

# Fruits and Vegetables Conversion

Fresh or Frozen Produce	Weight by volume			
	¼ cup	½ cup	¾ cup	1 cup
Bell Pepper, strips	1.09 oz.	2.18 oz.	3.27 oz.	4.35 oz.
Broccoli, fresh florets	0.56 oz.	1.11 oz.	1.67 oz.	2.22 oz.
Broccoli, frozen chopped	1.67 oz.	3.33 oz.	5.00 oz.	6.67 oz.
Carrots, baby	1.24 oz.	2.48 oz.	3.72 oz.	4.96 oz.
Carrots, frozen sliced	1.62 oz.	3.24 oz.	4.86 oz.	6.48 oz.
Cauliflower, fresh florets	0.87 oz.	1.75 oz.	2.62 oz.	3.50 oz.
Celery Sticks	1.14 oz.	2.29 oz.	3.43 oz.	4.57 oz.
Corn, frozen	1.45 oz.	2.90 oz.	4.36 oz.	5.82 oz.
Cucumbers, diced or sliced	1.52 oz.	3.05 oz.	4.57 oz.	6.09 oz.
French Fries, crinkle-cut, cooked	0.99 oz.	1.97 oz.	2.96 oz.	3.94 oz.
French Fries, straight-cut, cooked	1.14 oz.	2.29 oz.	3.43 oz.	4.57 oz.
Grapes, fresh	1.52 oz. (-7 ea.)	3.05 oz. (-14 ea.)	4.56 oz. (-21 ea.)	6.09 oz. (-28 ea.)
Green Peas, frozen	1.67 oz.	3.33 oz.	5.00 oz.	6.67 oz.
Hash Browns, frozen diced	2.08 oz.	4.16 oz.	6.23 oz.	8.31 oz.
Lettuce, Iceberg, ready-to-use	0.55 oz.	1.10 oz.	1.64 oz.	2.19 oz.
Lettuce, Romaine	0.51 oz.	1.02 oz.	1.53 oz.	2.04 oz.
Onions, chopped	1.72 oz.	3.44 oz.	5.16 oz.	6.88 oz.
Potato Rounds/Tater Tots	1.26 oz.	2.52 oz.	3.78 oz.	5.04 oz.
Spinach, raw leaves	0.63 oz.	1.25 oz.	1.88 oz.	2.50 oz.
Spinach, fresh, cooked	2.10 oz.	4.21 oz.	6.32 oz.	8.42 oz.
Summer Squash, raw, sliced	1.03 oz.	2.06 oz.	3.10 oz.	4.13 oz.
Tomatoes, cherry	1.32 oz. (-3 ea.)	2.64 oz. (-6 ea.)	3.97 oz. (-9 ea.)	5.29 oz. (-12 ea.)
Tomatoes, diced	2.10 oz.	4.21 oz.	6.32 oz.	8.42 oz.
Zucchini, raw, cubed	1.26 oz.	2.52 oz.	3.78 oz.	5.04 oz.

Canned Produce	Cups per purchase unit		
	Cups/#10 can	Cups/#2½ can	Cups/#300 can
Baked Beans, vegetarian, heated	1¼ c.	N/A	1¼ c.
Black Beans, drained and heated	6% c.	N/A	1% c.
Corn, kernels, drained and heated	9% c.	N/A	1% c.
Garbanzo Beans, drained	10% c.	N/A	1% c.
Green Beans, cut, drained	12% c.	3% c.	1% c.
Green Peas, drained	10% c.	N/A	1% c.
Peaches, diced, drained	8% c.	2% c.	N/A
Peaches, diced, w/liquid	12% c.	3% c.	N/A
Pears, diced, drained	9% c.	2% c.	N/A
Pineapple Tidbits, drained	8% c.	N/A	N/A
Pineapple Tidbits, w/liquid	12 c.	N/A	N/A
Refried Beans, heated	12% c.	N/A	1% c.

ea. = each

N/A = Not Available

Source: USDA Food Buying Guide March 2014

