



Flour, Meal, Bran, and Crumbs

Item	Ounces per Cup	Cups per Pound	Ounces per Pint	Pints per Pound	Pounds per Pint
Bisquick Mix	4.00	4.0	8.0	2.0	0.50
Breadcrumbs, Dry	3.50	4.6	7.0	2.3	0.44
Breadcrumbs, Japanese	2.80	5.7	5.6	2.9	0.35
Cornflake Crumbs, Fine	4.15	3.9	8.3	1.9	0.52
Cornflake Crumbs, Hand Crushed	2.15	7.4	4.3	3.7	0.27
Cornmeal Mix	6.00	2.7	12.0	1.3	0.75
Cornmeal, Degermed, Coarse	4.85	3.3	9.7	1.6	0.61
Cornmeal, Fine	6.30	2.5	12.6	1.3	0.79
Cornmeal, Whole Grain, Coarse	4.30	3.7	8.6	1.9	0.54
Cornstarch	4.70	3.4	9.4	1.7	0.59
Cracker Crumbs, Saltine	3.20	5.0	6.4	2.5	0.40
Flour, All Purpose	4.60	3.48	9.2	1.74	0.57
Flour, Bread	4.80	3.3	9.6	1.7	0.60
Flour, Buckwheat, Whole Groat	4.25	3.8	8.5	1.9	0.53
Flour, Cake	3.90	4.1	7.8	2.1	0.49
Flour, High-Gluten	5.00	3.2	10.0	1.6	0.63
Flour, Masa (Corn)	4.15	3.9	8.3	1.9	0.52
Flour, Pastry	4.25	3.8	8.5	1.9	0.53
Flour, Potato	6.35	2.5	12.7	1.3	0.79
Flour, Rice, Brown	5.50	2.9	11.0	1.5	0.69
Flour, Rice, White	5.60	2.9	11.2	1.4	0.70
Flour, Rye, Dark	4.50	3.6	9.0	1.8	0.56
Flour, Rye, Light and Medium	3.60	4.4	7.2	2.2	0.45
Flour, Self-rising Wheat, White	4.40	3.6	8.8	1.8	0.55
Flour, Soybean, Defatted	3.50	4.6	7.0	2.3	0.44
Flour, Soybean, Full-fat	3.00	5.3	6.0	2.7	0.38
Flour, Triticale, Whole Grain	4.60	3.5	9.2	1.7	0.58
Flour, Whole Wheat	4.25	3.8	8.5	1.9	0.53



Seafood

Item	Filet Yield Percent*	Edible Ounces per AP Pound
Bass, Sea, Drawn	50%	8
Bass, Striped, Drawn	60%	9.6
Catfish, Drawn	45%	7.2
Cod, Atlantic, Drawn	45%	7.2
Cod, Pacific, Drawn	35%	5.6
Flounder, Drawn	45%	7.2
Halibut, Dressed	60%	9.6
Pompano, Drawn	45%	7.2
Salmon, Dressed	75%	12
Swordfish, Dressed	60%	9.6
Swordfish, Loin	90%	14.4
Tilapia, Dressed	45%	7.2
Trout, Drawn	50%	8
Tuna, Dressed	65%	10.4
Tuna, Loin	95%	15.2

*Fishing/harvesting methods, time, temperature, and distance in