

Sheet1

<b>Ingredient (One Cup)</b>	<b>Ounces</b>
Blanched Almonds	5 1/3
Apples (peeled 1/2 in cubes)	3 1/3
Apples (pie canned)	6
Apples (canned sauce)	8
Canned Apricots (Drained)	5 1/3
Dried Apricot Halves	4 1/2
Asparagus	6 1/2
Bananas (Diced)	6 1/2
Barley (Raw)	8
Baked Beans	8
Green Beans	4 1/2
Dry Kidney Beans	6
Cooked Kidney Beans	6 3/4
Cooked Lima Beans	8
Dry Lima Beans	6 1/2
Dry Navy Beans	6 3/4
Bean Sprouts	4
Diced Cooked Beets	6 1/2
Canned Blueberries	6 1/2
Fresh Blueberries	7
Dried Bread Crumbs	4
Soft Bread Crumbs	2
Brussel Sprouts	4
Butter	8
Shredded Cabbage	4
Soft Cake Crumbs	2 3/4
Diced Carrots	5 1/3
Diced Celery	4
Cottage Cheese	8
Cream Cheese	8
Grated Hard Cheese	4
Grated Medium Cheese	3
Grated Soft Cheese	4 3/4
Glacéed Cherries	6 1/2
Cooked Cubed Chicken	5 1/3
Chili Sauce	11 1/4
Grated Chocolate	4 1/2
Melted Chocolate	8
Dried Chopped Citron	6 1/2
Whole Cloves	3
Cocoa	4
Shredded Coconut	2 1/2
Fresh Corn Kernels	5 3/4
Corn Flakes	1
Raw Cornmeal	5 1/3
Corn Syrup	12
Cornstarch	4 1/2
Cracker Crumbs	3

Sheet1

<b>Ingredient (One Cup)</b>	<b>Ounces</b>
Raw Cranberries	4
Cranberry Sauce	8
Whipping Cream	4
Whipped Cream	8
Raw Cream of Wheat	6
Diced Cucumbers	5 1/3
Dried Currants	5 1/3
Pitted Dates	6 1/5
Dried Egg Whites	3 1/4
Dried Egg Yolks	2 3/4
Fresh Egg Whites	8
Fresh Egg Yolks	8
Raw Shelled Eggs	8
Raw Farina	5 1/3
Dried Chopped Figs	6 1/2
All-Purpose Flour	4
Sifted Bread Flour	4
Unsifted Bread Flour	4 1/2
Sifted Cake or Pastry Flour	3 1/3
Rye Flour	2 3/4
Soy Flour	3 1/4
Whole Wheat Flour	4 1/4
Cut Seeded Grapes	5 3/4
Whole Grapes	4
Diced Cooked Ham	5 1/3
Honey	12
Jam	12
Jelly	10 2/3
Lard	8
Shredded Lettuce	2 1/4
Margarine	8
Mayonaise	8
Condensed Milk	10 2/3
Evaporated Milk	9
Liquid Milk	8 1/2
Mincemeat	8
Molasses	12
Dry Ground Mustard	3 1/2
Cooked Noodles	5 1/3
Nuts	4 1/2
Vegetble Oil	8
Chopped Onions	6 1/2
Shucked Oysters	8
Coursely Chopped Parsley	1
Chopped Peaches	8
Peanut Butter	9
Peanuts	5
Fresh Diced Pears	6 1/2

Sheet1

<b>Ingredient (One Cup)</b>	<b>Ounces</b>
Peas	3 1/2
Chopped Green Peppers	5 1/3
Chopped Pimiento	6 1/2
Crushed Pineapple	8
Poppy seed	5
Potato Chips	1
Diced or Mashed Cooked Potatoes	8
Dried Prunes	6 1/2
Raisins	5 1/3
Cooked Raisins	7
Raspberries	4 3/4
Cooked Rhubarb	6 1/2
Diced Raw Rhubarb (1 inch cubes)	4
Cooked Rice	8
Uncooked Rice	6 1/2
Cubed Rutabaga	4 3/4
Ground Sage	2
Salad Dressing	8
Canned Salmon	8
Sauerkraut	5 1/3
Shortening	7
Cooked Hubbard Squash	8
Strawberries	7
Lightly Packed Brown Sugar	5 1/3
Solidly Packed Brown Sugar	8
Granulated Sugar	8
Sifted Powdered Sugar	5 1/3
Pearl Tapioca	5 3/4
Loose-Leaf Tea	2 2/3
Canned Tomatoes	8
Fresh Diced Tomatoes	7
Tuna	8
Vinegar	8
Shelled Walnuts	4
Water	8

<b>Ingredient (One Tablespoon)</b>	<b>Ounces</b>
Ground Allspice	1/4
Baking Powder	1/2
Celery Seed	1/4
Chili Powder	1/4
Ground Cinnamon	1/4
Ground Cloves	1/4
Cream of Tartar	1/3
Curry Powder	1/4
Granulated Gelatin	1/4
Ground Ginger	1/5
Nonfat Dried Milk	1/4
Prepared Mustard	1/2
Mustard Seed	2/5
Ground Nutmeg	1/4
Paprika	1/4
Ground Pepper	1/4
Sesame Seed	1/3
Diced Shallots	2/5
Salt	2/3
Baking Soda	2/5
Vanilla	1/2