

This is a start, more conversions coming later!

## Food Conversions from POUNDS to CUPS



**How many berries in a basket??  
Bet she can't answer THAT!**

### FOR PLANNING PURPOSES

This is extremely useful information if you are costing out a menu or if you have a food service 'formula' recipe that lists ingredients by weight and you want to convert the recipe to cups etc. instead of pounds.

Weights and their approximate measures and yield.

#### FOOD WEIGHT YIELD

Almonds, blanched.....1 pound.....1 1/2 cups  
 Apples.....1 1/2 pounds.....4 c. sliced  
 Apples, diced.....1 pound.....4 cups  
 Apples, canned pie pack.....1 1/2 pounds.....4 cups  
 Apple sauce.....1 pound.....2 cups  
 Apricots, diced, cooked.....1 pound.....5 cups  
 Apricots, fresh.....1 pound.....8 Apricots  
 Asparagus, fresh.....1 pound.....20 stalks  
 Asparagus, canned.....1 pound.....2 1/2 cups

Bacon, cooked, diced .....1 lb.....1 1/2 cups  
 Bacon, raw, diced.....1 lb.....2 cups or 20 slices

Baking powder.....1 oz.....2 1/2 Tbsp.  
 Baking powder.....1 lb.....2 1/2 cups

Bananas.....1 lb.....3 medium  
 mashed..... 1 lb.....1 1/4 cups  
 diced.....1 lb.....2 1/4 cups  
 sliced..... 1 lb.....2 cups

Beans, baked.....1 lb.....2 cups  
 Beans, kidney.....1 lb.....2 2/3 cups  
 Beans, lima, fresh.....1 1/2 lb.....4 cups  
 Beans, navy.....1 lb.....2 1/3 cups  
 Beans, navy, 1 lb. Soaked and cooked weights.....2 1/8 lb.....6 cups  
 Beans, string.....1 lb.....3 1/2 cups

Beef, dried.....1 pound.....4 cups  
 Beef, ground raw.....1 pound.....2 cups  
 Beef, cooked, diced.....1 pound.....3 cups

Beets, cooked, diced.....	1 pound.....	2 1/4 cups
Beets, " sliced.....	1 1/2 pounds.....	4 cups
Bran, all bran.....	1/2 pound .....	4 cups
Bran flakes .....	1 pound.....	12 cups
Bread, loaf .....	1 pound.....	18 slices
Bread, sandwich .....	2 pounds.....	38 slices
Bread, soft broken or stale.....	1 pound.....	9 cups
Bread crumbs, dry .....	1 pound.....	5 cups
Bread crumbs, fresh.....	1 pound.....	8 cups
Brussels sprouts.....	1 pound.....	4 cups
Butter.....	1 pound.....	2 cups
Butter.....	1 ounce.....	2 tbsp.
Butter, portion sliced .....	1 pound.....	48 pats
chopped cooked shredded.....	1 pound.....	4 cups
Cabbage, cooked.....	1 pound.....	1 1/2 cups
Cabbage, shredded.....	1 pound.....	7 cups
Carrots.....	1 pound.....	6 small
Carrots, cooked, diced.....	1 pound.....	3 cups
Carrots, raw, diced.....	1 pound.....	3 cups
Carrots, raw, ground.....	1 pound.....	3 1/4 cups
Celery, diced 1/2 in.....	1 pound.....	4 1/2 cups
Celery, diced 1/4 in.....	1 pound.....	4 cups
Celery, sliced, cooked.....	1 pound.....	1 1/2 cups
Celery Cabbage.....	1 pound.....	6 cups
Cheese, cottage.....	1 pound.....	2 1/4 cups
Cheese, diced.....	1 pound.....	3 1/2 cups
Cheese, Philadelphia cream.....	3 oz.....	1/3 cup
Cheese, 5 lb. Brick.....	1 pound.....	16 slices
Cottage cheese, No.10 dipper.....	1 pound.....	8-9 portions
NO.16.....	1 pound.....	12-13 portions
NO.30.....	1 pound.....	20 portions
Cherries, candied.....	1 pound.....	2 1/2 cups
Cherries, glace.....	1 pound.....	96 cherries
Cherries, red pie pack.....	1 pound.....	3 cups scant
Cherries, Royal Anne drained.....	1 pound.....	2 1/4 cups
Chicken, cooked.....	5 pounds.....	4-5 cups
Chicken, cooked and meat removed from bones.....	5 pounds.....	1 1/4 pounds

Chocolate.....	1 pound.....	16 squares (16 oz)
Chocolate, grated.....	1 pound.....	3 ½ cups
Chocolate, grated.....	1 ounce.....	4 Tbsp.
Chocolate, melted.....	1 pound.....	2 cups scant
Citron, dried chopped.....	3 ounces.....	1 cup
Cocoa.....	1 pound.....	4 cups
Coconut, shredded.....	1 pound.....	7 cups
Coconut, moist canned.....	1 pound.....	5 cups
Coffee, coarse grind.....	1 pound.....	4 ¾ cups
Coffee, fine grind.....	1 pound.....	5 cups
Corn, canned.....	1 pound.....	1 ¾ cups
Cornflakes.....	1 pound.....	16 cups
Cornmeal.....	1 pound.....	3 cups
Corn syrup.....	11 ounces.....	1 cup
Corn syrup.....	1 pound.....	1 1/3 cups
Cornstarch.....	1 ounce.....	3 tbsp.
Cornstarch.....	1 pound.....	3 cups
Crackers, broken.....	1 pound.....	2 1/2 cups
Crackers, Graham.....	1 pound.....	48 crackers
Crackers, Soda.....	1 pound.....	104 crackers
Cracker crumbs, fine.....	10 ounces.....	4 cups
Cracker crumbs, fine.....	2 1/2 ounces.....	1 cup
Cranberries, raw.....	1 pound.....	4 cups
Cranberries, cooked.....	1 pound.....	4 cups
Cranberries, sauce, jellied.....	1 pound.....	2 cups
Cream of Tartar.....	1 ounce.....	3 tbsp
Cucumbers, diced.....	1 pound.....	3 cups
Cream of wheat.....	1 pound.....	2 2/3 cups
Dates.....	1 pound.....	2 1/2 cups
Dates, pitted.....	1 pound.....	3 cups or 50-60 medium
Eggs, 30 dozen case.....	41-43 pounds.....	360 eggs
Eggs, hard cooked.....	1 pound.....	8 eggs
Eggs, hard cooked, chopped.....	8 eggs.....	2 cups
Eggs, dried.....	1 pound.....	4 cups
Egg whites, dried.....	1 pound.....	8 cups
Egg yolks, dried.....	1 pound.....	4 3/4 cups
Flour, barley.....	1 pound.....	4 cups
rye.....	1 pound.....	4 cups
white, all purpose.....	1 pound.....	4 cups

" " ..... 1 cup..... 4 ounces  
 whole wheat.....1 cup..... 4 4/5 ounces  
 " " ..... 1 pound..... 4 cups  
 soya .....1 pound.....5 cups  
 cake, sifted.....1 pound.....4 1/4 cups

Noodles raw.....8 1/2 cups.....1 lb.  
 1 lb., after cooking.....3 qt.....4 lb.  
 Macaroni, 1 in. pieces raw.....4 cups.....1 lb.  
 1 lb. After cooking .....2 3/4 qt.....5 lb.

Spaghetti raw.....4 cups.....1 lb.  
 1 lb. After cooking.....2 1/3 qt.....3 lb. And 14 oz.

Rolled Oats uncooked..... 4 3/4 cups.....1 lb.  
 Rice raw..... 2 cups.....2 lb. And 10 oz.

Salt.....1 1/2 Tbsp.....1 oz.

#### Sugar

Granulated.....2 1/4 cups.....1 lb.  
 cube sugar.....96 to 100.....1 lb.  
 Brown sugar (packed).....2 3/4 cups.....1 lb.  
 Sifted powdered.....3 1/2 cups.....1 lb.

Tea.....6 cups.....1 lb.

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