

# Food Measurements

Apples (1 pound) = 3 cups pared, sliced  
Bananas (3 medium) = 1 <sup>1</sup>/<sub>2</sub> cups mashed  
Berries (1 pint) = 1 <sup>3</sup>/<sub>4</sub> cups  
Bread (1 slice) = <sup>1</sup>/<sub>2</sub> cups crumbs  
Cabbage (<sup>1</sup>/<sub>2</sub> pound) = 4 cups shredded  
Carrots (1 large) = 1 cup shredded  
Celery (1 large stalk) = 1 cup diced  
Cheese (<sup>1</sup>/<sub>4</sub> pound) = 1 cup shredded  
Cherries (1 pound) = 2 <sup>1</sup>/<sub>2</sub> cup pitted  
Corn (1 small ear) = <sup>1</sup>/<sub>2</sub> cup kernels  
Grapes (1 pound) = 3 cups  
Kiwi (1) = <sup>1</sup>/<sub>3</sub> cup sliced  
Lemon (1) = 3 tablespoons juice  
Lime (1) = 2 tablespoons juice  
Mango (1 pound) = <sup>3</sup>/<sub>4</sub> cup sliced  
Melon (1 pound) = 1 cup cubed  
Onion (1 medium) = <sup>3</sup>/<sub>4</sub> cup chopped  
Orange (1 medium) = <sup>1</sup>/<sub>3</sub> 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