

Food Measurements

Apples (1 pound) = 3 cups pared, sliced
Bananas (3 medium) = 1 ¹/₂ cups mashed
Berries (1 pint) = 1 ³/₄ cups
Bread (1 slice) = ¹/₂ cups crumbs
Cabbage (¹/₂ pound) = 4 cups shredded
Carrots (1 large) = 1 cup shredded
Celery (1 large stalk) = 1 cup diced
Cheese (¹/₄ pound) = 1 cup shredded
Cherries (1 pound) = 2 ¹/₂ cup pitted
Corn (1 small ear) = ¹/₂ cup kernels
Grapes (1 pound) = 3 cups
Kiwi (1) = ¹/₃ cup sliced
Lemon (1) = 3 tablespoons juice
Lime (1) = 2 tablespoons juice
Mango (1 pound) = ³/₄ cup sliced
Melon (1 pound) = 1 cup cubed
Onion (1 medium) = ³/₄ cup chopped
Orange (1 medium) = ¹/₃ cup juice and 2 Tbl grated peel
Peaches (1 pound) = 2 cups sliced
Pears (1 pound) = 2 cups sliced
Pecans (1 pound shelled) = 4 cups
Peppers (1 large) = 1 cup chopped
Pineapple (1 medium) = 3 cups cubed
Tomato (1 large) = 1 cup chopped