**SVI QM Training** Wendy Smylitopoulos May 16, 2015.

Equivalents

Volume:

c=cup, t = teaspoon, T = tablespoon

1 liter water weighs 1 kilogram

1 quart is 2 pints is 4 cups is +/\_ 1 liter

1 cup is 8 0z is 250 ml

1 cup is 16 T dry and 12 T wet

1 T is 3 t is 15 ml

1 oz is 2 T dry is 28.4g

1 oz is 30 ml wet

Weight:

Lb = pound, oz = ounce, k =kilogram, g = 1/10 k, mg = 1/1000 k

1 kilo is 2.2 pounds

1 lb butter is 2 cups is 454 g butters 2 loaves

1 lb meat etc is 0.45 k

1 c oatmeal is 1 ¾ c cooked

1 lb 454 g oatmeal is 5 1/3 c uncooked

1 c flour is 110 g is ¼ lb

1 c brown sugar is 180 g is 2/3 lb

1 c sugar is 225 g is ½ lb

1 c rice is 3 c cooked is ½ lb is 454 g

1 c instant rice is 1 1/3 c cooked

1 lb spaghetti is 454 g is 6 ½ c cooked

1 c shredded cheese is ¼ lb is 120 g

1 lb macaroni is 454 g is 8-10 c cooked

18 oz 510 g cold cereal is 18 servings

1 K 2.2 lb potatoes serves 6

1 K frozen veg serves 10-12

390 g graham crackers is 60 single crackers

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Ratio:

How to figure out what you need from what you can get;

A “serving” is a typical adult amount and would be considered small for many adults. Lots of recipes include the size of the serving, e.g. ½ c.

You have a recipe amount of 12 oz can for 6 servings and you are making for 25. How many can do you need?

Original quantity over number of servings (is to) = how much for new number of servings

You need 4 12 oz cans yes you could have done it more easily by knowing that 6 goes into 25 4 times with a bit left over but sometimes you need the complex arithmetic.

At some point the recipe will be significantly changed by the small fractions so pay attention.