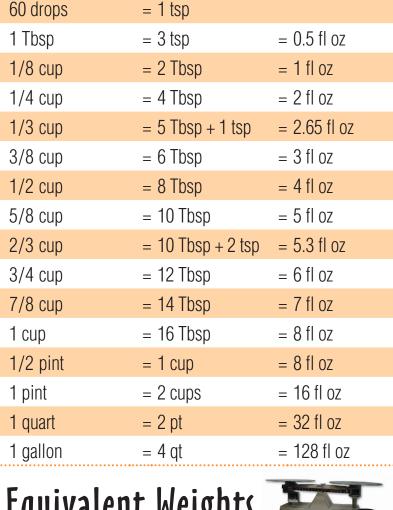
# Basics at a Glance

#### Recipe Abbreviations Volume Equivalents

•	
approx.	= approximate
tsp or t	= teaspoon
Tbsp or T	= tablespoon
С	= cup
pt	= pint
qt	= quart
gal	= gallon
wt	= weight
OZ	= ounce
lb or #	= pound (e.g., 3#)
g	= gram
kg	= kilogram
vol	= volume
mL	= milliliter
L	= liter
fl oz	= fluid ounce
No. or #	= number (e.g., #3)
in. or "	= inches (e.g., 12")
°F	= degree Fahrenheit
°C	<ul> <li>degree Celsius or centigrade</li> </ul>





LYUIVAI		pelouzy
16 oz	= 1 lb	= 1.000 lb
12 oz	= 3/4 lb	= 0.750 lb
8 oz	= 1/2 lb	= 0.500 lb

= 1/4 lb

= 1/16 lb

4 oz

1 oz

# Scoops (Dishers)

•	•				
Size/No.1	Level Measure	Color Code <sup>2</sup>			
6	2/3 cup	2/3 cup			
8	1/2 cup				
10	3/8 cup				
12	1/3 cup				
16	1/4 cup				
20	3-1/3 Tbsp				
24	2-2/3 Tbsp				
30	2 Tbsp				
40	1-2/3 Tbsp	1-2/3 Tbsp			
50	3-3/4 tsp	3-3/4 tsp			
60	3-1/4 tsp				
70	2-3/4 tsp	2-3/4 tsp			
100	2 tsp	2 tsp			

Scoops are left or right hand or squeeze-type that can be used for both hands. Number on the scoop indicates how many level scoopfuls make one quart. For example, eight No. 8 scoops = 1 quart

<sup>2</sup>Use colored dots matching the brand-specific color coding of scoop sizes.

Ladles 🚳 Portion Servers

Ladle fl oz	Appox. Measure	Portion Server fl oz
1 oz	1/8 cup	1 oz
2 oz	1/4 cup	2 oz
3 oz	3/8 cup	3 oz
4 oz	1/2 cup	4 oz
6 oz	3/4 cup	6 oz
8 oz	1 cup	8 oz
12 oz	1-1/2 cups	—

Ladles and portion servers (measuring-serving spoons that are volume-standardized) are labeled "oz." "Fl oz" would be more accurate since they measure volume, not weight.

Use ladles for serving soups, stews, creamed dishes, sauces, gravies, and other liquid products.

Use portion servers (solid or perforated) for portioning solids and semi-solids such as fruits and vegetables, and condiments.

### **Cooking or Serving Spoons**



Spoons vary in length (11", 13", 15", 18", 21") for ease of use in cooking or serving. Spoons can have plastic handles that are heat-resistant. Level scoops, ladles, and portion servers provide more accurate portion control than serving spoons that are not volume-standardized measure.



A thumb notch on a server or spoon handle prevents the spoon from slipping into the pan and prevents hands from sliding into the food. Triple-edge (solid or perforated) spoons have a flat edge that increases the area where the spoon touches the bottom of the pan when stirring.

#### Fraction to Decimal Equivalents



#### Metric Eqivalents by Weight

**Customary Unit** 

2.2 lb



**Metric Unit** 

= 0.250 lb

= 0.063 lb

## **Steamtable Pan Capacity**

Pan Size	Approx. Capacity	Serving Size	Ladle (fl oz)	Scoop #	Approx. # Servings	1/1	
12" x 20" x 2-1/2"	2 gal	1/2 cup	4 oz	8	64		
		3/8 cup	3 oz	10	80		20-3/4" x 12-3/4
		1/3 cup	2.65 oz	12	96		
e and e a		1/4 cup	2 oz	16	128	2/3	
12" x 20" x 4"	3-1/2 gal	1/2 cup	4 oz	8	112		
		3/8 cup	3 oz	10	135		13-7/8" x 12-3/4
		1/3 cup	2.65 oz	12	168		
		1/4 cup	2 oz	16	224	1/2	
12" x 20" x 6"	5 gal	1/2 cup	4 oz	8	160		
		3/8 cup	3 oz	10	200		10-3/8" x 12-3/4
		1/3 cup	2.65 oz	12	240		
		1/4 cup	2 oz	16	320	2/4	

1/8	= 0.125
1/4	= 0.250
1/3	= 0.333
3/8	= 0.375
1/2	= 0.500
5/8	= 0.625
2/3	= 0.666
3/4	= 0.750
7/8	= 0.875





This project has been funded at least in part with Federal funds from the U.S. Department of Agriculture, Food and Nutrition Service through an agreement with the Institute of Child Nutrition at The University of Mississippi. The contents of this publication do not necessarily reflect the views or policies of the U.S. Department of Agriculture, nor does mention of trade names, commercial products, or organizations imply endorsement by the U.S. government.

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(avoirdupois) Ounces (oz) Grams (g) = 28.35 g 1 oz = 113.4 g 4 oz 8 oz = 226.8 g 16 oz = 453.6 g Pounds (lb) Grams (g) 1 lb = 453.6 g = 907.2 g 2 lb Kilograms (kg) Pounds (lb)

= 1 kg (1000 g)



Customary Unit (fl oz)	Metric Unit
1 cup (8 fl oz)	= 236.59 mL
1 quart (32 fl oz)	= 946.36 mL
1.5 quarts (48 fl oz)	= 1.42 L
33.818 fl oz	= 1.0 L

# 20-3/4" x 6-7/16"

1/3

1/4

**Other Pan Sizes** 

#### Approximate Deminsions of Serving Sizes from Different Pan Sizes

Pan	Approx. Size	No. and Approx. Size Servings per Pan			
Baking or		25	50	100	
steamtable	12" x 20" x 2-1/2"	2" x 3-3/4"	2" x 2"		
Sheet or bun	18" x 26" x 1"	3-1/4" x 5"	3-1/4" x 2-1/2"	1-3/4" x 2-1/2"	

#### Cutting Diagrams for Portioning 📹

For 50 servings cut 5 x 10

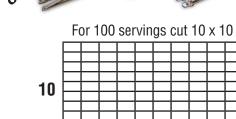
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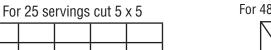
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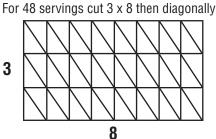
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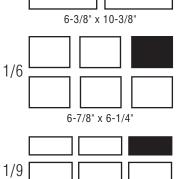




10







6-7/8" x 12-3/4

6-7/8" x 4-1/4"

Steamtable or counter pans are available in various sizes. Smaller size pans may require the use of an adapter bar.

800-321-3054

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07/2015