



FareShare Conversion Tables

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Approximate Volumes to Weights



Metric Pages:

[Interactive Metric-US-Metric Conversion Form](#)

[Grams Conversion Table](#)

[Download Text Table Converting Ounces to Grams from 1 ounce to 10 pounds](#)

Equivalent Food Measures

In most case, food measured by volume, such as teaspoons, cups, pints, etc., does not weigh the number of ounces that would be contained in that measure if given in fluid ounces. A fluid ounce is a measure based on the amount of space filled by one ounce of water. Obviously, you cannot assume other substances have the same density as water, and will, therefore, weigh the same as water.

If you fill a measuring cup with honey, it will not weigh eight ounces -- because it is denser then water it will weigh 12 ounces. If something other than water is being measured by volume, do not make the mistake of assuming that the 16 ounces in a pint equals the same 16 ounces in a pound. To be certain, you must weigh the measured volume of the ingredient you want to use. However, you can use the following chart to get an approximation of the conversion. It must be stressed that the chart that follows is only an estimate and in some cases you will need to do further mathematical calculations to get to the exact measurement you are trying to use.

This chart shows the food item, the volume considered, and the approximate ounces such a volume would weigh, in ounces.



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Approximate Volumes to Weights

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Item	Volume	Ounces
Allspice, ground	Tablespoon	1/4
Almonds, blanched	Cup	5 1/3
Apples, peeled, 1/2" cubes	Cup	3 1/3
Applesauce, canned	Cup	8
Apples, pie, canned	Cup	6
Apricots, drained	Cup	5 1/3
Apricots, cooked	Cup	3 1/3
Apricots, halves	Cup	8
Apricots, pie, packed	Cup	9
Asparagus, cut, canned	Cup	6 1/2

Item	Volume	Ounces	Food Index
Baking powder	Tablespoon	1/2	

Baking powder	Cup	8
Bananas, diced	Cup	6 1/2
Barley	Cup	8
Beans, baked	Cup	8
Beans, lima, dried	Cup	6 1/2
Beans, lima, cooked	Cup	8
Beans, kidney	Cup	6
Beans, kidney, cooked	Cup	6 3/4
Beans, navy, dried	Cup	6 3/4
Beans, navy, cooked	Cup	5 1/3
Beans, cut, canned, drained	Cup	4 1/2
Bean sprouts	Cup	4
Beets, cooked, diced	Cup	6 1/2
Beets, cooked, sliced	Cup	6 1/2
Blueberries, fresh	Cup	7
Blueberries, canned	Cup	6 1/2
Bread crumbs, dried	Cup	4
Bread crumbs, soft	Cup	2
Brussels sprouts	Cup	4
Butter	Cup	8

Item	Volume	Ounces	Food Index
Cabbage, shredded	Cup	4	
Cake crumbs, soft	Cup	2 3/4	
Carrots, diced, raw or cooked	Cup	5 1/3	
Celery, diced	Cup	4	
Celery seed	Tablespoon	1/4	
Cheese, cottage	Cup	8	
Cheese, cream	Cup	8	
Cheese, grated	Cup	4	
Cherries, glaceed	Cup	6 1/2	
Chicken, cooked, cubed	Cup	5 1/3	
Chili powder	Tablespoon	1/4	
Chili Sauce	Cup	11 1/4	
Chocolate, grated	Cup	4 1/2	
Chocolate, melted	Cup	8	
Cinnamon, ground	Tablespoon	1/4	

Citron, dried, chopped	Cup	6 1/2
Cloves, ground	Tablespoon	1/4
Cloves, whole	Cup	3
Cocoa	Cup	4
Coconut, shredded	Cup	2 1/2
Corn, canned	Cup	8
Corn flakes	Cup	1
Cornmeal	Cup	5 1/3
Corn syrup	Cup	12
Cornstarch	Tablespoon	1/4
Cornstarch	Cup	4 1/2
Cracker crumbs	Cup	3
Cranberries, raw	Cup	4
Cranberries sauce	Cup	8
Cream of tartar	Tablespoon	1/3
Cream of wheat	Cup	6
Cream, whipping	Cup	8
Cream, whipped	Cup	4
Cucumbers, diced	Cup	5 1/3
Currants, dried	Cup	5 1/3
Curry powder	Tablespoon	1/4

Item	Volume	Ounces	Food Index
Dates, pitted	Cup	6 1/5	

Item	Volume	Ounces	Food Index
Eggs, dried, whites	Cup	3 1/4	
Eggs, dried, yolks	Cup	2 3/4	
Eggs, fresh, whites (9)	Cup	8	
Eggs, fresh, yolks (10)	Cup	8	
Eggs, raw, shelled (5 eggs)	Cup	8	

Item	Volume	Ounces	Food Index
Farina, raw	Cup	5 1/3	
Figs, dried, chopped	Cup	6 1/2	
Flour, all-purpose	Cup	4	

Flour, bread, unsifted	Cup	4 1/2
Flour, bread, sifted	Cup	4
Flour, cake/pastry, sifted	Cup	3 1/3
Flour, rye	Cup	2 3/4
Flour, soy	Cup	3 1/4
Flour, wheat	Cup	4 1/4

Item	Volume	Ounces	Food Index
Gelatin, granulated	Tablespoon	1/4	
Gelatin, granulated	Cup	5 1/3	
Ginger, ground	Tablespoon	1/5	
Ginger, ground	Cup	3 1/4	
Grapes, cut, seeded	Cup	5 3/4	
Grapes, whole	Cup	4	

Item	Volume	Ounces	Food Index
Ham, cooked, diced	Cup	5 1/3	
Honey	Cup	12	
Horseradish	Tablespoon	1/2	

Item	Volume	Ounces	Food Index
Jam	Cup	12	
Jelly	Cup	10 2/3	

Item	Volume	Ounces	Food Index
Lard	Cup	8	
Lettuce, shredded	Cup	2 1/4	

Item	Volume	Ounces	Food Index
Margarine	Cup	8	
Marshmallows, large	80 each	16	
Mayonnaise	Cup	8	
Meat, cooked, chopped	Cup	8	
Milk, liquid	Cup	8 1/2	
Milk, condensed	Cup	10 2/3	

Milk, evaporated	Cup	9
Milk, nonfat dry	Cup	4
Milk, nonfat dry	Tablespoon	1/4
Mincemeat	Cup	8
Molasses	Cup	12
Mustard, dry, ground	Cup	3 1/2
Mustard, prepared	Tablespoon	1/2
Mustard seed	Tablespoon	2/5

Item	Volume	Ounces	Food Index
Noodles, cooked	Cup	5 1/3	
Nutmeats	Cup	4 1/2	
Nutmeg, ground	Tablespoon	1/4	

Item	Volume	Ounces	Food Index
Oil, vegetable	Cup	8	
Onions, chopped	Cup	6 1/2	
Oysters, shucked	Cup	8	

Item	Volume	Ounces	Food Index
Paprika	Tablespoon	1/4	
Parsley, coarsely chopped	Cup	1	
Peanuts	Cup	5	
Peanut Butter	Cup	9	
Peaches, chopped	Cup	8	
Peas, canned, drained	Cup	8	
Peas, dried, split	Cup	6 3/4	
Pears, canned, drained, diced	Cup	6 1/2	
Pecans	Cup	4 1/2	
Pepper, ground	Tablespoon	1/4	
Pepper, ground	Cup	4	
Peppers, green, chopped	Cup	5 1/3	
Pimiento, chopped	Cup	6 1/2	
Pineapple, crushed	Cup	8	
Poppy seed	Cup	5	
Potatoes, cooked, diced, mashed	Cup	8	

Potato chips	Cup	1
Prunes, dried	Cup	6 1/2
Prunes, cooked, pitted	Cup	5
Pumpkin, cooked	Cup	6 1/2

Item	Volume	Ounces	Food Index
Raisins	Cup	5 1/3	
Raisins, after cooking	Cup	7	
Raspberries	Cup	4 3/4	
Rhubarb, cooked	Cup	6 1/2	
Rhubarb, raw, 1" diced	Cup	4	
Rice, uncooked	Cup	8	
Rice, cooked	Cup	8 1/2	
Rice, puffed	Cup	3/5	
Rutabaga, cubed	Cup	4 3/4	

Item	Volume	Ounces	Food Index
Sage, ground	Cup	2	
Salad dressing	Cup	8	
Salmon, canned	Cup	8	
Salt	Tablespoon	2/3	
Sauerkraut	Cup	5 1/3	
Sesame seed	Tablespoon	1/3	
Sesame seed	Cup	5 3/8	
Shallots, diced	Tablespoon	2/5	
Shortening	Cup	7	
Soda, baking	Tablespoon	2/5	
Soybeans	Cup	7	
Spinach, raw	Quart	3 3/4	
Spinach, cooked	Cup	8	
Squash, Hubbard, cooked	Cup	8	
Strawberries	Cup	7	
Suet, ground	Cup	4 1/2	
Sugar, brown, lightly packed	Cup	5 1/3	
Sugar, brown, solidly packed	Cup	8	
Sugar, granulated	Cup	8	

Sugar, powdered, sifted Cup 5 1/3

Item	Volume	Ounces	Food Index
Tapioca, quick-cooking	Cup	5 1/3	
Tapioca, pearl	Cup	5 3/4	
Tea, loose-leaf	Cup	2 2/3	
Tea, instant	Cup	2	
Tomatoes, canned	Cup	8	
Tomatoes, fresh, diced	Cup	7	
Tuna	Cup	8	

Item	Volume	Ounces	Food Index
Vanilla	Tablespoon	1/2	
Vinegar	Cup	8	

Item	Volume	Ounces	Food Index
Walnuts, shelled	Cup	4	
Water	Cup	8	

Item	Volume	Ounces	Food Index
Yeast, compressed cake	each	3/5	
Yeast, envelope	each	1/4	

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