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AVERAGE WEIGHT OF A MEASURED CUP OF VARIOUS FOODS

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AVERAGE WEIGHT OF A MEASURED CUP OF VARIOUS FOODS

By Lois Fulton, Evelyn Matthews, and Carole Davis^{1/}

The average weight and standard deviation of a measured cup of various prepared foods are tabulated here to assist in the development, standardization, and testing of food preparation formulas for homes and institutions. The information will be useful to food technologists, food service managers, teachers, students, home economists, and dietitians in test kitchen research and education programs and to those who advise consumers on the purchase and use of food. Conversion of food preparation formulas to metric measurements will be facilitated by the availability of these data.

Some cookbooks have lists of approximate measures for given weights of commonly used foods. In general, this type of information is not readily available nor very precise. Unpublished data collected by the Consumer and Food Economics Institute and others were used by the American Home Economics Association in compiling a list of weights for 1 cup of a limited number of foods.^{2/} These data were also used to derive the nutritive value of foods in common household measures.^{3/}

The data reported here for the actual weight of 1 cup of various foods in different forms were obtained in the laboratories of the Consumer and Food Economics Institute. The data reflect the normal variation in measuring the volume of foods. The cooked foods for which data are given were not always prepared from the same lots as the uncooked foods. The samples varied from 2 to 510.

The foods are listed alphabetically in the second column of the table with an item number in column 1; the form as purchased is also given. Fresh is used to describe foods that are purchased without being processed. Canned or bottled, frozen, dehydrated, or dry are used for the processed forms. Such other terms as slices, sweetened, and low moisture are used when applicable. To describe the variety or kind of food, such terms as Fordhook and all-purpose are also used.

In the third column the preparation of the food is described. This includes the method of cutting the food into fine pieces, such as chopping, dicing, or mashing, whether the food was uncooked or cooked, and whether sugar or other ingredients were added during cooking. Cooked foods were prepared by either household or quantity cooking procedures. All foods that were drained before measuring are described as "drained solids." Foods containing liquid that was not drained are described as "solids and liquid." When possible, terms used to describe the various forms of a food are the same as those given in food composition tables published by the U.S. Department of Agriculture.^{4/}

The average weight of 1 cup (237 ml) of food and the number of samples tested are included for each item. The standard deviation of the weight (a measure of the variation of the data on all weighed samples) is given for all foods having four or more samples. The weight equivalent for the 237 ml of a food can be equated to the weight for a metric measure of 250 ml of the same food by multiplying by a factor of 1.055.

^{1/}Consumer and Food Economics Institute, Northeastern Region, Agricultural Research Service.

^{2/}American Home Economics Association. Handbook of food preparation. Ed. 7, 120 pp. Washington, D.C. 1975.

^{3/}U.S. Agricultural Research Service. Nutritive value of foods. U.S. Dept. Agr. Home and Garden Bul. 72, 41 pp. Slightly revised 1971.

^{4/}U.S. Agricultural Research Service. Composition of foods--raw, processed, prepared. U.S. Dept. Agr. Agr. Handb. 8, 190 pp. 1963.

Dry food items were measured in cups that indicated 1 cup at the top rim. The cup was filled with the food, and the top was leveled with the thin edge of a metal spatula. All materials were spooned lightly into the cup unless a special measuring technique, such as dipping, is included in the description of the food item. Liquid foods and foods in juice were measured in glass measuring cups filled so that the meniscus was on the 1-cup mark. Food items were weighed to the nearest gram.

With passage of the Metric Conversion Act of 1975, metric quantities will be increasingly used for food purchasing and preparation. The following information will be helpful in becoming familiar with the relationship between metric and customary units:

<u>Metric</u>	<u>Customary</u>
Weight	
50 grams.....	1.8 ounces
100 grams.....	3.5 ounces
250 grams.....	8.8 ounces
500 grams.....	1.1 pounds
1 kilogram.....	2.2 pounds
28 grams.....	1 ounce
113 grams.....	4 ounces
227 grams.....	8 ounces
454 grams.....	1 pound
Volume	
50 milliliters.....	.21 cup
100 milliliters.....	.42 cup
150 milliliters.....	.63 cup
200 milliliters.....	.84 cup
250 milliliters.....	1.06 cups
1 liter.....	1.05 quarts
59 milliliters.....	1/4 cup
118 milliliters.....	1/2 cup
237 milliliters.....	1 cup
0.946 liter.....	1 quart

AVERAGE WEIGHT AND STANDARD DEVIATION OF A MEASURED CUP OF VARIOUS FOODS

[Leaders (...) in column 5 indicate no calculation, because a valid standard deviation cannot be computed for 3 samples or less]

Item No.	Food item and form purchased	Form of food prepared for use	Weight of 1 cup	Standard deviation	Number of samples
			<i>Grams</i>	<i>Grams</i>	
	Almonds:				
	Blanched:				
1	Whole, salted.....	157	5.1	10
2	Chopped.....	127	5.4	18
3	Slivered.....	121	2.4	15
4	Unblanched, whole.....	143	2.2	15
	Coated:				
5	Chocolate.....	180	3.0	10
6	Chocolate and candy.....	197	4.6	10
	Apples:				
	Fresh, all varieties.....				
		Uncooked:			
		Unpared:			
7		Wedges.....	113	...	3
		Pared:			
8		Chopped.....	124	7.9	14
9		Diced.....	109	3.6	11
10		Quartered.....	122	8.2	5
11		Sliced.....	108	5.0	60
		Cooked:			
12		Juice, prepared with water.	232	...	2
		Slices:			
13		Unsweetened.....	207	5.8	40
		Sweetened:			
14		Solids and liquid.....	226	8.0	30
15		Drained solids.....	205	8.1	30
16		Sauce, sweetened.....	252	10.5	9
	Canned:				
17	Slices.....	Solids and liquid.....	225	15.7	24
18		Drained solids.....	213	13.3	6
	Dehydrated:				
	Regular-dried:				
19	Rings.....	Uncooked.....	86	6.9	24
20		Cooked, chilled:			
21	Slices.....	Solids and liquid.....	242	2.7	11
		Drained solids.....	243	7.2	11
	Low-moisture:				
22	Slices.....	Uncooked.....	60	2.7	40
		Cooked, chilled:			
23		Solids and liquid.....	232	5.6	47
24		Drained solids.....	193	9.6	47
25	Wedges.....	Uncooked.....	66	2.2	40
		Cooked, chilled:			
26		Solids and liquid.....	226	7.2	40
27		Drained solids.....	189	7.2	40
	Applesauce:				
28	Canned.....	257	4.8	20
	Dehydrated:				
	Low-moisture.....				
29		Cooked, chilled:			
30		Solids and liquid.....	235	8.9	9
		Drained solids.....	231	10.6	9
	Apricots:				
31	Fresh.....	Halves, without pits.....	156	7.7	6
32		Whole, with pits.....	115	11.8	5

AVERAGE WEIGHT AND STANDARD DEVIATION OF A MEASURED CUP OF VARIOUS FOODS – Continued

Item No.	Food item and form purchased	Form of food prepared for use	Weight of 1 cup	Standard deviation	Number of samples
			<i>Grams</i>	<i>Grams</i>	
	Apricots--Continued				
	Canned, in sirup:				
33	Halves.....	Solids and liquid.....	248	6.7	28
34		Drained solids.....	236	16.0	32
35	Whole.....	Solids and liquid.....	253	5.9	39
36		Drained solids.....	216	10.3	39
37		Pitted.....	204	9.4	30
38	Frozen, sweetened.....	Thawed, drained solids.....	242	6.9	20
		Cooked:			
39		Solids and liquid.....	253	3.4	10
40		Drained solids.....	244	4.1	10
	Dehydrated:				
	Regular-dried:				
41	Halves.....	Uncooked.....	127	3.0	10
42		Chopped.....	137	2.2	10
		Cooked:			
43		Solids and liquid.....	245	5.7	31
44		Drained solids.....	249	6.8	24
45		Chopped.....	220	19.2	10
	Low-moisture:				
46	Nuggets.....	Uncooked.....	134	.8	20
		Cooked, chilled:			
47		Solids and liquid.....	275	2.0	30
48	Slices.....	Uncooked.....	119	4.1	20
		Cooked, chilled:			
		Unsweetened:			
49		Solids and liquid.....	249	7.2	30
50		Drained solids.....	233	8.0	29
		Sweetened:			
51		Solids and liquid.....	260	3.6	30
52		Drained solids.....	217	6.8	30
53	Artichoke hearts, canned.....	Drained solids.....	169	8.8	15
	Asparagus:				
54	Fresh.....	Cooked, drained solids, spears.	187	12.4	18
	Canned:				
55	Cuts and tips.....	Drained solids.....	168	9.0	30
56	Spears.....	Drained solids.....	159	7.5	28
	Frozen:				
57	Cuts and tips.....	Uncooked.....	118	3.8	10
58		Cooked, drained solids.....	173	10.6	30
59	Spears.....	Cooked, drained solids.....	160	7.9	15
60	Avocado, fresh.....	Diced.....	147	4.8	7
61		Mashed.....	231	1.5	6
	Baking powder:				
62	Phosphate.....	217	2.8	38
63	SAS-phosphate.....	177	4.3	27
64	Tartrate.....	181	2.6	10
	Bananas:				
65	Fresh.....	Chunks.....	146	3.1	8
66		Mashed.....	226	7.5	13
67		Slices.....	145	22.4	8
68	Canned, mashed.....	258	4.5	30

AVERAGE WEIGHT AND STANDARD DEVIATION OF A MEASURED CUP OF VARIOUS FOODS — Continued

Item No.	Food item and form purchased	Form of food prepared for use	Weight of 1 cup	Standard deviation	Number of samples
			<i>Grams</i>	<i>Grams</i>	
69	Barley.....	Uncooked.....	195	2.3	25
70		Cooked.....	162	4.4	30
	Beans:				
71	Black or turtle.....	Uncooked.....	184	2.4	20
	Great Northern:				
72	Dry.....	Uncooked.....	178	9.7	22
73		Cooked, drained solids.....	170	3.7	10
	Green:				
74	Fresh.....	Uncooked:			
		French style.....	79	4.6	10
75		1-1/2- to 2-inch pieces....	107	4.4	34
76		Blanched, drained solids, 1-1/2- to 2-inch pieces.	118	5.5	24
77		Cooked, drained solids, 1-1/2- to 2-inch pieces.	137	18.7	17
	Canned:				
78	Cut.....	Drained solids.....	141	12.9	12
79	French-style.....	Drained solids.....	140	8.1	45
80	Whole.....	Drained solids.....	125	4.6	45
	Frozen:				
81	Cut.....	Uncooked.....	121	2.3	50
82		Cooked, drained solids.....	155	10.4	72
83	French-style.....	Uncooked, thawed.....	140	6.8	10
84		Cooked, drained solids.....	134	6.2	10
	Kidney:				
85	Canned.....	Solids and liquid.....	256	6.4	10
86		Drained solids.....	180	5.7	11
87	Dry.....	Uncooked.....	183	10.7	39
88		Cooked, drained solids.....	174	7.6	35
	Lima:				
	Fresh:				
89	Large.....	Uncooked.....	144	3.2	20
90	Medium.....	Uncooked.....	144	3.7	20
91	Small.....	Uncooked.....	135	3.0	20
92	All sizes.....	Blanched, drained solids....	168	3.2	20
93		Cooked, drained solids.....	169	6.4	10
94	Canned.....	Drained solids.....	174	7.4	11
	Frozen:				
95	Fordhook.....	Uncooked.....	146	2.4	10
96		Cooked, drained solids.....	168	11.2	14
97	Baby.....	Cooked, drained solids.....	173	8.7	18
	Dry:				
98	Baby.....	Uncooked.....	190	4.1	30
99		Cooked, drained solids.....	199	6.3	15
100	Large.....	Uncooked.....	174	2.5	91
101		Cooked, drained solids.....	167	7.6	15
102	Mung, dry.....	Uncooked.....	203	3.2	25
103		Cooked, drained solids.....	161	3.3	30
104	Pea (navy), dry.....	Uncooked.....	199	3.0	62
105		Cooked, drained solids.....	177	2.6	67
106	Pink, dry.....	Uncooked.....	184	2.9	20
	Pinto:				
107	Canned.....	Drained solids.....	194	4.4	30
108	Dry.....	Uncooked.....	188	6.0	70
109		Cooked, drained solids.....	168	2.8	47

AVERAGE WEIGHT AND STANDARD DEVIATION OF A MEASURED CUP OF VARIOUS FOODS – Continued

Item No.	Food item and form purchased	Form of food prepared for use	Weight of 1 cup	Standard deviation	Number of samples
			<i>Grams</i>	<i>Grams</i>	
	Beans--Continued				
	Soybeans:				
110	Fresh, green.....	Uncooked.....	156	5.4	8
111		Cooked, drained solids.....	171	4.6	8
112	Canned, green.....	Drained solids.....	173	7.1	17
113	Dry, green and yellow.....	Uncooked.....	173	7.6	77
114		Cooked, drained solids.....	159	7.7	10
115	Curd, fresh.....	1/2-inch cubes.....	184	6.2	4
116	Grits.....	Uncooked.....	137	7.5	22
117	Milk, fresh.....	239	5.4	9
118	Sprouts, fresh.....	Uncooked.....	72	3.4	15
119		Parboiled.....	108	3.6	20
120	Wax, fresh.....	Cooked, drained solids, 1-inch pieces.	162	4.4	9
121	Bean sprouts, canned.....	Solids and liquid.....	214	13.6	84
122		Drained solids.....	128	7.0	103
	Beef:				
	Fresh:				
123	Ground.....	Uncooked.....	226	12.8	14
	Roast.....	Cooked, lean:			
124		Chopped.....	128	2.0	12
125		Diced.....	143	7.6	17
126	Corned.....	Cooked, shredded.....	121	2.3	10
	Beets:				
	Fresh.....	Cooked, pared:			
127		Chopped or diced.....	180	5.9	6
128		Sliced.....	205	11.3	14
	Canned:				
129	Diced.....	Drained solids.....	152	3.9	37
130	Sliced.....	Drained solids.....	176	12.9	13
131	Whole.....	Drained solids.....	159	9.9	15
	Biscuit mix:				
132	Purchased.....	116	1.2	10
133	Homemade.....	129	5.4	11
	Blackberries:				
	Fresh.....	Uncooked:			
134		Unwashed.....	128	2.9	8
135		Washed, drained solids.....	146	8.6	14
		Cooked:			
136		Solids and liquid.....	259	3.7	7
137		Drained solids.....	203	9.9	5
138	Canned, in sirup.....	Solids and liquid.....	260	4.1	9
139		Drained solids.....	175	6.0	8
	Frozen:				
140	Sweetened.....	Cooked, solids and liquid....	252	6.8	7
141	Unsweetened.....	Unthawed.....	136	4.6	45
142		Thawed, sweetened, solids and liquid.	260	4.4	40
	Blackeye peas (cowpeas):				
143	Fresh.....	Uncooked.....	153	7.5	7
144		Cooked, drained solids.....	163	...	3
145	Canned.....	Drained solids.....	180	2.9	40
146		Heated.....	177	2.6	10

AVERAGE WEIGHT AND STANDARD DEVIATION OF A MEASURED CUP OF VARIOUS FOODS – Continued

Item No.	Food item and form purchased	Form of food prepared for use	Weight of 1 cup	Standard deviation	Number of samples
			<i>Grams</i>	<i>Grams</i>	
147	Frozen.....	Cooked, drained solids.....	171	14.4	10
148	Dry.....	Uncooked.....	166	3.2	46
149		Cooked, drained solids.....	175	1.8	20
	Blueberries:				
150	Fresh.....	Uncooked.....	146	6.0	37
151	Canned, wild, in sirup.....	Solids and liquid.....	250	2.0	10
152		Drained solids.....	170	7.2	10
	Frozen:				
153	Unsweetened, dry pack.....	Uncooked.....	154	7.6	52
154		Cooked, sweetened:			
		Solids and liquid.....	256	3.8	20
155		Drained solids.....	209	6.3	20
	Sweetened.....	Uncooked:			
156		Solids and liquid.....	228	13.6	10
		Cooked:			
157		Solids and liquid.....	246	13.2	7
158		Drained solids.....	163	...	2
159	Blueberry pie filling, canned.....	273	7.4	8
	Brazil nuts, in shell.....	Shelled:			
160		Chopped.....	121	3.1	15
161		Whole and pieces.....	131	3.5	15
162	Breadcrumbs.....	Fine, dry.....	107	13.4	16
163		Soft.....	43	6.8	23
164	Bread cubes.....	Dry or toasted.....	42	...	3
165		Soft.....	40	7.3	14
166	Bread stuffing, mix, herb-	Unprepared.....	71	9.4	20
167	seasoned, crumb-type.	Crushed.....	74	15.3	6
		Prepared:			
168		Dry type.....	141	9.2	20
169		Moist type.....	203	32.2	20
	Broccoli:				
	Fresh.....	Chopped:			
170		Uncooked.....	84	6.8	15
171		Cooked, drained solids.....	123	3.8	15
	Frozen:				
172	Chopped.....	Cooked, drained solids.....	188	21.3	10
173	Spears.....	Cooked, drained solids.....	185	13.6	15
	Brussels sprouts:				
174	Frozen.....	Cooked, drained solids.....	152	5.6	30
175	Bulgur.....	Uncooked.....	140	2.1	15
176		Cooked.....	182	9.6	30
177	Buttermilk.....	243	3.8	14
178	Butter oil.....	204	3.8	20

AVERAGE WEIGHT AND STANDARD DEVIATION OF A MEASURED CUP OF VARIOUS FOODS – Continued

Item No.	Food item and form purchased	Form of food prepared for use	Weight of 1 cup	Standard deviation	Number of samples
			<i>Grams</i>	<i>Grams</i>	
179	Cabbage, green or red, fresh.....	Uncooked:			
180		Chopped.....	89	10.3	16
181		Shredded.....	72	3.5	15
		Slices.....	82	11.4	20
182		Cooked, drained solids:			
183		Shredded.....	129	8.2	32
184		Slices.....	144	22.0	18
		Wedges.....	184	19.6	18
	Cabbage, red:				
185	Canned.....	Solids and liquid.....	247	5.6	15
186		Drained solids.....	161	7.4	15
	Cabbage, Chinese, fresh.....	Uncooked:			
187		Thin strips.....	60	5.0	22
188		Sliced.....	64	4.0	30
189	Cantaloup, fresh.....	Cubed.....	162	15.3	5
	Carrots:				
	Fresh.....	Uncooked, pared:			
190		Chunks.....	138	3.4	10
191		Diced.....	144	5.4	36
192		Shredded.....	109	20.8	17
193		Slices.....	122	4.7	84
194		Strips.....	121	7.0	28
		Cooked, drained solids:			
195		Chunks.....	164	12.3	13
196		Diced.....	140	7.6	16
197		Slices.....	129	3.4	48
198		Strips.....	137	3.5	10
	Canned:				
199	Diced.....	Drained solids.....	159	5.8	7
200	Slices.....	Drained solids.....	154	4.2	50
201	Whole.....	Drained solids.....	160	5.0	30
	Frozen:				
202	Diced.....	Cooked, drained solids.....	165	9.8	9
203	Slices.....	Uncooked.....	128	4.5	20
204		Cooked, drained solids.....	149	3.6	10
205	Whole.....	Cooked, drained solids.....	158	5.2	15
206	Cashews, salted.....	Chopped.....	137	...	3
207		Whole.....	136	2.2	15
208	Catsup.....	284	3.6	6
	Cauliflower:				
	Fresh.....	Florets:			
209		Uncooked.....	107	4.4	10
210		Slices.....	90	7.9	14
211		Cooked, drained solids.....	125	30.7	24
	Frozen, florets.....	Uncooked:			
212		Frozen.....	133	7.5	30
213		Thawed.....	147	6.8	30
214		Slices.....	148	4.3	30
215		Cooked, drained solids.....	179	9.0	12

AVERAGE WEIGHT AND STANDARD DEVIATION OF A MEASURED CUP OF VARIOUS FOODS – Continued

Item No.	Food item and form purchased	Form of food prepared for use	Weight of 1 cup	Standard deviation	Number of samples
			<i>Grams</i>	<i>Grams</i>	
	Celery:				
	Fresh.....	Uncooked:			
216		Chopped.....	119	11.1	22
217		Diced.....	122	9.6	36
218		Slices.....	111	4.8	18
219		Strips.....	124	1.8	10
		Cooked, drained solids:			
220		Chopped.....	129	3.1	15
221		Diced or cut in chunks....	153	17.3	26
222		Slices.....	168	5.1	6
223	Canned.....	Solids and liquid.....	208	2.2	20
224		Drained solids.....	145	3.0	80
	Cereals, ready-to-eat: ^{1/}				
	Corn:				
225	Cocoa Puffs.....	30	.8	10
226	Corn Chex.....	29	.6	11
227	Cornflakes.....	Whole.....	29	1.6	22
228		Crushed.....	80	2.1	10
229	Corn Kix.....	19	.5	10
230	Frosted Flakes.....	38	1.6	25
231	Hi-Pro.....	23	1.2	10
232	Sugar Pops.....	31	.8	10
233	Trix.....	33	0.9	10
	Mixed:				
234	Alpha Bits.....	34	1.1	10
235	Concentrate.....	79	2.3	10
236	Grape Nuts.....	109	2.9	10
237	Grape Nut Flakes.....	39	2.1	10
238	Natural Cereal.....	116	2.4	45
239	Oat Flakes.....	41	2.1	10
240	Special K.....	23	.6	10
	Oat:				
241	Cherrios.....	28	1.3	11
242	Flakes.....	40	2.3	15
243	Life.....	46	3.4	10
	Rice:				
244	Puffed Rice.....	13	.6	10
245	Rice Chex.....	33	2.8	11
246	Rice Honeys.....	37	.9	10
247	Rice Krinkles.....	43	1.6	10
248	Rice Krispies.....	Whole.....	27	1.0	10
249		Crushed.....	61	...	3
	Wheat:				
250	All-Bran.....	61	3.6	11
251	Bran Buds.....	75	1.9	10
252	40% Bran Flakes.....	34	1.6	10
	Puffed Wheat:				
253	Unsweetened.....	12	.7	10
254	Sweetened.....	34	1.1	30
255	Raisin Bran.....	57	5.1	10
256	Shredded Wheat Biscuit.....	Crumbled.....	35	2.5	10
257	Sugar Crisp.....	35	1.5	10
258	Wheat Chex.....	56	4.4	11
259	Wheat Germ.....	113	1.4	10
260	Wheaties.....	32	2.0	10

See footnotes at end of table.

AVERAGE WEIGHT AND STANDARD DEVIATION OF A MEASURED CUP OF VARIOUS FOODS – Continued

Item No.	Food item and form purchased	Form of food prepared for use	Weight of 1 cup	Standard deviation	Number of samples
			<i>Grams</i>	<i>Grams</i>	
261	Chard, Swiss, fresh.....	Cooked, drained solids.....	191	9.7	9
	Cheese:				
	Cheddar:				
262	Natural.....	Diced.....	132	11.9	11
263		Shredded.....	98	11.4	20
264	Process.....	Shredded.....	104	16.8	36
	Cottage:				
265	Cream-style.....	233	8.4	24
266	Dry, nonfat.....	136	4.5	40
267	Cream.....	230	4.8	8
268	Mozzarella.....	Chopped.....	112	...	2
269	Parmesan, grated.....	106	3.4	6
270	Swiss.....	Shredded.....	108	4.1	13
271	Cheese spread.....	244	3.1	30
272	Cheese sticks.....	Broken into 1/2-inch pieces..	34	3.1	4
	Cherries:				
273	Bing, fresh.....	Unpitted.....	158	6.9	19
274		Pitted.....	163	6.8	17
	Dark, sweet:				
	Canned, in sirup:				
	With pits.....	Drained solids:			
275		Unpitted.....	191	7.5	6
276		Pitted.....	202	...	3
277	Pitted.....	Solids and liquid.....	241	7.4	26
278		Drained solids.....	180	7.5	26
	Maraschino, canned:				
279	Large.....	Drained solids.....	178	8.0	10
280	Small.....	Drained solids.....	192	13.4	10
	Red sour:				
	Canned:				
281	Pitted, water pack.....	Solids and liquid.....	232	7.7	26
282		Drained solids.....	176	5.2	29
	Frozen:				
	Pitted, sweetened.....	Uncooked:			
283		Solids and liquid.....	259	7.1	10
284		Drained solids.....	210	14.1	10
		Cooked:			
285		Solids and liquid.....	274	8.5	10
	Royal Anne:				
286	Canned, in sirup.....	Solids and liquid.....	260	8.3	11
287		Drained solids.....	191	5.1	9
288	Chestnuts.....	Boiled, mashed.....	270	...	2
	Chicken:				
	Fresh or frozen:				
	Whole.....	Cooked, deboned, without skin:			
289		Chopped.....	144	7.6	16
290		Diced.....	134	7.2	5
291		Ground.....	113	1.2	10
292	Backs.....	Stewed, deboned, without skin	150	8.6	10
293	Breasts.....	Fried, deboned, without skin.	144	15.6	14
294	Necks.....	Stewed, deboned, without skin	137	12.0	10

AVERAGE WEIGHT AND STANDARD DEVIATION OF A MEASURED CUP OF VARIOUS FOODS — Continued

Item No.	Food item and form purchased	Form of food prepared for use	Weight of 1 cup	Standard deviation	Number of samples
			<i>Grams</i>	<i>Grams</i>	
295	Chicken broth: Fresh.....	235	4.0	4
296	Canned.....	231	1.6	30
297	Chickpeas: Canned.....	Drained solids.....	161	3.5	10
298	Dry.....	Uncooked.....	200	3.5	11
299		Cooked, drained solids.....	163	2.8	15
300	Chicory, fresh.....	Cut in pieces.....	34	3.9	15
301	Chili sauce.....	247	9.6	12
302	Chocolate-flavored chips.....	167	2.9	12
303	Chop suey vegetables, canned.....	Solids and liquid.....	228	9.1	5
304		Drained solids.....	157	6.2	21
305	Citron, candied, cut.....	168	4.1	15
306	Clam liquor, canned.....	236	5.8	10
307	Cocoa.....	86	8.9	14
308	Cocoa mix.....	139	3.4	7
309	Coconut: Fresh.....	Grated.....	80	4.9	6
310	Dehydrated: Flakes.....	88	9.9	6
311	Shredded.....	91	9.1	47
312	Frozen, shredded.....	77	7.2	30
313	Coffee, freeze-dried.....	60	1.0	30
314	Collard greens: Fresh.....	Cooked, drained solids.....	99	6.5	15
315	Canned.....	Drained solids.....	162	4.7	15
316	Frozen, chopped.....	Cooked, drained solids.....	170	21.5	12
317	Cookies: Gingersnap.....	Crumbs.....	115	2.0	21
318	Vanilla wafers.....	Crumbs.....	104	...	2
319	Corn, white: Canned: Cream-style.....	Heated.....	250	6.0	13
320	Whole kernel: Vacuum pack.....	Heated.....	212	4.9	10
321	With liquid.....	Heated, drained solids.....	159	5.4	11
322	Corn, yellow: Fresh.....	Blanched, cut from cob.....	159	3.6	20
323		Cut from cob, cooked, drained solids.	166	7.4	6
324	Canned: Cream-style.....	Unheated.....	260	3.4	42
325		Heated.....	261	4.7	26

AVERAGE WEIGHT AND STANDARD DEVIATION OF A MEASURED CUP OF VARIOUS FOODS – Continued

Item No.	Food item and form purchased	Form of food prepared for use	Weight of 1 cup	Standard deviation	Number of samples
			<i>Grams</i>	<i>Grams</i>	
	Corn, yellow, canned--Continued				
	Whole kernel:				
326	Vacuum pack.....	Drained solids.....	170	3.4	45
327	With liquid.....	Solids and liquid.....	265	.5	10
328		Drained solids.....	173	10.6	7
	Frozen:				
329	Whole kernel.....	Cooked, drained solids.....	156	4.4	45
330	Cornflake crumbs.....	94	2.6	10
331	Corn grits, yellow and white.....	Uncooked.....	162	4.4	84
332		Cooked.....	236	6.5	48
	Cornmeal:				
333	White, degerminated.....	140	7.2	40
334	White, self-rising, wheat flour added.	141	3.7	10
	Yellow:				
335	Degerminated.....	Uncooked.....	151	6.6	86
336		Cooked.....	246	1.8	30
337	Stone ground.....	Uncooked.....	132	1.9	15
338		Cooked.....	248	3.1	30
	Corn sirup:				
339	Dark.....	325	...	3
340	Light.....	325	10.7	34
341	Cornstarch.....	125	4.7	15
	Crackers:				
342	Graham.....	Crumbs.....	84	13.2	14
343	Snack, round.....	Crumbs.....	80	1.3	53
344	Zwieback.....	Crumbs.....	88	...	2
345	Cranberries, fresh.....	Uncooked.....	102	4.2	38
346	Cranberry sauce, whole, canned....	271	6.2	16
	Cream:				
347	Half-and-half.....	242	4.5	12
348	Sour.....	242	12.4	5
349	Sour.....	236	9.4	32
350	Table (coffee).....	240	6.6	4
351	Whipping.....	232	7.7	9
352	Cucumber, fresh.....	Unpared, sliced.....	139	6.5	15
		Pared:			
353		Diced.....	144	8.7	10
354		Sliced.....	145	4.8	15
355	Currants, dehydrated.....	131	2.3	15
356	Dates, dehydrated, regular-dried,	Chopped.....	171	12.8	21
357	pitted.	Whole.....	163	5.3	10
358	Eggplant, fresh.....	Cooked, drained solids, diced	201	10.2	18

AVERAGE WEIGHT AND STANDARD DEVIATION OF A MEASURED CUP OF VARIOUS FOODS – Continued

Item No.	Food item and form purchased	Form of food prepared for use	Weight of 1 cup	Standard deviation	Number of samples
			<i>Grams</i>	<i>Grams</i>	
359	Eggs, large, shell.....	Shelled:			
360		Whites.....	255	5.6	8
361		Whole.....	251	6.0	8
		Yolks.....	240	3.3	8
362	Escarole, fresh.....	Shredded or broken in pieces.	71	6.2	6
363	Farina.....	Uncooked.....	184	2.2	15
364		Cooked.....	245	1.9	30
	Figs:				
365	Canned, whole.....	Solids and liquid.....	253	17.8	14
366		Drained solids.....	208	17.4	10
367	Dehydrated, regular-dried.....	Chopped.....	167	11.6	47
368		Whole.....	173	7.4	15
	Filberts, in shell.....	Shelled:			
369		Chopped.....	112	2.8	15
370		Whole.....	134	2.0	15
	Flour:				
371	Barley.....	Unsifted, spooned.....	102	4.1	40
372	Corn, yellow.....	Unsifted, spooned.....	117	3.2	20
	Oat.....	Coarse grind:			
373		Unsifted, spooned.....	120	4.4	20
		Fine grind:			
374		Unsifted, spooned.....	96	3.6	32
375	Potato.....	Unsifted, spooned.....	179	2.6	25
	Rice:				
376	Brown.....	Unsifted, spooned.....	158	2.9	25
377	White.....	Unsifted, spooned.....	149	3.8	20
	Rye:				
378	Dark.....	Unstirred, spooned.....	128	3.4	10
379		Stirred, spooned.....	127	2.5	10
380	Light.....	Unsifted, spooned.....	101	10.0	41
381		Sifted, spooned.....	88	7.4	20
382	Whole-grain.....	Unsifted, spooned.....	82	2.9	40
383	Soy, full-fat.....	Unsifted, spooned.....	96	3.9	47
384	Tapioca.....	Unsifted, spooned.....	120	3.5	35
	Wheat:				
	All-purpose ^{2/}	Unsifted:			
385		Dipped.....	143	4.8	300
386		Spooned.....	126	2.8	510
387		Sifted, spooned.....	116	1.9	500
	Bread.....	Unsifted:			
388		Dipped.....	136	6.5	40
389		Spooned.....	123	3.5	40
390		Sifted, spooned.....	117	4.2	41
	Cake ^{2/}	Unsifted:			
391		Dipped.....	119	3.1	300
392		Spooned.....	111	2.4	300
393		Sifted, spooned.....	99	1.6	300

See footnotes at end of table.

AVERAGE WEIGHT AND STANDARD DEVIATION OF A MEASURED CUP OF VARIOUS FOODS — Continued

Item No.	Food item and form purchased	Form of food prepared for use	Weight of 1 cup	Standard deviation	Number of samples
			<i>Grams</i>	<i>Grams</i>	
	Flour, wheat--Continued				
	Gluten.....	Unsifted:			
394		Dipped.....	142	4.0	10
395		Spoon.....	135	2.6	10
396		Sifted, spooned.....	136	1.5	10
	Self-rising.....	Unsifted:			
397		Dipped.....	130	4.4	10
398		Spoon.....	127	4.1	10
399		Sifted, spooned.....	106	2.7	10
400	Whole wheat.....	Stirred, spooned.....	120	3.3	45
	Fruit, mixed:				
	Frozen.....	Thawed:			
401		Solids and liquid.....	243	4.4	30
402		Drained solids.....	224	9.0	30
	Dehydrated.....	Cooked:			
403		Solids and liquid.....	255	4.3	15
404		Drained solids.....	209	9.2	15
	Fruit cocktail:				
	Canned, in sirup.....	Solids and liquid.....	256	6.5	13
405		Drained solids.....	213	15.2	15
406	Dehydrated, low-moisture.....	Uncooked.....	100	2.8	20
407		Cooked:			
408		Unsweetened:			
409		Solids and liquid.....	233	5.6	20
		Drained solids.....	158	4.8	20
	Fruits, <u>see</u> individual listings.				
	Fruits for salad, canned, in sirup	Solids and liquid.....	247	5.1	51
410		Drained solids.....	206	9.6	45
411					
412	Gelatin, flavored.....		187	13.9	8
	Grapefruit:				
	Fresh.....	Sections:			
413		Solids and liquid.....	226	12.8	13
414		Drained solids.....	200	15.0	14
415	Canned, sections, sweetened.....	Solids and liquid.....	243	9.0	40
416		Drained solids.....	237	12.4	38
417	Frozen, sections, unsweetened...	Solids and liquid.....	241	6.9	24
418		Drained solids.....	219	12.6	14
	Grapefruit and orange sections:				
	Fresh pack.....	Solids and liquid.....	241	6.3	15
419		Drained solids.....	194	9.2	15
420	Canned, sweetened.....	Solids and liquid.....	250	5.1	15
421		Drained solids.....	213	7.6	25
422					
	Grapes:				
	Fresh:				
	Seedless.....	Halves.....	169	10.1	28
423		Whole.....	174	8.4	14
424	With seeds.....	Halves.....	159	5.0	15
425		Whole.....	162	2.4	25
426	Canned, seedless.....	Solids and liquid.....	245	5.0	15
427		Drained solids.....	188	5.1	15
428					

AVERAGE WEIGHT AND STANDARD DEVIATION OF A MEASURED CUP OF VARIOUS FOODS — Continued

Item No.	Food item and form purchased	Form of food prepared for use	Weight of 1 cup	Standard deviation	Number of samples
			<i>Grams</i>	<i>Grams</i>	
429	Hominy, canned.....	Drained solids.....	165	3.3	30
430	Honey, strained.....	325	10.9	13
431	Honeydew melon, fresh.....	Diced.....	169	9.7	18
432	Horseradish, fresh.....	Pared, ground.....	91	3.2	24
433	Jelly, grape.....	306	2.1	7
	Kale:				
434	Fresh.....	Cooked, drained solids.....	113	10.2	15
435	Canned.....	Drained solids.....	163	16.2	12
	Frozen:				
436	Chopped.....	Cooked, drained solids.....	135	2.2	10
437	Leaf.....	Cooked, drained solids.....	145	6.0	10
438	Lemonade, frozen concentrate.....	Thawed.....	283	6.8	10
439		Reconstituted.....	239	3.1	40
440	Lemon juice, canned.....	223	2.2	22
441	Lemons, fresh.....	Juice.....	250	4.0	13
442	Lentils, whole, dry.....	Uncooked.....	186	4.9	23
443		Cooked, drained solids.....	202	16.9	6
	Lettuce:				
444	Iceberg, fresh.....	Chopped.....	59	4.4	6
445		Chunks.....	74	7.1	20
446		Leaves.....	66	5.0	24
447		Shredded.....	57	4.8	10
448	Romaine, fresh.....	Chunks.....	37	1.7	10
449		Shredded.....	35	2.4	10
450	Limes, fresh.....	Juice.....	240	5.0	15
451	Luncheon meat.....	Chopped.....	134	6.3	19
452		Diced.....	138	2.7	21
	Macadamia nuts, in shell.....	Shelled:			
453		Chopped.....	115	3.3	15
454		Whole.....	139	2.7	15
	Macaroni:				
455	Elbow.....	Uncooked.....	130	5.4	36
456		Cooked, warm.....	130	2.6	12
457	Twist.....	Uncooked.....	67	1.8	20
458		Cooked, warm.....	102	4.6	15
459	Spiral.....	Uncooked.....	84	1.6	15
460		Cooked, warm.....	134	8.3	15
461	Mango, fresh.....	Diced.....	163	...	2
462		Sliced.....	163	5.7	4
	Margarine:				
463	Regular.....	225	2.3	14
464	Soft.....	208	3.5	40

AVERAGE WEIGHT AND STANDARD DEVIATION OF A MEASURED CUP OF VARIOUS FOODS — Continued

Item No.	Food item and form purchased	Form of food prepared for use	Weight of 1 cup	Standard deviation	Number of samples
			<i>Grams</i>	<i>Grams</i>	
465	Marshmallows.....	Miniature.....	50	2.5	28
466		Regular.....	57	2.2	20
	Meat, <u>see</u> individual listings.				
	Melon balls:				
	Frozen:				
467	Sweetened.....	Solids and liquid.....	231	20.1	10
468	Unsweetened.....	Solids and liquid.....	207	7.7	15
	Milk:				
	Whole:				
469	Fresh, fluid.....	241	8.5	47
470	Dry, spray process.....	Packed.....	145	4.5	20
471		Spooned.....	121	4.7	30
472	Evaporated, canned.....	251	...	2
	Nonfat dry:				
473	Instant crystals.....	74	3.1	86
474	Spray process.....	Dry.....	134	13.2	8
475		Reconstituted.....	240	9.0	19
	Skim:				
476	Evaporated, canned.....	246	3.7	4
477	Molasses.....	309	11.3	25
	Mushrooms:				
478	Fresh.....	Uncooked, slices.....	95	4.0	15
479		Cooked, drained solids, slices.	148	5.6	20
480	Canned, stems and pieces.....	Solids and liquid.....	219	3.0	10
481		Drained solids.....	156	2.6	10
482	Mustard, prepared.....	251	1.0	15
	Mustard greens:				
483	Fresh.....	Cooked, drained solids.....	118	5.5	20
484	Canned.....	Drained solids.....	153	7.5	15
485	Frozen, chopped.....	Thawed.....	146	8.0	20
486		Cooked, drained solids.....	140	5.8	10
487	Nectarines, fresh.....	Sliced.....	138	6.0	15
	Noodles:				
488	Medium-width.....	Uncooked.....	38	2.4	15
489		Cooked, warm.....	125	5.0	15
490	Thin.....	Uncooked.....	45	6.9	30
491		Cooked, warm.....	124	9.6	30
	Nuts, <u>see</u> individual listings.				
	Oats, rolled:				
492	Quick.....	Uncooked.....	73	4.7	87
493		Ground.....	109	1.5	13
494		Cooked.....	246	4.2	30
495	Regular.....	Uncooked.....	75	5.5	80
496		Cooked.....	246	2.6	30
497	Oil, cooking.....	209	3.1	49

AVERAGE WEIGHT AND STANDARD DEVIATION OF A MEASURED CUP OF VARIOUS FOODS – Continued

Item No.	Food item and form purchased	Form of food prepared for use	Weight of 1 cup	Standard deviation	Number of samples
			<i>Grams</i>	<i>Grams</i>	
	Okra:				
498	Fresh.....	Cooked, drained solids:			
		Slices.....	160	8.2	7
499		Whole.....	177	15.3	6
500	Canned, cut.....	Drained solids.....	167	16.5	17
	Frozen:				
501	Cut.....	Cooked, drained solids.....	184	17.3	14
502	Whole.....	Cooked, drained solids.....	138	1.1	10
	Olives:				
503	Green, stuffed.....	Slices.....	133	4.3	30
504		Whole.....	147	4.1	30
505	Ripe.....	Slices.....	135	4.0	14
	Onions:				
506	Green, fresh.....	Uncooked slices.....	99	19.5	5
	Mature:				
	Dry:	Uncooked:			
507	Large.....	Chopped.....	171	37.1	27
508		Grated.....	231	9.0	10
509		Ground.....	238	6.2	11
510		Slices.....	113	18.8	9
		Cooked, drained solids:			
511		Halves or pieces.....	179	11.0	13
512		Whole.....	209	10.7	13
513	White, pearl.....	Whole, cooked, drained solids	185	5.2	10
514	Canned, white pearl.....	Solids and liquid.....	237	6.7	10
515		Drained solids.....	186	7.7	40
516	Frozen, chopped.....	112	2.8	15
	Dehydrated, low-moisture:				
517	Minced.....	100	1.7	40
518	Slices.....	Dry.....	64	0	6
519		Reconstituted, drained solids	143	12.1	12
	Orange juice:				
520	Fresh, bottled.....	246	3.1	10
521	Frozen concentrate.....	Thawed.....	268	5.2	11
522		Reconstituted.....	241	2.4	37
	Oranges, fresh.....	Juice:			
523		Strained.....	242	2.1	45
524		Unstrained.....	240	2.4	30
		Sections:			
525		With membrane.....	177	7.3	15
		Without membrane:			
526		Solids and liquid.....	245	7.4	15
527		Drained solids.....	207	9.2	15
528		Diced or slices, drained solids.	219	12.0	15
529	Oranges, mandarin, canned sections	Solids and liquid.....	247	8.8	12
530		Drained solids.....	189	5.6	25
531	Pancake mix, purchased.....	121	1.3	5

AVERAGE WEIGHT AND STANDARD DEVIATION OF A MEASURED CUP OF VARIOUS FOODS – Continued

Item No.	Food item and form purchased	Form of food prepared for use	Weight of 1 cup	Standard deviation	Number of samples
			Grams	Grams	
532	Parsley: Fresh.....	Chopped.....	20	1.0	15
533	Dehydrated.....	Flakes.....	15	.6	15
	Peaches:				
534	Fresh.....	Uncooked:			
		Diced.....	266	1.8	12
535		Slices.....	177	14.5	39
		Cooked, sugar added, slices:			
536		Solids and liquid.....	241	4.9	17
537		Drained solids.....	223	3.1	6
	Canned, in sirup:				
538	Halves.....	Solids and liquid.....	255	14.7	6
539		Drained solids.....	224	19.0	8
540	Slices.....	Solids and liquid.....	253	6.9	30
541		Drained solids.....	218	16.1	18
542	Spiced, with pits.....	Drained solids.....	219	10.8	15
543		Pitted.....	228	7.3	10
	Frozen, in sirup:				
544	Halves.....	Cooked, solids and liquid....	250	7.2	6
		Uncooked:			
545	Slices.....	Solids and liquid.....	236	8.9	20
546		Drained solids.....	219	2.2	10
		Cooked:			
547		Solids and liquid.....	240	16.6	17
548		Drained solids.....	228	2.3	9
	Dehydrated:				
549	Regular-dried, halves.....	Uncooked.....	176	10.0	10
550		Ground.....	217	16.2	9
		Cooked, chilled:			
551		Solids and liquid.....	242	7.7	24
552		Drained solids.....	232	14.9	24
553	Low-moisture, slices.....	Uncooked.....	113	3.2	30
		Cooked, chilled:			
554		Solids and liquid.....	248	6.7	41
555		Drained solids.....	190	7.8	30
	Peanut butter:				
556	Crunchy.....	261	3.0	10
557	Smooth.....	251	14.4	35
	Peanuts:				
	In shell.....	Shelled:			
558		Halves.....	144	...	2
559		Whole.....	152	1.7	4
560		Ground.....	113	5.5	4
561	Salted.....	Chopped.....	138	3.8	29
	Pears:				
	Fresh.....	Uncooked:			
562		Unpared, slices.....	164	10.1	13
		Pared:			
563		Diced.....	151	3.0	15
564		Slices.....	170	8.8	10
		Cooked, pared, halves:			
565		Solids and liquid.....	236	8.4	9
566		Drained solids.....	215	10.1	9
567	Canned, in sirup, halves.....	Solids and liquid.....	229	13.0	6
568		Drained solids.....	227	27.3	6

AVERAGE WEIGHT AND STANDARD DEVIATION OF A MEASURED CUP OF VARIOUS FOODS — Continued

Item No.	Food item and form purchased	Form of food prepared for use	Weight of 1 cup	Standard deviation	Number of samples
			<i>Grams</i>	<i>Grams</i>	
	Peas:				
	Green:				
569	Fresh.....	Uncooked.....	138	4.3	6
570		Cooked, drained solids.....	163	7.5	13
571	Canned.....	Drained solids.....	170	5.7	107
572	Frozen.....	Uncooked.....	141	8.3	28
573		Cooked, drained solids.....	167	8.5	19
574	Dry, whole.....	Uncooked.....	192	1.7	75
575		Cooked, drained solids.....	168	3.6	70
	Split, green or yellow:				
576	Dry.....	Uncooked.....	203	8.9	44
577		Cooked, drained solids.....	194	17.4	12
	Peas and carrots:				
578	Canned.....	Drained solids.....	163	4.6	71
579	Frozen.....	Uncooked.....	137	3.1	40
580		Cooked, drained solids.....	164	4.6	32
581	Pecans, shelled.....	Chopped.....	108	4.9	20
582		Halves.....	108	10.1	5
583	Peppers, chili, green, canned.....	Drained solids.....	237	7.2	10
	Peppers, sweet, green:				
	Fresh.....	Uncooked:			
584		Chopped.....	149	22.3	17
585		Slices.....	82	18.8	16
586		Strips.....	100	2.9	7
		Cooked, drained solids:			
587		Diced.....	185	..	2
588		Strips.....	135	13.7	6
589	Frozen, diced.....	Uncooked.....	142	3.7	20
590	Pickle relish.....	Solids and liquid.....	245	15.3	19
591	Pickles, sweet.....	Chopped.....	141	6.3	55
	Pineapple:				
592	Fresh.....	Pared, diced.....	152	11.0	15
	Canned, in sirup:				
593	Chunks.....	Solids and liquid.....	253	4.4	30
594		Drained solids.....	185	11.1	45
595	Crushed.....	Solids and liquid.....	263	12.7	10
596		Drained solids.....	254	18.5	8
597	Slices.....	Solids and liquid.....	278	15.3	10
598		Drained solids.....	186	27.9	15
599	Tidbits.....	Solids and liquid.....	258	9.2	10
600		Drained solids.....	184	5.9	73
	Canned, in natural juice:				
601	Chunks.....	Solids and liquid.....	240	5.7	45
602		Drained solids.....	188	8.1	45
603	Crushed.....	Solids and liquid.....	246	4.2	30
604		Drained solids.....	192	7.0	30
605	Slices.....	Solids and liquid.....	255	3.7	30
606		Drained solids.....	187	6.7	30
607	Frozen, in sirup, chunks.....	Solids and liquid.....	246	12.9	13
608		Drained solids.....	204	16.9	6

AVERAGE WEIGHT AND STANDARD DEVIATION OF A MEASURED CUP OF VARIOUS FOODS — Continued

Item No.	Food item and form purchased	Form of food prepared for use	Weight of 1 cup	Standard deviation	Number of samples
			<i>Grams</i>	<i>Grams</i>	
609	Pistachios, in shell.....	In shell.....	133	7.1	10
610		Shelled.....	125	4.7	10
	Plums, purple:				
611	Fresh.....	Halves.....	159	18.1	13
612	Canned, in sirup, whole	Solids and liquid.....	234	4.4	6
613	with pits.	Drained solids.....	223	22.7	8
	Plums, red:				
614	Fresh.....	Diced.....	164	10.0	15
615		Halves.....	176	14.8	13
616		Slices.....	169	10.0	15
617	Popcorn.....	As purchased.....	197	3.8	15
618		Popped.....	15	1.0	30
	Pork:				
	Fresh.....	Uncooked, lean:			
619		Diced.....	234	8.8	14
620		Strips.....	233	10.4	15
		Cooked, lean:			
621		Chopped.....	142	3.2	10
622		Diced.....	138	...	2
623	Smoked ham, cook-before-eating..	Uncooked, ground.....	170	3.9	10
		Cooked:			
624		Chopped.....	121	5.9	20
625		Diced.....	147	13.4	8
626		Ground.....	109	1.9	11
627		Julienne strips.....	144	...	3
	Potatoes:				
	Fresh.....	Uncooked:			
628		Chopped.....	147	11.6	13
629		Diced.....	161	8.6	114
630		Slices.....	155	9.0	60
		Cooked, drained solids:			
631		Diced.....	169	10.6	24
632		Mashed.....	208	23.4	23
633		Riced.....	227	4.3	12
634		Slices.....	159	9.8	11
635	Canned, small, whole.....	Drained solids.....	179	7.2	6
	Frozen:				
636	French-fried.....	Heated.....	136	5.8	45
637	Hashed brown.....	Uncooked.....	124	3.0	20
638	Whole, small.....	Uncooked.....	153	8.6	30
639		Cooked, drained solids.....	203	8.3	20
	Dehydrated:				
640	Flakes.....	Dry.....	55	3.0	60
641		Reconstituted.....	238	2.5	30
642	Granules.....	Dry.....	201	7.2	10
643		Reconstituted.....	210	10.9	17
	Poultry, <u>see</u> individual listings.				
644	Pretzel sticks, short, thin.....	45	16.7	7

AVERAGE WEIGHT AND STANDARD DEVIATION OF A MEASURED CUP OF VARIOUS FOODS – Continued

Item No.	Food item and form purchased	Form of food prepared for use	Weight of 1 cup	Standard deviation	Number of samples
			<i>Grams</i>	<i>Grams</i>	
	Prunes:				
645	Canned, with pits.....	Solids and liquid.....	266	7.7	15
646		Drained solids.....	190	8.0	15
	Dehydrated:				
	Regular-dried:				
647	Pitted.....	Uncooked.....	170	9.0	15
		Cooked:			
648		Solids and liquid.....	248	4.7	15
649		Drained solids.....	194	5.8	15
	With pits.....	Uncooked:			
650		Whole.....	187	12.6	11
		Pitted:			
651		Chopped.....	150	5.0	11
652		Ground.....	274	1.1	5
		Cooked:			
		Unchilled:			
653		Solids and liquid.....	258	43.9	5
		Drained solids:			
654		Pitted.....	210	27.7	12
655		Chopped or ground.....	223	25.0	12
		Chilled:			
656		Solids and liquid.....	249	6.5	49
657		Drained solids.....	229	9.6	50
658	Low-moisture, pitted.....	Uncooked.....	117	4.0	30
		Cooked, chilled:			
659		Solids and liquid.....	249	6.3	40
660		Drained solids.....	223	7.4	39
	Pumpkin:				
661	Fresh.....	Cooked, mashed.....	247	5.3	6
662	Canned.....	238	6.2	22
663	Dehydrated flakes.....	105	5.9	5
664	Radishes, fresh.....	Slices.....	110	3.5	16
665		Whole.....	133	5.7	15
	Raisins.....	Uncooked:			
666		Chopped.....	162	20.2	14
667		Ground.....	269	11.5	8
668		Whole.....	144	8.9	27
		Cooked, chilled:			
669		Solids and liquid.....	243	7.1	13
670		Drained solids.....	182	7.8	12
	Raspberries, red:				
671	Fresh.....	Uncooked.....	144	5.1	9
	Frozen, sweetened.....	Uncooked:			
672		Solids and liquid.....	249	6.4	21
673		Drained solids.....	218	7.4	8
	Rhubarb:				
674	Fresh.....	Cooked, sugar added, solids and liquid.	240	33.1	24
	Frozen:				
	In sirup.....	Uncooked:			
675		Solids and liquid.....	220	27.6	20
676		Drained solids.....	168	13.7	12

AVERAGE WEIGHT AND STANDARD DEVIATION OF A MEASURED CUP OF VARIOUS FOODS — Continued

Item No.	Food item and form purchased	Form of food prepared for use	Weight of 1 cup	Standard deviation	Number of samples
			<i>Grams</i>	<i>Grams</i>	
	Rhubarb, frozen, in sirup--Continued				
677		Cooked:			
678		Solids and liquid.....	248	10.9	15
679	Unsweetened.....	Uncooked.....	124	2.6	30
		Cooked, sweetened, solids and liquid.	240	4.6	30
	Rice:				
	Brown:				
680	Long grain.....	Uncooked.....	176	2.3	25
681		Cooked, hot.....	153	6.2	30
682	Short grain.....	Uncooked.....	194	2.2	20
683	Cereal, granulated.....	Uncooked.....	176	1.5	15
684		Cooked, hot.....	244	1.6	30
	White:				
685	Long grain.....	Uncooked.....	192	11.2	28
686		Cooked, hot.....	159	13.8	38
687	Medium grain.....	Uncooked.....	194	.8	12
688		Cooked, hot.....	156	8.5	11
689	Short grain.....	Uncooked.....	200	2.6	15
690		Cooked, hot.....	161	6.6	30
691	Parboiled.....	Uncooked.....	181	3.9	12
692		Cooked, hot.....	185	6.9	6
	Precooked:				
693	Simmer before serving.....	Uncooked.....	64	1.6	30
694		Cooked, hot.....	154	5.2	30
695	Prepared with boiling water.	Unprepared.....	99	2.9	15
696		Prepared.....	124	2.4	15
697	Rutabagas, fresh.....	Uncooked, diced.....	139	5.6	12
698		Cooked, drained solids:			
699		Diced.....	171	8.8	11
		Mashed.....	243	17.0	24
	Salad dressing:				
	Blue cheese:				
700	Bottled, regular.....	238	5.9	25
	French:				
701	Bottled, regular.....	243	3.2	25
	Bottled, low-calorie:				
702	25 cal. per tbsp.....	253	4.8	30
703	9 cal. per tbsp.....	250	1.5	15
	Italian:				
704	Bottled, regular.....	230	5.8	25
705	Mayonnaise, bottled, regular....	223	5.0	14
706	Mayonnaise, imitation, bottled, low-calorie, 40 cal. per tbsp.	234	1.9	15
	Mayonnaise-type:				
707	Bottled, regular.....	240	3.6	90
708	Bottled, low-calorie, 9 cal. per tbsp.	244	2.0	15
709	Russian, bottled, regular.....	247	2.4	10
710	Thousand Island, bottled, regular.	245	7.2	25
711	Salt, free running.....	292	3.0	27

AVERAGE WEIGHT AND STANDARD DEVIATION OF A MEASURED CUP OF VARIOUS FOODS – Continued

Item No.	Food item and form purchased	Form of food prepared for use	Weight of 1 cup	Standard deviation	Number of samples
			<i>Grams</i>	<i>Grams</i>	
712	Sandwich spread, bottled.....	246	4.7	10
	Sauerkraut:				
713	Fresh-pack.....	Drained solids.....	130	8.6	15
714	Canned.....	Drained solids.....	142	15.0	24
715	Shortening, hydrogenated.....	187	8.8	7
716	Sirup, chocolate, canned.....	301	5.6	10
	Soup:				
	Canned, chunky:				
717	Beef.....	241	2.4	15
718	Chicken.....	241	1.8	15
	Dehydrated:				
719	Beef-flavored noodle.....	Reconstituted.....	229	6.2	10
720	Chicken noodle.....	Reconstituted.....	229	4.0	25
721	Chicken rice.....	Reconstituted.....	228	3.9	10
722	Green pea.....	Reconstituted.....	242	6.3	10
723	Onion.....	Reconstituted.....	230	5.8	10
724	Tomato-vegetable.....	Reconstituted.....	228	6.9	10
725	Spaghetti.....	Uncooked, broken.....	71	8.1	20
726	Spaghetti, canned, with tomato sauce and cheese.	253	2.7	30
727	Spaghetti sauce, canned.....	248	3.7	33
	Spinach:				
	Fresh.....	Uncooked:			
728		Chopped.....	52	5.2	13
729		Pieces.....	30	4.7	15
730		Whole leaves.....	33	6.0	27
731		Cooked, drained solids, whole leaves.	163	7.4	24
732	Canned.....	Drained solids.....	223	14.1	11
	Frozen:				
733	Chopped.....	Cooked, drained solids.....	220	7.0	15
734	Leaf.....	Cooked, drained solids.....	185	9.2	30
	Squash:				
735	Acorn, fresh.....	Cooked, drained solids, mashed.	231	3.3	13
736	Butternut, fresh.....	Uncooked, cubes.....	140	2.7	40
737		Cooked, drained solids, cubes	180	5.8	55
	Hubbard:				
	Fresh.....	Cooked, drained solids:			
738		Diced.....	235	3.1	5
739		Mashed.....	244	3.7	7
740	Frozen, cooked.....	Heated.....	243	3.0	23
741	White summer, fresh.....	Cooked, drained solids, mashed.	238	2.2	10
	Yellow summer:				
	Fresh.....	Cooked, drained solids:			
742		Diced.....	205	10.1	8
743		Slices.....	176	17.8	18

AVERAGE WEIGHT AND STANDARD DEVIATION OF A MEASURED CUP OF VARIOUS FOODS — Continued

Item No.	Food item and form purchased	Form of food prepared for use	Weight of 1 cup	Standard deviation	Number of samples
			<i>Grams</i>	<i>Grams</i>	
744	Squash, yellow summer--Continued Canned.....	Drained solids.....	206	10.4	10
745		Heated.....	197	9.5	10
746	Frozen, slices.....	Uncooked.....	174	6.9	10
747		Cooked, drained solids.....	180	5.6	15
	Zucchini:				
748	Fresh.....	Uncooked, slices.....	164	3.1	6
749		Cooked, drained solids, slices.	152	7.6	6
750	Frozen, slices.....	Cooked, drained solids.....	182	10.3	10
751	Stew vegetables, frozen.....	Cooked, drained solids.....	187	7.8	15
	Strawberries:				
752	Fresh.....	Crushed.....	232	4.2	140
753		Halves.....	152	5.2	10
754		Slices.....	166	...	2
755		Whole.....	151	8.3	152
756		Juice, strained.....	237	4.0	36
	Frozen, sweetened:				
757	Sliced.....	Solids and liquid.....	254	4.3	10
758		Drained solids.....	239	11.5	8
759	Whole.....	Solids and liquid.....	253	13.1	19
760		Drained solids.....	204	20.8	10
	Succotash:				
761	Canned.....	Drained solids.....	171	3.3	15
762	Frozen.....	Cooked, drained solids.....	192	13.6	18
	Sugar:				
763	Brown.....	Packed.....	211	22.5	118
764	Brownulated.....	152	1.7	8
765	Confectioner's.....	Unsifted.....	113	5.4	40
766		Sifted.....	95	3.9	64
767	Granulated.....	196	7.6	81
768	Raw.....	195	3.2	17
769	Superfine granulated.....	197	3.1	12
770	Sunflower seeds, in hulls, roasted	Hulled.....	125	3.2	15
	Sweetpotatoes:				
	Fresh.....	Cooked, drained solids:			
771		Mashed.....	253	7.2	23
772		Slices.....	159	13.3	21
773	Canned, in sirup.....	Drained solids.....	200	17.7	16
774		Slices.....	177	5.8	12
775	Canned, vacuum pack.....	Drained solids.....	238	13.2	15
776	Frozen, in sirup.....	Heated.....	229	12.4	15
777	Dehydrated flakes.....	Dry.....	116	5.2	22
778		Reconstituted.....	253	4.9	21
779	Tangerines, fresh.....	Sections, without membrane...	193	7.6	9
780		Sections, with membrane.....	159	6.3	30
781	Tapioca, quick-cooking.....	160	1.7	15
782	Tartar sauce, bottled.....	231	5.9	10

AVERAGE WEIGHT AND STANDARD DEVIATION OF A MEASURED CUP OF VARIOUS FOODS — Continued

Item No.	Food item and form purchased	Form of food prepared for use	Weight of 1 cup	Standard deviation	Number of samples
			<i>Grams</i>	<i>Grams</i>	
783	Tomatoes: Fresh.....	Slices.....	181	14.3	18
784	Canned, whole.....	Solids and liquid.....	237	6.2	36
785	Tomatoes, cherry.....	Without stems.....	149	3.7	15
786	Tomato juice, canned.....	243	9.2	6
787	Tomato paste, canned.....	263	14.3	11
788	Tomato puree, canned.....	250	9.8	29
789	Tomato sauce, canned.....	237	18.6	5
790	Topping, chocolate fudge, canned..	300	5.9	10
	Turkey, fresh or frozen:				
	Whole or pieces.....	Cooked, without skin:			
791		Chopped.....	140	12.2	19
792		Diced.....	144	11.7	16
793	Giblets.....	Cooked, chopped.....	127	3.6	10
794	Gizzards.....	Cooked, chopped.....	133	3.2	10
795	Hearts.....	Cooked, chopped.....	126	2.2	10
796	Livers.....	Cooked, chopped.....	133	2.2	10
797	Necks.....	Cooked, deboned, without skin	140	4.2	10
798	Turkey broth, without fat.....	237	3.4	8
	Turnip greens:				
799	Canned.....	Drained solids.....	159	19.6	20
800	Frozen.....	Cooked, drained solids.....	155	21.2	25
	Turnips, fresh.....	Uncooked:			
801		Diced.....	128	3.5	19
802		Slices.....	128	5.8	22
		Cooked, drained solids:			
803		Diced.....	160	4.9	58
804		Mashed.....	228	6.1	12
	Vegetables, mixed:				
805	Canned.....	Drained solids.....	163	11.7	15
806	Frozen.....	Cooked, drained solids.....	182	13.8	15
	Vegetables, <u>see</u> individual listings.				
807	Vinegar.....	239	3.2	10
808	Walnuts, English.....	Chopped.....	120	5.2	13
809	Water chestnuts, canned.....	Drained solids.....	158	3.4	15
810	Watercress, fresh.....	33	1.7	5
811	Watermelon, fresh.....	Diced, with seeds.....	160	6.6	8

AVERAGE WEIGHT AND STANDARD DEVIATION OF A MEASURED CUP OF VARIOUS FOODS – Continued

Item No.	Food item and form purchased	Form of food prepared for use	Weight of 1 cup	Standard deviation	Number of samples
			<i>Grams</i>	<i>Grams</i>	
812	Wheat, rolled:				
813	Hard.....	Uncooked.....	87	10.9	59
814	Soft.....	Cooked.....	217	12.4	6
		Uncooked.....	89	6.0	72
815	Wheat germ.....	Spooned.....	115	1.6	25
816	Wheat starch.....	Unsifted, spooned.....	123	2.1	20
817	Whey, liquid.....	244	1.5	10
	White sauce:				
818	Thin.....	Prepared from standard formula. ^{3/}	250	3.8	10
819	Medium.....	Prepared from standard formula. ^{3/}	251	11.7	13
820	Thick.....	Prepared from standard formula. ^{3/}	247	6.1	10
821	Wine, white, dry.....	223	...	3
822	Yeast, active dry.....	142	4.9	22
	Yogurt:				
823	Whole milk.....	245	4.6	11
824	Whole milk, partially skimmed...	249	5.1	10

^{1/}Ready-to-eat cereals are listed by brand name only as a means of identification.

^{2/}From Matthews, Ruth H., and Batcher, Olive M. Sifted versus unsifted flour. Jour. Home Econ. 55 (2): 123-124. 1963.

^{3/}U.S. Agricultural Research Service. Family fare. A guide to good nutrition. U.S. Dept. Agr. Home and Garden Bul. 1, 91 pp. 1974.

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