



Common Food Substitutions & Equivalents

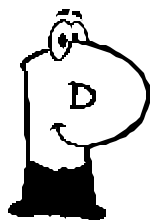
Allspice (1 teaspoon)	1/2 tsp. cinnamon + 1/2 tsp. ground cloves
Apples (1 pound)	3 medium 3 cups, sliced
Apple Pie Spice (1 teaspoon)	1/2 tsp. cinnamon + 1/2 tsp. nutmeg + 1/8 tsp. cardamon
Bacon (8 slices)	1/2 cup crumbled
Baking Powder (1 teaspoon)	1/4 tsp. baking soda + 5/8 tsp. cream of tartar
Baking Soda (1 teaspoon)	1 1/2 tsp. baking powder per cup flour
Bananas (1 pound)	3-4 medium 1 1/3 cups mashed
Beans, Dry, Lima, Navy (1 pound)	2 1/2 cups, raw 5 1/2 cups, cooked
Beans, Dry	1 cup, uncooked 3 cups, cooked
Beans, Green (1 pound)	3 cups 2 1/2 cups, cooked
Beans, Kidney (1 pound)	1 1/2 cups, raw 9 cups, cooked
Beau Monde Seasoning (1 teaspoon)	1 tsp. Mei Yen Seasoning 1 tsp. season salt
Beef Stock Base (10 1/2 oz can)	4 tsp. bouillon + 1 1/4 C. water
Berries (1 pint)	1 3/4 cups
Biscuit Mix (1 cup)	1 C. flour + 1 1/2 tsp. baking powder + 1/4 tsp. salt + 2 T. shortening
Bread Crumbs (1 cup dried)	4 slices bread
Broth (1 cup)	1 bouillon cube + 1 C. boiling water
Butter, margarine (1 pound)	2 cups
Cabbage (1 pound)	4 cups grated
Carrots (1 pound)	3 cups, shredded 2 1/2 cups, diced
Catsup (1 cup)	1 C. tomato sauce + 1/2 C. sugar + 2 T. vinegar
Celery (1/4 pound)	1 cup 2 ribs
Cheese, Cheddar (1 pound)	4 cups, grated
Cheese, Cottage (1 pound)	2 cups
Cheese, Cream (8 ounce package)	1 cup
Chicken, Raw (2 1/2 pounds)	1 cup cooked meat

Chocolate (1 ounce square)	3 T. cocoa + 1 T. fat
Chocolate (1 cup chips)	6 ounces chips
Chocolate Wafers (19)	1 cup crumbs
Cocoa	1 pound 4 cups
Coconut, Flaked (1 pound)	5 cups
Cornmeal (1 pound)	3 cups, dry 16 2/3 cups, cooked
	1 cup, uncooked 4 cups, cooked
Corn Syrup, Light (1 cup)	1 C. granulated sugar + 1/4 C. water
Corn Syrup, Dark (1 cup)	3/4 cup light corn syrup + 1/4 cup molasses
Cornstarch	1 tablespoon 2 T. granular tapioca or 2 T. flour
Crackers, Graham (15)	1 cup crushed
Crackers, Soda (22)	1 cup crushed
Cream, Heavy (1 cup)	2 cups whipped 1/3 cup butter + 3/4 cup milk
Cream, Sour (1 cup)	1 cup yogurt 1 cup cottage cheese (blended)
	1 C. evaporated milk + 1 T. fat + 1 T. vinegar
Cream of Tartar (1/2 teaspoon)	1 1/2 tsp. lemon juice or vinegar
Dates (1 pound)	2 1/2 cups, cut up
Dill (1 head fresh)	2 tsp. dill seed
Egg (1 whole)	2 egg yolks or 2 egg whites 3 T. thawed frozen egg
	2 1/2 T. egg powder + 2 1/2 T. water
Egg (1 white)	2 tsp. dried + 2 T. water 2 T. thawed frozen egg whites
Egg Whites	1 cup 8-10 whites
Flour (1 tablespoon)	1/2 T. cornstarch 2 tsp. tapioca
Flour (1 pound)	4 cups
Flour (1 cup wheat)	1 C. corn flour 3/4 cup cornmeal
	7/8 C. rice flour 1 cup rye flour
Flour, Cake (1 cup)	7/8 C. all-purpose flour + 2 T. cornstarch
Flour, Self-rising (1 cup)	1 C. all-purpose flour + 1 1/2 tsp. baking powder + 1/2 tsp. salt
Fruit, Candied (1 pound)	2 1/2 cups, chopped
Garlic (1 clove)	1/8 tsp. garlic powder 1/2 tsp. garlic salt
Gelatin, flavored (3-ounce)	1 T. plain gelatin + 2 cups fruit juice
Gelatin, unflavored (1 envelope)	1 tablespoon
Ginger, Raw (1 tablespoon)	1/8 tsp. powdered
Grapes (1 pound)	2 1/2 cups

Herbs (1 tablespoon fresh)	1/2 tsp. ground	1 teaspoon dried
Honey (1 cup)	1 1/4 C. sugar (brown or white) + 1/4 C. liquid	
Honey (1 pound)		1 1/3 cups
Horseradish (1 tablespoon, rehydrated)	2 T. bottled prepared horseradish	
Lemon Juice (3 tablespoons)	1 1/2 T. vinegar	RumPineapple juice/Almond Flavored Syrup
Sherry		Orange/Pineapple Juice
Kirsch		Cherry Cider/Raspberry Syrup
Cognac		Peach/Apricot/Pear Juice
Creme de Menthe		Spearmint Extract
Burgundy		Grape Juice
Champagne		Gingerale
Marshmallows (1 pound)	4 cups	100 large marshmallows
Marshmallow Creme (1 cup)		16 large marshmallows
Marshmallows, Miniature (10)		1 large
Mayonnaise (1 cup)	1/2 C. yogurt + 1/2 C. mayonnaise	1 cup sour cream
Meat, Ground (1 pound)		1 1/2 to 2 cups cooked
Milk (1 cup)		1/3 C. nonfat dry milk + 1 C. water
Milk, Evaporated	6 ounce can	2/3 cup
Milk, Instant (1 cup mixed)		1/3 cup + 1 cup water
Milk, Soured/Buttermilk (1 cup)	1 T. vinegar/lemon juice + milk to make 1 cup (let stand 5 minutes)	
Milk, Sweetened Condensed	14 ounces	1 1/4 cups
Molasses (1 cup)		1 cup honey
Mushrooms (1 pound fresh)	35-40 medium	8 ounce can
Mustard (1 teaspoon dry)	1 T. prepared	1/2 tsp. mustard seed
Noodles (1 pound)	6 cups, dried	8 cups, cooked
Nuts (1 pound)		3 1/2 cups, chopped
Oats, Rolled, Uncooked (1 cup)		1 3/4 cups, cooked
Oatmeal (1 pound)	6 1/4 cups, dry	8 cups, cooked
Onions (1 pound)	3 cups, chopped	3 large
Onions, Raw (1/4 cup, chopped)	1 T. instant chopped, minced or flaked	
	1 small = 1/4 C. chopped	1 medium = 1/2 C. chopped
Oil (1 cup)		1 cup shortening
Orange (2 medium)	1 pound	1 cup juice
Orange, Peel (2 teaspoons)		1 tsp. orange extract

Parsley, Fresh, Chopped (1 tablespoon) 1 tsp. dry parsley flakes
 Peaches/Pears (4 medium) 2 cups sliced
 Peppers, Green, Fresh (3 tablespoons) 1 tablespoon, rehydrated
 Popcorn (1/4 cup kernels) 8 cups popped
 Potatoes (1 pound) 3 medium 1 3/4 cups, mashed
 Potato Chips (4 ounces) 4 cups coarsely crushed
 Prunes (1 pound) 2 1/4 cups pitted prunes 2 cups
 Pumpkin Pie Spice (1 teaspoon) 1/2 tsp. cinnamon + 1/4 tsp. ginger + 1/8 tsp. allspice + 1/8 tsp. nutmeg
 Raisins (1 pound) 3 1/4 cups
 Rice, White Uncooked (1 cup) 3 cups, cooked
 Rice, Quick Cooking Uncooked (3/4 cup) 1 1/3 cups, cooked
 Rhubarb (1 pound) 2 cups, cooked
 Salt (1 teaspoon) 2,000 mg sodium
 Shortening (1 cup) 7/8 C. butter/margarine 7/8 C. lard or oil
 Sour Cream (1 cup) 1 C. plain yogurt 1 C. blended cottage cheese
 Spaghetti, Macaroni (1 pound) 3 3/4 cups, dried 9 cups, cooked
 Sugar, Granulated (1 cup) 1 C. honey/syrup (reduce liquid by 1/4 cup)
 Sugar, Granulated (1 pound) 2 1/4 cups
 Sugar, Brown (1 pound) 2 1/4 cups firmly packed
 Sugar, Powdered (1 pound) 3 1/2 cups 1 C. granulated sugar + 1 T. cornstarch
 Sweetener, Artificial (1 package) 2 teaspoons sugar
 Tomatoes (3 medium) 1 pound 1 1/2 cups, chopped
 Tomato Sauce (2 cups) 3/4 C. tomato paste + 1 cup water
 Tomato Soup (1 can) 1 C. tomato sauce + 1/4 C. water + salt & sugar to taste
 Vanilla (1 teaspoon) 1-inch piece vanilla bean
 Vegetables, Fresh, Cooked (2 cups) 16-ounce canned
 Wafers, Vanilla (30) 1 cup crushed
 Water (1 pound) 2 cups water
 Yeast (1 package) 1/4 ounce 1 tablespoon yeast
 Zucchini (1 medium) 5-6 ounces 1 cup loosely packed, grated





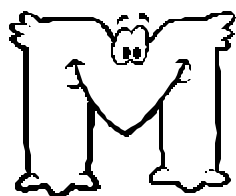
PRODUCE WEIGHTS / UNITS

FRUIT

Apples (1 bushel)	48 pounds
Apricots (1 lug/box)	22 pounds
Berries (1 crate)	24 quarts
Cherries (1 bushel)	56 pounds
(1 lug)	22 pounds
Grapes (1 bushel)	48 pounds
Peaches (1 bushel)	48 pounds
(1 lug)	22 pounds
Pears (1 bushel)	50 pounds
(1 box)	35 pounds
Plums (1 bushel)	56 pounds
(1 lug)	24 pounds

VEGETABLES

Asparagus (1 bushel)	45 pounds
Beans, Green or Wax (1 bushel)	30 pounds
Beets, w/o Tops (1 bushel)	52 pounds
Carrots, w/o Tops (1 bushel)	50 pounds
Corn, Sweet in Husks (1 bushel)	35 pounds
Peas in Pods (1 bushel)	30 pounds
Peppers (1 bushel)	25 pounds
Potatoes, Sweet (1 bushel)	50 pounds
Spinach, Greens (1 bushel)	18 pounds
Squash, Summer (1 bushel)	40 pounds
Squash, Winter (1 bushel)	50 pounds
Tomatoes (1 bushel)	53 pounds
(1 lug)	30 pounds



MEASUREMENT UNITS / METRIC CONVERSIONS

Dash	less than 1/8 teaspoon
1 teaspoon	60 drops
3 teaspoons	1 tablespoon
16 tablespoons	1 cup
1 tablespoon	1/2 fluid ounce
4 tablespoons	1/4 cup
16 ounces	1 pound
8 fluid ounces	1 cup
2 cups	1 pint
1 pint	16 fluid ounces
4 cups	1 quart
1 quart	2 pints
2 pints	1 quart
4 quarts	1 gallon
8 quarts	1 peck
4 pecks	1 bushel
#300 can	1 3/4 cups
#303 can	2 cups
#2 can	2 1/2 cups
#2 1/2 can	3 1/2 cups
#5 can	56 ounces
#10 can	106 ounces

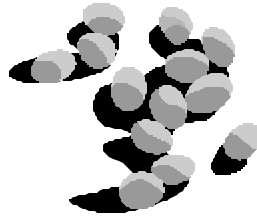
1 teaspoon	4 grams
1 liter	1.06 quarts
1 quart	.946 liter
1 cup flour	150 grams
1 cup water	250 milliliters
1/2 cup sugar	100 grams
1.06 quarts	1 liter
1 ounce	29.57 milliliter
1 pint	473.2 milliliters
2.2 pounds	1 kilogram
1 pound	453.6 grams



LOW-FAT SUBSTITUTIONS

EGG SUBSTITUTE

6 egg whites
 ¼ cup instant nonfat dry milk
 1 tablespoon oil



Combine all ingredients in a mixing bowl and blend until smooth. Store in refrigerator up to one week or freeze.

To Use: ¼ cup substitute = 1 egg

MAYONNAISE SUBSTITUTE

¾ cup plain nonfat yogurt
 ¼ cup light mayonnaise

Combine yogurt and mayonnaise in a mixing bowl and blend. Store in refrigerator up to two weeks.

CREAM SOUP MIX

2 cups instant nonfat dry milk
 ¾ cup cornstarch
 ¼ cup chicken/beef bouillon granules
 2 tablespoons minced onion
 ½ teaspoon Italian granules
 ½ teaspoon pepper



Combine all ingredients. Store in airtight container; label. Yield: 9 cans of soup

To Use: Mix **a** cup *Cream Soup Mix* with 1 ¼ cups water. Cook over medium heat until mixture thickens; stir constantly. Mix with other casserole ingredients and bake as directed. Makes 1 can soup.

FOOD ITEM	SUBSTITUTE TO LOWER FAT
Bacon	Canadian bacon or turkey bacon
Beef, pork or lamb	Chicken, turkey, or lean cuts of meat (trimmed of all visible fat)
Beef, ground	Extra lean or ground turkey
Butter or margarine	Reduced-calorie margarine
Cheese	Fat-free or cheese with only 5 grams of fat per ounce
Cottage cheese	Low-fat cottage cheese
Cream, Sour	Non-fat yogurt or non-fat/low-fat sour cream
Cream, Whipped	Chilled evaporated non-fat milk, whipped
Egg, whole	2 egg whites or ¼ cup egg substitute
Ice Cream	Non-fat or Low-fat milk
Poultry	Skinned poultry
Salad dressing	Reduced-calorie or fat-free dressing
Shortening	Oil (amount reduced by one-third)
Shortening or oil	Use applesauce for half of fat in baked items
Tuna	Packed in spring water