

| INGREDIENTS | EACH | WEIGHT- oz |
|---|------|----------------------|
| DAIRY | | |
| egg whole medium | 1 | 1.5 |
| egg yolk medium | 1 | 0.5 |
| egg white medium | 1 | 1.06 |
| | 1 | 1.75 |
| egg yolk large | 1 | 0.54 |
| egg white large | 1 | 1.2 |
| | 1 | 2.08 |
| egg whole jumbo | 1 | 0.63 |
| egg yolk jumbo | 1 | 1.45 |
| egg white jumbo | 1 | |
| FRUIT | | |
| | | WEIGHT- Fl oz |
| Lemon fresh -whole medium - juice | 1 | 1.65 |
| Lime fresh -whole medium - juice | 1 | 1.44 |
| Orange fresh - whole- 1, 72 counts- juice | 1 | 3.2 |
| Pineapple 1 lb - juice | 1 | 4.55 |
| Raspberry fresh- whole- 1lb- juice | 1 | 3.99 |
| Blackberries fresh whole - 1lb- juice | 1 | 6.64 |
| Blueberries fresh - whole- 1lb- juice | 1 | 6.47 |
| Cranberries fresh - whole - 1lb- juice | 1 | 4.47 |
| Grapefruit fresh - whole- 1lb - juice | 1 | 8 |

When a recipe specifies a can size rather than a volume size.
This Chart will help you when substituting in a recipe.

| Can Size | Weight | Cups |
|--------------------------|------------------|-----------------|
| 8 oz. | 1 Cup | |
| Picnic | 10-1/2 to 12 oz. | 1-1/4 cups |
| 12 oz. vacuum | 12 oz. | 1-1/2 cup |
| #1 | 11 oz. | 1-1/3 cups |
| #1 tall | 16 oz. | 2 cups |
| #1 square | 16 oz. | 2 cups |
| #2 | 1lb. 4oz. | 2-1/2 cups |
| #2.5 | 1lb. 13 oz. | 3-1/2 cups |
| #2-1/2 square | 31 oz. | Scant 4 cups |
| #3 | | 4 cups |
| #5 | 56 oz. | 7 cups |
| #10 | 6 lbs. 6 oz. | 12-3/4 cups |
| #300 | 14 to 16 oz. | 1-3/4 cup |
| #303 | 16 to 17 oz. | 2 cups |
| Baby food jar | 3-1/2 to 8 oz. | depends on size |
| Condensed milk | 15 oz. | 1-1/3 cup |
| Evaporated milk | 14-1/2 oz. | 1-2/3 cup |
| Frozen juice Concentrate | 6 oz. | 3/4 cu |

| | | |
|----------------|------|-----------|
| Baking powder | 1 lb | 2 1/2 C |
| Baking soda | 1 oz | 2 1/2 Tbs |
| Bran, all-bran | 1 lb | 2 qt |
| Bran flakes | 1 lb | 3 qt |

| INGREDIENTS | EACH | WEIGHT- oz |
|--------------------------------------|------|--------------------------|
| Butter/margarine | 1 lb | 2 C |
| Eggs, boiled, chopped | 1 lb | 21/ 2 c (3½ c per dozen) |
| Eggs, shelled, large | 1 lb | 2 c (9 to 11 each) |
| Egg whites | 1 lb | 2 c (17 to 20 each) |
| Egg yolks | 1 lb | 2 c (19 to 23 each) |
| Cheese, diced | 1 lb | 1 qt |
| Cheese, grated | 1 lb | 3½ c to 1 qt |
| Cottage cheese | 1 lb | 2¼ c |
| Cream cheese | 1 lb | 2c |
| Light cream | 1 lb | 1¾ c |
| Heavy Cream | 1 lb | 2 c or 1 qt whipped |
| Milk, Condensed | 1 lb | 11/ 2 c |
| Milk , dry, instant | 1 lb | 5¾ c |
| Milk, dry, regular Milk , evaporated | | 1 qt |
| Milk, fresh | 1 lb | 2 c |
| Sour cream | 1 lb | 2c |

| US weights | Metric weights |
|------------|----------------|
|------------|----------------|

| | |
|-------|---------|
| ½ oz | 14 g |
| 1 oz | 28 g |
| 2 oz | 56 g |
| 4 oz | 114 g |
| 8 oz | 227 g |
| 1 lb | 454 g |
| 2 lb | 908 g |
| 4 lb | 1.8 kg |
| 5 lb | 2.3 kg |
| 10 lb | 4.54 kg |
| 15 lb | 6.8 kg |
| 20 lb | 9. 1 kg |

| US Volume | Metric Volume | US Volume | Metric Volume |
|--------------|---------------|-----------|---------------|
| 1 teaspoon | 5 ml | 3/4 c | 180 ml |
| 2 teaspoon | 10 ml | 1 c | 240 ml |
| 1 Tablespoon | 15 ml | 2 c | 480 ml |
| 2 Tablespoon | 30 ml | 3 c | 720 ml |
| 3 Tablespoon | 45 ml | 1 qt | 950 ml |
| 1/4 cup | 60 ml | 2 qt | 1.9 L. |
| 1/3 cup | 80 ml | 3 qt | 2.9 L. |
| 1/2 cup | 120 ml | 1 gal | 3.8 L. |
| 2/3 cup | 160 ml | | |

| | |
|-------|---------|
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| 20 lb | 9. 1 kg |

| | | | Fahrenheit | Centigrade | Fahrenheit | Centigrade |
|------------------------|------|-------------|------------|------------|------------|------------|
| Brown sugar | 1 lb | 3 C | | | | |
| Cake crumbs, soft | 1 lb | 1 1/2 qt | 0 | -18 | 225 | 106 |
| Chocolate , baker's | 1 lb | 16 squares | 10 | -12 | 250 | 120 |
| Chocolate, chips | 1 lb | 2 1/2 C | 20 | -7 | 275 | 134 |
| Chocolate, grated | 1 lb | 3 1/2 C | 30 | -1 | 300 | 147 |
| Chocolate , melted | 1 lb | 2 c | 32 | 0 | 325 | 161 |
| Cornmeal | 1 lb | 3 1/2 C | 40 | 4 | 350 | 175 |
| Cornstarch | 1 lb | 3 1/2 C | 50 | 10 | 375 | 189 |
| | 1 oz | 3 1/2 Tbs | 100 | 37 | 400 | 202 |
| Corn syrup | 1 lb | 1 1/4 C | 120 | 48 | 425 | 216 |
| Cream of tartar | 1 oz | 3 T | 140 | 59 | | 230 |
| Flour, whole wheat | 1 lb | 3 1/2 C | 160 | 70 | 450 | 244 |
| Flour, cake, sifted | 1 lb | 1 qt | 180 | 81 | 475 | 257 |
| Flour, bread , sifted | 1 lb | 1 qt | 200 | 92 | 500 | 285 |
| Flour, white, unsifted | 1 lb | 1 qt | 212 | 100 | 600 | 312 |
| Gelatin , unflavored | 1 lb | 3 C | | | | |
| | 1 oz | 3 Tbs | | | | |
| Honey | 1 lb | 1 1/2 C | | | | |
| Honey Jam/ jelly | 1 lb | 2 1/2 C | | | | |
| Nutmeats , chopped | 1 lb | 1 qt | | | | |
| Shortening | 1 lb | 2 1/2 C | | | | |
| Sugar , granulated | 1 lb | 2 1/4 C | | | | |
| Sugar , powdered | 2 lb | 3 1/4 C | | | | |
| Tapioca, quick cooking | 1 lb | 2 2/3 C Raw | | | | |
| Water | 1 lb | 2 C | | | | |
| Yeast, dry | 1 lb | 3 1/2 C | | | | |