



COOKING CONVERSION CHART

For Basic Ingredients

Fresh Berries

1/4 cup= 23g
1/3 cup= 37g
1/2 cup= 55g
2/3 cup= 74g
3/4 cup= 78g
1.0 cup= 110g

Fresh Breadcrumbs

1/4 cup= 19g
1/3 cup= 25g
1/2 cup= 38g
2/3 cup= 50g
3/4 cup= 57g
1.0 cup= 75g

Cheese (grated)

1/4 cup= 23g
1/3 cup= 37g
1/2 cup= 55g
2/3 cup= 74g
3/4 cup= 78g
1.0 cup= 110g

Rice/couscous dried

1/4 cup= 42g
1/3 cup= 55g
1/2 cup= 83g
2/3 cup= 110g
3/4 cup= 130g
1.0 cup= 165g

Dried Pasta

1/4 cup= 19g
1/3 cup= 25g
1/2 cup= 38g
2/3 cup= 50g
3/4 cup= 90g
1.0 cup= 75g

Frozen Vegetables

1/4 cup= 23g
1/3 cup= 37g
1/2 cup= 55g
2/3 cup= 74g
3/4 cup= 78g
1.0 cup= 110g

Liquids eg. stock, vinegar, water, milk, oil

1/4 cup= 60mL
1/3 cup= 90mL
1/2 cup= 120mL

2/3 cup= 150mL
3/4 cup= 180mL
1.0 cup= 240mL