



# Nutrition for the Health of It

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## How Much Do You Need for a Recipe?

*Your guide for how much to buy to prepare your favorite recipe.*

<b>When the Recipe calls for...</b>	<b>How much you will need...</b>
Carrot, raw, grated, 1 cup	1 large raw carrot
Carrots, sliced, 2 1/2 cups	1 pound raw carrots
Green beans, cooked, 4 cups	1 pound beans
Tomato, chopped, 1 cup	1 large tomato
Tomatoes, canned, 2 cups	16 oz. can
Onion, chopped, 1 cup	1 large onion
Green pepper, chopped, 1 cup	1 large green pepper
Strawberries, sliced, 2 cups	1 pint
Berries, 1 pint	2 1/2 cups
Apples, sliced, 4 cups	4 medium sized apples
Bananas, mashed, 1 cup	3 medium sized bananas
Lemon juice, 2 tablespoons	1 medium sized lemon
Orange juice, 1 cup	3 medium sized oranges
Soft bread crumbs, 1 cup	2 slices bread
Egg whites, 1 cup	6-7 large eggs
Nuts, chopped, 1 cup	1 pound shelled nuts
Cheese, shredded, 2 cups	8 oz. cheese
Cottage cheese, 1 cup	8 oz. container
Cream cheese, 1 cup	8 oz. package
Pie crust	1 1/2 cups graham crackers
Butter/margarine stick	1/2 stick=4 Tablespoons 1 stick=8 Tablespoons
Dried beans, cooked, 2 1/4 cups	1 cup dried
Pasta, cooked, 4 cups	8 oz. box
White rice, cooked, 3 cups	1 cup dry rice
Brown rice, cooked, 3-4 cups	1 cup dry brown rice
Granulated sugar, 2 cups	1 pound

