbsp
Carrots, diced, cooked	1 lb	3 cups
Carrots, diced, raw	1 lb	3–3¼ cups
Carrots, fresh	1 lb	4–5 medium
Carrots, ground, raw, EP ^c	1 lb	3 cups

^bIQF denotes “individually quick frozen.”

^cEP denotes “edible portion,” or the status of the product after it has been prepared for cooking or for serving raw.

continues

TABLE 1.3 *continued*

<i>Food</i>	<i>Weight</i>	<i>Approximate measure</i>
Carrots, shredded	1 lb	4 cups
Carrots, sliced, frozen	1 lb	3½ cups
Catsup	1 lb	2 cups
Cauliflower, florets	1 lb	4 cups
Cauliflower, head	1 lb	1 medium
Cayenne pepper	1 oz	4½ Tbsp
Celery, chopped	1 lb	3 cups
Celery, diced	1 lb	1 qt
	(1–2 bunches)	
Celery cabbage, shredded	1 lb	6 cups
Celery flakes, dried	1 oz	1⅓ cups
Celery salt	1 oz	2 Tbsp
Celery seed	1 oz	4 Tbsp
Cheese, cheddar or Swiss, shredded	1 lb	4 cups
Cheese, cottage	1 lb	2 cups
Cheese, cream	1 lb	2 cups
Cheese, loaf, slices	1 lb	16–20 slices
Cheese, mozzarella, shredded	1 lb	3½ cups
Cheese, parmesan or Romano, commercially grated	1 lb	3½ cups
Cheese, parmesan or Romano, freshly grated	1 lb	7–8 cups
Cherries, glacé, candied	1 lb	96 cherries or 2½ cups
Cherries, maraschino, drained	1 lb	50–60 cherries
Cherries, red, frozen	1 lb	2 cups
Cherries, red, pie pack, drained	1 lb	2½ cups
Cherries, Royal Anne, drained	1 lb	2½ cups
Cherries, sweet fresh	1 lb	45 cherries
Chervil	1 oz	2 cups
Chicken, cooked, cubed	1 lb	3 cups
Chicken, ready to cook	4–4½ lb	1 qt cooked, diced
Chicken base (paste)	1 lb	1¾ cups
Chili powder	1 oz	4 Tbsp
Chili sauce	1 lb	1⅓ cups
Chilis, green, diced	1 lb	2 cups
Chives, freeze-dried	1 oz	3½ cups
Chives, frozen	1 oz	⅓ cup
Chocolate, baking	1 lb	16 squares
Chocolate, grated	1 lb	3½ cups
Chocolate, melted	1 lb	2 cups (scant)
Chocolate chips	1 lb	2⅔ cups
Chocolate wafers	1 lb	4 cups crumbs
Cilantro, fresh	1 oz	¾ cup
Cilantro, dried	1 oz	1⅓ cups
Cinnamon, ground	1 oz	4 Tbsp
Cinnamon, ground	1 lb	4 cups
Cinnamon sticks	1 oz	10 pieces
Citron, dried, chopped	1 lb	2½ cups
Cloves, ground	1 oz	4 Tbsp
Cloves, whole	1 oz	5 Tbsp or 500 cloves

TABLE 1.3 *continued*

<i>Food</i>	<i>Weight</i>	<i>Approximate measure</i>
Cocoa	1 lb	4½ cups
Coconut, flaked or shredded	1 lb	4¾ cups
Coffee, ground coarse	1 lb	5–5½ cups
Coffee, instant	1 oz	½ cup
Coffee, whole beans	1 lb	6–6½ cups
Coriander seed, whole	1 oz	6 Tbsp
ground	1 oz	5 Tbsp
Corn, cream style, canned	1 lb	2 cups
Corn, whole kernel, canned, drained	1 lb	3 cups
Corn, whole kernel, frozen	1 lb	3 cups
Cornflake crumbs	1 lb	4½ cups
Cornflakes	1 lb	4 qt
Cornmeal, coarse	1 lb	3 cups
Cornmeal, 1 lb AP, dry, after cooking	6 lb	3 qt
Cornstarch	1 oz	3½ Tbsp
Cornstarch	1 lb	3½ cups
Corn syrup	1 lb	1½ cups
Couscous	1 lb	2¼ cups
Crab in shell	1 lb	½ cup cooked meat
Crabmeat, flaked	1 lb	3½ cups
Cracked wheat	1 lb	3½ cups
Cracker crumbs, medium fine	1 lb	5–6 cups
Crackers, 2⅝ × 2⅝ inch	1 lb	65 crackers
Crackers, graham	1 lb	60–65 crackers
Crackers, graham, crumbs	1 lb	4 cups
Crackers, saltines, 2 × 2 inch	1 lb	150–160 crackers
Cranberries, cooked	1 lb	1¾ cups
Cranberries, raw	1 lb	4 cups
Cranberry relish	1 lb	1¾ cups
Cranberry sauce, jellied	1 lb	2 cups
Cream of tartar	1 oz	3 Tbsp
Cream of Wheat or farina, quick, AP	1 lb	2⅔ cups
Cream of Wheat or farina, 1 lb AP, after cooking	8 lb	1 gal
Cream, sour	1 lb	2 cups
Cream, whipping	1 pt	1 qt whipped
Croutons	1 lb	2¼ qt
Cucumbers	1 lb	2–3 large
Cucumbers, diced, EP	1 lb	3 cups
Cucumbers, sliced	1 lb	50–60 slices
Cumin, ground	1 oz	4 Tbsp
Currants, dried	1 lb	3 cups
Curry powder	1 oz	4½ Tbsp
Dates, pitted	1 lb	2½ cups
Dill seed	1 oz	4½ Tbsp
Dill weed	1 oz	¾ cup
Eggplant	1 lb	8 slices, 4 × ½ inch
Eggplant	1 lb	1 qt diced
Eggs, dried, whites	1 lb	5 cups
Eggs, dried, whole	1 lb	5⅓ cups

continues

TABLE 1.3 *continued*

<i>Food</i>	<i>Weight</i>	<i>Approximate measure</i>
Eggs, dried, yolks	1 lb	5 $\frac{2}{3}$ cups
Eggs, hard-cooked, chopped	1 lb	2 $\frac{2}{3}$ cups
Eggs, hard-cooked, chopped	1 doz	3 $\frac{1}{2}$ cups
Eggs, shelled, fresh or frozen, whole	1 lb (approximately 1 $\frac{3}{4}$ oz per egg)	2 cups (8–10 eggs)
Eggs, shelled, fresh or frozen, whites	1 lb (approximately 1–1 $\frac{1}{4}$ oz per white)	2 cups (16–18 eggs)
Eggs, shelled, fresh or frozen, yolks	1 lb (approximately $\frac{1}{2}$ – $\frac{3}{4}$ oz per yolk)	2 cups (22–26 eggs)
Eggs, whole, in shell ^d	1 lb	8–10 large eggs
Fennel seed	1 oz	4 Tbsp
Figs, dry, cut fine	1 lb	2 $\frac{1}{2}$ cups
Flour, all-purpose or bread	1 lb	4 cups
Flour, cake or pastry, unsifted	1 lb	3 $\frac{3}{4}$ cups
Flour, rye	1 lb	4 cups
Flour, whole wheat	1 lb	3 $\frac{3}{4}$ –4 cups
Garlic, fresh	1 oz	6 large cloves
Garlic, fresh, minced	1 oz	3 Tbsp
Garlic powder	1 oz	3 Tbsp
Garlic salt	1 oz	2 Tbsp
Gelatin, granulated, flavored	1 lb	2 $\frac{1}{4}$ cups
Gelatin, granulated, unflavored	1 oz	3 Tbsp
Gelatin, granulated, unflavored	1 lb	3 cups
Ginger, candied, chopped	1 oz	2 Tbsp
Ginger, fresh, sliced	1 lb	3 cups
Ginger, ground	1 oz	4 Tbsp
Ginger, ground	1 lb	4 cups
Graham cracker crumbs	1 lb	4 cups
Grapefruit, medium	1 lb	1 grapefruit, 10–12 sections, $\frac{2}{3}$ cup juice
Grapefruit sections	1 lb	2 cups
Grapes, cut, seeded, EP	1 lb	2 $\frac{3}{4}$ cups
Grapes, seedless, fresh	1 lb	3 cups
Grapes, on stem	1 lb	1 qt
Grits, hominy	1 lb	3 cups
Grits, hominy, 1 lb AP, after cooking	6 $\frac{1}{2}$ lb	3 $\frac{1}{4}$ qt
Ham, cooked, diced	1 lb	3 cups
Ham, cooked, ground	1 lb	2 $\frac{1}{2}$ cups
Hominy, canned	1 lb	3 cups
Hominy grits, see Grits		
Honey	1 lb	1 $\frac{1}{3}$ cups
Horseradish, prepared	1 oz	2 Tbsp

^dOne case (30 doz) eggs weighs approximately 41–43 lb and yields approximately 35 lb liquid whole eggs.

TABLE 1.3 *continued*

<i>Food</i>	<i>Weight</i>	<i>Approximate measure</i>
Ice cream	4½–6 lb	1 gal
Jam, jelly	1 lb	1½–1½ cups
Kiwi	1 lb	5 kiwi
Lemon juice	1 lb	2 cups (8–10 lemons)
Lemon peel, dried	1 oz	4 Tbsp
Lemon peel, fresh	1 oz	4 Tbsp
Lemon peel, fresh	1 lemon	2 Tbsp
Lemons, size 165	1 lb	4–5 lemons yield ¾ cup juice
Lettuce, average head	2 lb	1 head
Lettuce, chopped or shredded	1 lb	6–8 cups
Lettuce, leaf	1 lb	25–30 salad garnishes
Limes, fresh	1 lb	5 limes, 15–20 thin slices yield, ⅞ cup juice
Macaroni, 1-inch pieces, dry	1 lb	4 cups
Macaroni, 1 lb AP, after cooking	3 lb	2–2¼ qt
Macaroni, cooked	1 lb	3 cups
Mace	1 oz	4½ Tbsp
Mango	1 lb	1 large, 2 small
Margarine	1 lb	2 cups
Margarine, whipped	1 lb	2⅔ cups
Marjoram leaves, dried	1 oz	1 cup
Marshmallows (1¼ inch)	1 lb	80–90
Marshmallows, miniature (10 miniature = 1 regular)	1 lb	8 cups
Mayonnaise	1 oz	52
Mayonnaise	1 lb	2 cups (scant)
Meat, cooked, chopped	1 lb	2 cups
Milk, evaporated	1 lb	1¾ cups
Milk, fluid, whole	1 lb	2 cups
Milk, nonfat, dry	1 lb	6 cups
Milk, nonfat, dry	1 oz	6 Tbsp
Milk, sweetened, condensed	1 lb	1½ cups
Mincemeat	1 lb	2 cups
Molasses	1 lb	1⅓ cups
Monosodium glutamate	1 oz	2 Tbsp
Mushrooms, canned	1 lb	2 cups
Mushrooms, fresh, sliced	1 lb	5 cups raw (1¾ cups cooked)
Mustard, ground, dry	1 oz	5 Tbsp
Mustard, ground, dry	1 lb	5 cups
Mustard, prepared	1 oz	2 Tbsp
Mustard seed	1 oz	2½ Tbsp
Noodles, cooked	1 lb	2¾ cups
Noodles, 1 lb AP, after cooking	3 lb	2 qt
Nutmeats	1 lb	4 cups
Nutmeg, ground	1 oz	3½ Tbsp
Oats, rolled, quick, AP	1 lb	5⅓ cups
Oats, rolled, 1 lb AP, after cooking	2½ lb	4 qt
Oil, vegetable	1 lb	2–2⅛ cups
Olives, AP	1 lb	⅔ cup chopped
Olives, green, small size, drained	1 lb	160 olives

continues

TABLE 1.3 *continued*

<i>Food</i>	<i>Weight</i>	<i>Approximate measure</i>
Olives, green, stuffed	1 lb	2½ cups
Olives, ripe, sliced	1 lb	3½ cups
Olives, ripe, small size, drained	1 lb	140 small, 110 medium, 90 large olives
Onions, dehydrated	1 lb	8 lb raw (equivalent)
Onions, dehydrated, chopped	1 oz	5 Tbsp
Onions, dehydrated, chopped	1 lb	5–6 cups
Onions, fresh, chopped	1 lb	2½–3 cups
Onions, green, sliced	1 lb	2½–3 cups
Onions, mature, AP	1 lb	4–5 medium
Onion powder	1 oz	3 Tbsp
Onion salt	1 oz	2½ Tbsp
Onion soup mix	1 oz	2½ Tbsp
Onion soup mix	1 lb	2⅔ cups
Orange juice, frozen	6 oz	3 cups reconstituted
Orange juice, frozen	32 oz	4 qt reconstituted
Orange peel, dried	1 oz	4 Tbsp
Orange peel, fresh	1 medium orange	3 Tbsp grated peel
Oranges, medium (size 113)	1 lb	3–4 oranges, unpeeled; 5 oranges, peeled; 10–11 sections each; yield, 1 cup juice
Oranges	1 lb	2 cups bite-size pieces
Oregano, ground	1 oz	5 Tbsp
Oregano, leaf	1 oz	¾ cup
Oysters, shucked	1 lb	2 cups
Paprika, ground	1 oz	4 Tbsp
Parsley, coarsely chopped	1 oz	¾ cup
Parsley flakes, dry	1 oz	1½ cups
Parsnips, AP	1 lb	4 medium
Pasta	1 lb	see p. 369
Peaches, canned, sliced, drained	1 lb	2 cups
Peaches, fresh, AP	1 lb	3 medium
Peaches, sliced, frozen	1 lb	2 cups
Peanut butter	1 lb	2 cups
Peanuts, chopped, no skins	1 lb	3 cups
Peanuts, shelled	1 lb	3¼ cups
Pears, canned, drained, diced	1 lb	2½ cups
Pears, canned, large halves, drained	1 lb 14 oz	1 qt (9 halves)
Pears, fresh AP	1 lb	3 medium
Peas, cooked, drained	1 lb	2¼ cups
Peas, dried, 1 lb after cooking	2½ lb	5½ cups
Peas, split, dried, AP	1 lb	2⅓ cups
Pecans, chopped	1 lb	4 cups
Pecans, shelled, pieces	1 lb	4 cups
Pepper, cayenne	1 oz	5 Tbsp
Pepper, ground, black or white	1 oz	4 Tbsp
Pepper, ground, black or white	1 lb	4 cups
Pepper, crushed, red	1 oz	6 Tbsp
Peppercorns	1 oz	6 Tbsp

TABLE 1.3 *continued*

<i>Food</i>	<i>Weight</i>	<i>Approximate measure</i>
Peppers, green	1 lb	2-3 medium
Peppers, green, chopped	1 lb	3 cups
Peppers, green, dried flakes	1 oz	$\frac{3}{4}$ cup
Peppers, jalapeño	1 lb	16 medium
Pickle relish	1 lb	2 cups
Pickles, chopped	1 lb	3 cups
Pickles, halves, 3 inch	1 lb	3 cups or 36 halves
Pimento, chopped	1 lb	2 cups
Pineapple, canned, crushed	1 lb	2 cups
Pineapple, canned, slices, drained	1 lb	8-12 slices
Pineapple, canned, tidbits	1 lb	2 cups
Pineapple, fresh	2-4 lb	1 pineapple, 2-4 cups, cubed
Pineapple, frozen, chunks	1 lb	2 cups
Plums	1 lb	6 medium
Poppy seed	1 oz	3 Tbsp
Potato chips	1 lb	4-5 qt
Potato chips, crushed	1 lb	2 qt
Potatoes, dehydrated, diced	1 lb	$5\frac{1}{8}$ cups
Potatoes, dehydrated, flakes	1 lb	5 cups
Potatoes, dehydrated, granules	1 lb	$2\frac{1}{4}$ cups
Potatoes, dehydrated, slices	1 lb	$9\frac{2}{3}$ cups
Potatoes, fresh, white, AP	1 lb	3 medium
Potatoes, fresh, white, cooked	1 lb	$2\frac{1}{2}$ cups
Potatoes, raw, white, cubed	1 lb	$2\frac{2}{3}$ cups
Potatoes, sweet	1 lb	3 medium
Potatoes, sweet, cooked	1 lb	2 cups
Poultry seasoning, ground	1 oz	6 Tbsp
Prunes, dried, size 30/40, AP	1 lb	$2\frac{1}{2}$ cups
Prunes, dried, 1 lb AP, after cooking	2 lb	3-4 cups
Prunes, pitted, cooked	1 lb	$\frac{3}{4}$ cups
Pudding mix, dry, instant	1 lb	$2\frac{1}{2}$ cups
Pudding mix, dry, regular	1 lb	$2\frac{1}{4}$ cups
Pumpkin, cooked	1 lb	2 cups
Quinoa	1 lb	$2\frac{1}{4}$ cups
Radishes, AP	1 lb	45-50
Raisins, AP	1 lb	3 cups
Raisins, 1 lb AP, after cooking	1 lb 12 oz	1 qt
Raisins, chopped	1 lb	$2\frac{2}{3}$ cups
Raspberries, fresh AP, or frozen IQF	1 lb	3 cups
Raspberries, with syrup	1 lb	2 cups
Red-hots	1 lb	$2\frac{1}{4}$ cups
Rhubarb, raw, 1-inch pieces	1 lb	4 cups
Rhubarb, 1 lb EP, after cooking		$2\frac{1}{2}$ cups
Rice, brown, AP	1 lb	$2\frac{1}{2}$ cups
Rice, converted, AP	1 lb	$2\frac{1}{2}$ cups
Rice, cooked	1 lb	$2\frac{1}{4}$ cups
Rice, 1 lb AP, after cooking	$3\frac{1}{2}$ lb	2 qt
Rice, precooked, AP	1 lb	$4\frac{1}{2}$ cups
Rice, regular, AP	1 lb	$2\frac{1}{3}$ cups
Rice, wild	1 lb	$2\frac{2}{3}$ cups
Rice, wild, 1 lb AP, after cooking	1 lb	5 cups

continues

TABLE 1.3 *continued*

<i>Food</i>	<i>Weight</i>	<i>Approximate measure</i>
Rice cereal, crisp	1 lb	4 qt
Rosemary leaves	1 oz	9 Tbsp
Rutabagas, raw, cubed, EP	1 lb	3½ cups
Sage, finely ground	1 oz	8 Tbsp (½ cup)
Sage, rubbed	1 oz	⅔ cup
Salad dressing, cooked	1 lb	2 cups
Salmon, canned	1 lb	2 cups
Salt	1 oz	1½ Tbsp
Salt	1 lb	1½ cups
Sauerkraut	1 lb	3 cups packed
Sausage, bulk, AP	1 lb	2 cups
Sausages, link, small	1 lb	16–17 links
Sesame seed	1 oz	3 Tbsp
Sherbet	6 lb	1 gal
Shortening, hydrogenated fat	1 lb	2¼ cups
Shrimp, cleaned, cooked, peeled	1 lb	3¼ cups
Soda, baking	1 oz	2⅓ Tbsp
Spaghetti, cooked	1 lb	2⅔ cups
Spaghetti, 1 lb AP, after cooking	3 lb	2 qt
Spinach, canned or frozen	1 lb	2 cups
Spinach, raw	1 lb	5 qt lightly packed
Spinach, raw, chopped	1 lb	¾ qt
Spinach, 1 lb AP, after cooking	13 oz	2¾ cups
Squash, Hubbard, cooked	1 lb	2 cups
Squash, summer, fresh	1 lb	4 cups
Starch, waxy maize	1 oz	3 Tbsp
Strawberries, fresh or frozen, IQF	1 lb	3 cups
Strawberries, sliced, frozen, with syrup	1 lb	2 cups
Suet, ground	1 lb	¾ cups
Sugar, brown, lightly packed	1 lb	3 cups
Sugar, brown, solid pack	1 lb	2 cups
Sugar, cubes	1 lb	96 cubes
Sugar, granulated	1 lb	2¼ cups
Sugar, granulated	1 oz	2¼ Tbsp
Sugar, powdered, unsifted	1 lb	¾ cups
Sugar, powdered, XXXX sifted	1 lb	¾ cups
Syrup, corn or maple	1 lb	1½ cups
Tapioca, quick cooking	1 lb	3 cups
Tapioca, 1 lb AP, after cooking		7½ cups
Tarragon, leaf	1 oz	1 cup
Tea, bulk	1 lb	6 cups
Tea, instant	1 oz	½ cup
Thyme, ground	1 oz	6 Tbsp
Thyme, leaves	1 oz	¾ cup
Tomatoes, canned	1 lb	2 cups
Tomatoes, fresh	1 lb	2–3 medium, 12 slices
Tomatoes, fresh, diced	1 lb	2¼ cups
Tomatoes, fresh plum	1 lb	6 medium
Tomato paste	1 lb	2 cups

TABLE 1.3 *continued*

<i>Food</i>	<i>Weight</i>	<i>Approximate measure</i>
Tortillas, corn, 8 inch	1 lb	16
Tortillas, flour, 8 inch	1 lb	12
Tortillas, flour, 10 inch	1 lb	9
Tuna, canned	1 lb	2 cups
Turkey, AP, dressed weight	14 lb	11–12 cups diced, cooked meat
Turmeric, ground	1 oz	4 Tbsp
Turnips, AP	1 lb	2–3
Vanilla and other extracts	1 oz	2 Tbsp
Vinegar	1 lb	2 cups
Walnuts, English, shelled	1 lb	4 cups
Water	1 lb	2 cups
Watercress, EP	1 oz	½ cup
Watermelon	1 lb	1-inch slice, 6-inch diameter
Wheat germ	1 lb	5½ cups
Whipped topping, liquid	1 lb	2 cups
Yeast, compressed	1 oz	1 pkg
Yeast, dry	¼ oz	1 envelope
Yeast, dry, regular or instant	1 oz	3 Tbsp + 1 tsp
Yeast, dry, regular or instant	1 lb	3½ cups
Yogurt	1 lb	2 cups
Zucchini, fresh, shredded	1 lb	3¼ cups

TABLE 1.4 Basic equivalents in measures and weights

<i>Equivalents</i>	<i>Abbreviations used in this book^a</i>	
1 Tbsp = 3 tsp, in liquids ½ fl oz	bu	bushel
⅓ cup = 2 Tbsp, in liquids 1 fl oz	fl oz	fluid ounce
¼ cup = 4 Tbsp, in liquids 2 fl oz	gal	gallon
⅓ cup = 5 Tbsp + 1 tsp	g	gram
½ cup = 8 Tbsp, in liquids 4 fl oz	kg	kilogram
⅔ cup = 10 Tbsp + 2 tsp	L	liter
¾ cup = 12 Tbsp, in liquids 6 fl oz	lb	pound
1 cup = 16 Tbsp, in liquids 8 fl oz	mL	milliliter
1 pt = 2 cups, in liquids 16 fl oz	oz	ounce
1 qt = 2 pt = 4 cups	pk	peck
1 gal = 4 qt	pt	pint
1 lb = 16 oz	qt	quart
1 pk = 8 qt, approximately 12½ lb	Tbsp	tablespoon
1 bu = 4 pk, approximately 50 lb	tsp	teaspoon

METRIC

1 g = 0.035 oz
1 kg = 2.2 lb
1 oz = 28 g
1 lb = 454 g
1 mL = ⅓ tsp
1 L = 1.06 qt
1 cup = 240 mL
1 qt = 0.95 L
1 gal = 3.8 L

^aPeriods are usually not used in abbreviations for quantity recipes.