



### Volume (1 cup) to Weight Conversion Chart

VEGETABLES	MEAT/POULTRY AND CHEESE	CONDIMENTS	FLOUR	SWEETENERS	FATS	NUTS	MISC.	LIQUIDS	CEREALS/ GRAINS
Broccoli, chopped, 5 oz	Cooked meat, diced, 5 oz	Barbecue sauce, 10 fl oz	Break flour, sifted, 5 oz	Granulated white sugar, 7 oz	Butter, 8 oz	Almonds, whole, 5 oz	Chocolate Chips, 6 oz	Water, Broth, Stock, 8 fl oz	Macaroni, 4 oz
Carrots, diced, 5 oz	Cooked poultry, diced, 5 oz	Ketchup, 10 fl oz	Durum wheat flour, 5½ oz	Brown sugar, 8 oz	Vegetable shortening, 7 oz	Almonds, slivered, 4 oz	Cocoa, unsweetened, ¾ oz	Milk, cream, 8½ fl oz	Couscous, 6 oz
Celery, chopped, 4¼ oz	Cheese, shredded, 4 oz	Mustard, 10 fl oz	Buckwheat flour, unsifted, 4 oz	Confectioners' sugar, 4 oz	Oil, 7½ fl oz.	Almonds, sliced, 3 oz	Raisins, 6 oz	Sour cream, yogurt, 8½ fl oz	Oatmeal, 3 oz
Corn Kernels, 6 oz	Cheese, grated parmesan or Romano, 4 oz	Mayonnaise, 8 fl oz	Cornmeal, 4 oz	Honey, 12 fl oz		Walnuts/ Pecans, halves, 3 ½ oz		Sweetened Condensed Milk, 11 fl oz	Rice, 6 ½ oz
Herbs, 1½ oz	Cream Cheese, 8 oz	Vinegar, 8 fl oz	Cornstarch, 4 oz	Corn syrup, 12 fl oz		Walnuts/ Pecans, coarsely chopped, 4 oz		Fruit Juice, 8½ fl oz	Bread Crumbs, 5½ oz
Onions, chopped, 5 oz			All-Purpose flour, unsifted, 5 oz	Molasses, 11 fl oz		Peanut Butter, 10 oz		Wine, Beer, Other Distilled Beverages, 8 fl oz	Graham Cracker Crumbs, 3 ½ oz
Green onions, sliced, 4 oz			All-Purpose flour, sifted, 4 oz	Maple syrup, 12 fl oz					
Peas, 6 oz			Cake flour, unsifted, 4 oz						
Tomato puree or sauce, 9 oz			Cake flour, sifted, 3½ oz;						
			Whole-wheat flour, unsifted, 5½ oz						
			Whole-wheat flour, sifted, 4½ oz						