



Cooking Conversion Guide

Measurement Equivalents

Beans and Peas

1 cup dried 2 1/2 cups cooked

Berries

1 pint 2 1/4 cups

Butter

1 stick 1/2 cup or 8 Tbs

1 pound 4 sticks or 2 cups

Cheese

8 oz cream cheese 1 cup

8 oz cottage cheese 1 cup

3 1/2 oz Parmesan cheese, grated 1 cup

4 oz Cheddar or Swiss cheese 1 cup

Chocolate

1 square 1 oz

6 oz chips or pieces 1 cup

Cream

1 cup heavy cream 2 cups whipped

Pasta

8 oz elbow macaroni 4 cups cooked

8 oz medium-wide 3 3/4 cups cooked

8 oz fine noodles 5 1/2 cups cooked

8 oz spaghetti 4 cups cooked

Rice

1 cup white or brown 3 cups cooked

1 cup instant 1 1/2 cups cooked

Sugar

1 lb granulated 2 cups

1 lb brown, packed 2 1/4 cups

1 lb confectioners' 4 1/2 cups

Measurement Conversions

Teaspoons (tsp)

Under 1/8 teaspoon 1 dash or pinch

1 1/2 teaspoons 1/2 tablespoon

3 teaspoons 1 tablespoon

Tablespoons (Tbs)

1 tablespoon 3 teaspoons

4 tablespoons 1/4 cup

5 1/3 tablespoons 1/3 cup

8 tablespoons 1/2 cup

10 2/3 tablespoons 2/3 cup

16 tablespoons 1 cup

Cups

1/4 cup 4 tablespoons

1/3 cup 5 1/3 tablespoons

1/2 cup 8 tablespoons or 1/4 pint

2/3 cup 10 2/3 tablespoons

1 cup 16 tablespoons or 1/2 pint

2 cups 1 pint

4 cups 1 quart

Liquid Measures

2 tablespoons 1 fluid ounce

3 tablespoons 1 1/2 fluid ounces

1/4 cup 2 fluid ounces

1/2 cup 4 fluid ounces

1 cup 8 fluid ounces



Florida Department of
Agriculture and Consumer Services

What to Buy

When the recipe calls for: You should buy:	
4 cups shredded cabbage	1 small cabbage
1 cup grated carrot	1 large carrot
2 1/2 cups sliced carrots	1 lb raw carrots
4 cups cut green beans	1 lb green beans
1 cup chopped onion	1 large onion
1 cup sliced potato	1 medium potato
1 cup chopped bell pepper	1 large bell pepper
1 cup chopped tomato	1 large tomato
1 cup sliced apple	1 medium apple
1 cup mashed bananas	3 medium bananas
1 tsp grated lemon rind or zest	1 medium lemon
2 Tbs lemon juice	1 medium lemon
4 tsp grated orange rind or zest	1 medium orange
1 cup orange juice	3 medium oranges
1 cup sliced peaches	2 medium peaches
2 cups sliced strawberries	1 pint strawberries
1 cup fresh bread crumbs or cubes	2 slices fresh bread
2 cups shredded Swiss or Cheddar	8 oz cheese
1 cup egg whites	7 large eggs
4 cups chopped walnuts or pecans	1 pound shelled

Simple Substitution

When the recipe calls for: You may substitute:	
1 cup cake flour	1 cup less 2 Tbs all purpose flour
2 Tbs flour for thickening	1 Tbs cornstarch
1 tsp baking powder	1/4 tsp baking soda + 1/2 tsp cream of tartar + 1/4 tsp cornstarch
1 cup buttermilk or sour milk	1 cup milk less 1 Tbs + 1 Tbs vinegar or lemon juice
1 cup sour cream for baking	1 cup plain yogurt
1 cup firmly packed brown sugar	1 cup sugar + 2 Tbs molasses
1 tsp lemon juice	1/4 tsp vinegar
1 clove garlic	1/4 tsp garlic powder
1 Tbs fresh herbs	1 tsp dried herbs
2 cups tomato sauce	3/4 cup tomato paste + 1 cup water
1 Tbs prepared mustard	1 tsp dry mustard + 1 Tbs water
1 egg white	2 tsp egg white powder + 2 Tbs water

Food Safety Tips

- Keep food cold, below 40 degrees Fahrenheit, or hot, above 140 degrees Fahrenheit. Food left out between those temperatures for more than two hours should be discarded.
- Keep cooked food separate from raw food.
- Wash hands, utensils, cutting boards and counter tops after preparing or handling raw meats.
- Avoid interrupted cooking. Don't let food stand partially cooked for any period of time.
- Meat, poultry, fish and eggs should never be eaten raw. A cooking temperature of 160 degrees is advised.
- Store leftovers in separate containers and refrigerate.