

## ***Before and After Measurements***

These are measurements of what you will actually need beforehand to get the accurate measurements that you want after.

<b><i>Food</i></b>	<b><i>Amount Unprepared</i></b>	<b><i>Approximate Amounts After Preparation</i></b>
<b><i>Grains or Cereals</i></b>		
Cornmeal	1 cup	5 ½ cups cooked
Macaroni	1 – 1 ¼ cup (4oz.)	2 ¾ cups cooked
Noodles	1 ½ - 2 cups (4oz.)	2 cups cooked
Spaghetti	7oz.	4 cups cooked
Quick-cooking oats	1 cup	1 ¾ cups cooked
Rice, long grain	1 cup (6 ½ - 7oz.)	3 – 4 cups
<b><i>Breads or Baked items</i></b>		
Bread	1 ½ slices	1 cup soft crumbs
Bread – dry	1 slice	¼ cup fine dry crumbs
Chocolate cookies	19 wafers	1 cups crumbs
Graham crackers	14 square crackers	1 cup fine crumbs
Potato chips	4oz.	2 cups coarsely crushed
Saltine crackers	28 crackers	1 cup finely crushed
Vanilla wafers	22 wafers	1 cup finely crushed
Gingersnap cookies	15 cookies	1 cup finely crushed
<b><i>Dairy</i></b>		
Cheese	1 pound	4 cups shredded or cubed
Cream, whipping	1 cup	2 cups whipped
<b><i>Dried Fruit</i></b>		
Apples	4 cups (12oz.)	5 cups cooked
Apricots	3 cups (11oz.)	4 cups cooked
Figs	3 cups (16oz.)	3 cups cooked
Mixed Fruit	3 cups (11 oz.)	3 1 ½ cups cooked
Peaches	3 cups (11oz.)	5 cups cooked
Pears	3 cups (14 oz.)	5 cups cooked
Prunes	3 cups (16oz.)	5 cups cooked
<b><i>Fresh Fruit</i></b>		
Apples, whole	1 pound (3 medium)	2 ¾ cups pared, diced or sliced
Apricots, whole	1 pound (8-12)	2 ½ cups halved or sliced
Avocado	1 pound (2 medium)	2 ½ cups sliced
Bananas, whole	1 pound (3-4)	2 cups sliced or 1 1/3 cups mashed
Cherries	1 pound	2 cups pitted
Cranberries	1 pound (4 cups)	4 cups sauce
Lemon	1 medium	3 tablespoon juice 1 tablespoon grated peel
Orange	1 medium	1/3 cup juice ¾ cup diced or sectioned
Peaches	1 medium	½ cup sliced

Pears	1 medium	½ cup sliced
Rhubarb, cut	1 pound (4-8 pieces)	2 cups cooked
Strawberries	1 quart	4 cups sliced
<b><i>Dried Vegetables and Legumes</i></b>		
Kidney beans	1 cup	2 ¼ cups cooked
Lima beans	1 cup	2 ¼ cups cooked
Navy beans	1 cup	2 ¼ cups cooked
Peas, green	1 cup	2 ¼ cups cooked
<b><i>Fresh Vegetables</i></b>		
Beans, green	1 pound (3 cups)	2 ½ cups cooked
Beets, topped	1 pound (4 medium)	2 cups cooked and diced
Brussels sprouts	1 pound (1 quart)	2 ½ cups cooked
Cabbage	1 pound	3 ½ - 4 ½ cups shredded 2 cups cooked
Carrots	1 pound	3 cups shredded OR 2 ½ cups diced OR 2 to 2 ½ cups cooked
Celery	8 branches	2 ¾ cups diced or chopped
Corn, ears	12 medium	2 ½ cups cooked
Scallions/green onions	1 bunch (7 onions)	½ cup sliced
Green pepper	1 large (6 oz.)	1 cup diced
Mushrooms sliced or diced	¼ pound (1 ¼ cups)	3/8 cups cooked
Olives	4 oz. (48 small)	1 cup sliced
Onions	1 medium	½ cup chopped
Potatoes	3 medium	2 cups pared and thinly sliced OR 2 cups cubed and cooked OR 1 ¾ cups mashed
Radishes	1 bunch	About 1 cup sliced
Spinach	1 pound	1 ½ cups cooked
Tomatoes	1 pound (4 small)	1 ½ cups cooked
<b><i>Nuts</i></b>		
Almonds in shell	1 pound	¾ to 1 cup shelled
Pecans in shell	1 pound	1 ½ to 1 ¾ cups halved or chopped
Walnuts in shell	1 pound	1 ½ to 1 ¾ cups halved or chopped