

DRY HERBS & SPICES

Name	Tbsp / Oz.	Oz. / Tbsp.
Allspice	4.92	0.203
Cayenne	5.30	0.189
Garlic Powder	4.32	0.231
Gran Garlic	2.66	0.376
Ginger	4.20	0.238
Oregano, ground	5.70	0.175
Black Pepper	4.20	0.238
Salt, Regular	1.55	0.645

STARCHES & PASTA

Name	Tbsp / Oz.	Oz. / Tbsp.
Adzuki Beans	1 cup	5.80 cups
Kidney Beans	1 cup	2.75 cups
Pinto Beans	1 cup	3.20 cups
White Beans	1 cup	2.75 cups
Barley	1 cup	4.00 cups
Brown Rice	1 cup	3.40 cups
Oatmeal	1 cup	2.50 cups
White Rice	1 cup	3.00 cups
Wild Rice	1 cup	3.75 cups
Pasta, dry	1 cup	2.5 to 3 lbs.

NUTS

Name	Lbs.	Shelled Yield
Almonds, whole	1 pound	5 oz.
Chestnuts, whole	1 pound	10 oz.
Pecans, whole	1 pound	8 oz.
Peanuts, whole	1 pound	11 oz.
Walnuts, whole	1 pound	4 oz.

MEAT

Name	Trimmed Yield
Beef, Strip Loin	70.0%
Beef, Top Round	75.0%
Pork Leg, Boned	62.5%
Pork Loin, Boned	52.8%
Catfish, drawn	45.0%
Salmon, Dressed	75.0%
Tuna, Dressed	65.0%
Lobster	20 - 33%
Shrimp, headless	65 - 70%
Chicken, whole	48% clean meat

DAIRY

Name	Unit	Yield
Butter	2 Tbsp.	1 oz.
Cheese (blocked)	1/4 lb.	1 cup, shredded
Cheese, cottage	1/2 lb.	1 cup
Cream, heavy	1 cup	2 cups, whipped
Parmesan Cheese	1 lb.	4.7 cups
Eggs	1 lb.	9 large, shelled

Produce - Fruits

Name	lbs. to Buy	% Yield
Apples, peeled, cored	1.18	85.0
Bananas, peeled	1.51	66.3
Cantaloupe, peeled	1.72	58.1
Grapfruit, sectioned	1.90	52.6
Lemons, juiced	2.42	41.3
Mango, peeled, sliced	1.45	68.8
Oranges, sectioned	2.90	34.4
Papaya, peeled	1.49	66.9
Peaches, peeled	1.28	78.1
Pineapple, peeled, cored	2.06	48.4
Strawberries, stemmed	1.09	91.9

Produce - Vegetables

Name	lbs. to Buy	Oz. / Tbsp.
Asparagus, trimmed	1.75	57.1
Avocado Flesh	1.27	78.6
Broccoli Flowerets	1.59	62.8
Cabbage	1.25	80.0
Carrots, Medium	1.23	81.3
Cauliflower	1.66	60.0
Celery	1.45	58.8
Cucumber	1.81	95.0
Eggplant, peeled	1.18	84.2
Garlic, peeled	1.20	88.1
Leeks, trimmed	2.28	43.8
Mushrooms	1.06	93.8
Okra	1.18	84.4
Onions, large	1.10	90.6
Peppers	1.23	81.3
Potato, peeled	1.28	78.1
Spinach, stemmed	1.52	65.6
Tomatoes, 5x6	1.08	98.4
Turnips, peeled	1.23	81.3
Yams, peeled	1.14	87.5
Zucchini	1.07	93.8