

Demonstration Big Forms

Instructions

The next page contains a menu of all of the separate publications available as part of the **BigForms** package. They are all in one big PDF file. You can view or print any and all of the forms. By selecting a particular form you will jump to that form in the big file. You can use the navigation buttons to move back and forth in the file. If you want to print any form **be sure to select “current page” or indicate the page numbers** in the print range selection box. If you just select print, 150 pages will be printed.

You can purchase a PDF file containing all the publications above by going to www.ebookmall.com. Enter the publication name “BigForms” in the search box. The cost for downloading the package containing all the publications is \$4.95.

For any questions:

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Go to Selection Menu

Select the Demo version to view or print

2008 Weekly Appointments Book (55 pages)

Blood Pressure Log (To record BP and Pulse)

Disaster Supplies List (26 pages)

Common Food Measurements and Conversions

Family Monthly Budget

Golf Scorecard

Glucose Log (record glucose meter readings)

Insulin Log (record insulin injections)

Prevention Records 7 pages of health information)

Supermarket Shopping List (5 pages of check-off items)

Food Sources of Selected Nutrients (32 pages)

[Return to First Page](#)

Family Monthly Budgeting Worksheet

Housing

Mortgage or rent _____
Second mortgage or rent _____
Homeowner's Assoc. _____
Electricity _____
Gas _____
Water and sewer _____
Cable _____
Waste removal _____
Maintenance or repairs _____
Supplies _____
Upgrade _____
Taxes (Set aside if annual) _____
Other _____

Reserved for Demonstration

Subtotal

\$ _____

Credit Cards

Card #1 _____
Balance _____
Card #2 _____
Balance _____
Card #3 _____
Balance _____
Card #4 _____
Balance _____

Other _____

Subtotal

\$ _____

Debts

Creditor #1 _____

Balance _____

Creditor #2 _____

Balance _____

Creditor #3 _____

Balance _____

Creditor #4 _____

Balance _____

Other _____

Balance _____

Subtotal

\$ _____

Transportation

Vehicle 1 payment _____

Vehicle 2 payment _____

Auto Club _____

Bus/taxi fare _____

Insurance _____

Licensing _____

Fuel _____

Maintenance & repair _____

Other _____

Subtotal

\$ _____

provided for Demonstration

Insurance

Home _____
Health _____
Life _____
Other _____

Subtotal \$ _____

Food

Groceries _____
Dining out _____
Other _____
Other _____

Subtotal \$ _____

Miscellaneous

Church and Charity _____
Cleaning Supplies _____
Club/Association Dues _____
Entertainment, Cable, Video _____
Gifts _____
Newspaper, Magazines _____
Postage _____
Prescriptions _____
Savings/Investments _____
School Tuition/Supplies _____
Telephone _____
Travel/Entertainment _____

Provided for Demonstration

Vacation/Holiday Fund _____

Other _____

Other _____

Other _____

Subtotal

\$ _____

Children

Medical _____

Clothing _____

School tuition _____

School supplies _____

Organization dues or fees _____

Lunch money _____

Child care _____

Toys/games _____

Other _____

Subtotal

\$ _____

Provided for Demonstration

Pets

Food _____

Medical _____

Grooming _____

Toys _____

Other _____

Subtotal

\$ _____

Personal Care

Medical Bills & CoPay _____

Hair/nails _____

Clothing _____

Dry cleaning _____

Health club _____

Organization dues or fees _____

Pharmacy _____

Other _____

Subtotal

\$ _____

Total All Categories

\$ _____

Provided for Demonstration

Holidays, Important Dates, Appointments

2008

Provided for Demonstration

Distributed by:

Virginia M. Woolf Foundation

For Information about the foundation
and a list of other publications:

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Holidays, Important Dates, Appointments

for **January 2008**

31 Mon. (Dec. 2007) New Year's Eve _____

1 Tues. New Year's Day _____

2 Wed. _____

3 Thurs. _____

4 Fri. _____

5 Sat. _____

6 Sun. _____

Observed for Demonstration

Holidays, Important Dates, Appointments
for **January 2008**

7 Mon. _____

8 Tues. _____

9 Wed. _____

10 Thurs. _____

11 Fri. _____

12 Sat. _____

13 Sun. _____

Provided for Demonstration

Holidays, Important Dates, Appointments
for **January 2008**

14 Mon. _____

15 Tues. _____

16 Wed. _____

17 Thurs. _____

18 Fri. _____

19 Sat. _____

20 Sun. _____

Provided for Demonstration

Holidays, Important Dates, Appointments

for **January 2008**

21 Mon. Martin Luther King Jr. Day _____

22 Tues. Tu B'Shvat _____

23 Wed. _____

24 Thurs. _____

25 Fri. _____

26 Sat. _____

27 Sun. _____

Provided for Demonstration

Holidays, Important Dates, Appointments
for **January-February 2008**

28 Mon. _____

29 Tues. _____

30 Wed. _____

31 Thurs. _____

1 Fri. (February) _____

2 Sat. Groundhog Day _____

3 Sun. _____

Holidays, Important Dates, Appointments
for **February 2008**

4 **Mon.** _____

5 **Tues.** Mardi Gras _____

6 **Wed.** Ash Wednesday _____

7 **Thurs.** Chinese New Year _____

8 **Fri.** _____

9 **Sat.** _____

10 **Sun.** _____

Holidays, Important Dates, Appointments
for **February 2008**

11 Mon. _____

12 Tues. _____

13 Wed. _____

14 Thurs. Valentine's Day _____

15 Fri. _____

16 Sat. _____

17 Sun. _____

Observed for Demonstration

Holidays, Important Dates, Appointments
for **February 2008**

18 Mon. President's Day _____

19 Tues. _____

20 Wed. _____

21 Thurs. _____

22 Fri. _____

23 Sat. _____

24 Sun. _____

Provided for Demonstration

Holidays, Important Dates, Appointments
for **February - March 2008**

25 Mon. _____

26 Tues. _____

27 Wed. _____

28 Thurs. _____

29 Fri. _____

1 Sat. (March) _____

2 Sun. _____

Holidays, Important Dates, Appointments
for **March 2008**

3 Mon. _____

4 Tues. _____

5 Wed. _____

6 Thurs. _____

7 Fri. _____

8 Sat. _____

9 Sun. Daylight Savings Begins _____

Provided for Demonstration

Holidays, Important Dates, Appointments
for **March 2008**

10 Mon. _____

11 Tues. _____

12 Wed. _____

13 Thurs. _____

14 Fri. _____

15 Sat. _____

16 Sun. _____

Provided for Demonstration

Holidays, Important Dates, Appointments
for **March 2008**

17 Mon. St. Patrick's Day _____

18 Tues. _____

19 Wed. _____

20 Thurs. _____

21 Fri. Good Friday _____

22 Sat. _____

23 Sun. Easter _____

Observed for Demonstration

Holidays, Important Dates, Appointments
for **March 2008**

24 Mon. _____

25 Tues. _____

26 Wed. _____

27 Thurs. _____

28 Fri. _____

29 Sat. _____

30 Sun. _____

Provided for Demonstration

Holidays, Important Dates, Appointments
for **March-April 2008**

31 Mon. _____

1 Tues. (April) April Fool's Day _____

2 Wed. _____

3 Thurs. _____

4 Fri. _____

5 Sat. _____

6 Sun. _____

Reserved for Demonstration

Holidays, Important Dates, Appointments
for **April 2008**

7 Mon. _____

8 Tues. _____

9 Wed. _____

10 Thurs. _____

11 Fri. _____

12 Sat. _____

13 Sun. _____

Reserved for Demonstration

Holidays, Important Dates, Appointments
for **April 2008**

14 Mon. _____

15 Tues. Tax Day _____

16 Wed. _____

17 Thurs. _____

18 Fri. _____

19 Sat. _____

20 Sun. Passover _____

Provided for Demonstration

Holidays, Important Dates, Appointments
for **April 2008**

21 Mon. _____

22 Tues. Earth Day _____

23 Wed. _____

24 Thurs. _____

25 Fri. Arbor Day _____

26 Sat. _____

27 Sun. _____

Provided for Demonstration

Holidays, Important Dates, Appointments
for **April-May 2008**

28 Mon. _____

29 Tues. _____

30 Wed. _____

1 Thurs. (May) _____

2 Fri. _____

3 Sat. _____

4 Sun. _____

Provided for Demonstration

Holidays, Important Dates, Appointments
for **May 2008**

5 **Mon.** Cinco de Mayo _____

6 **Tues.** _____

7 **Wed.** _____

8 **Thurs.** _____

9 **Fri.** _____

10 **Sat.** _____

11 **Sun.** Mother's Day _____

Provided for Demonstration

Holidays, Important Dates, Appointments
for **May 2008**

12 Mon. _____

13 Tues. _____

14 Wed. _____

15 Thurs. _____

16 Fri. _____

17 Sat. Armed Forces Day _____

18 Sun. _____

Excused for Demonstration

Holidays, Important Dates, Appointments
for **May 2008**

19 Mon. _____

20 Tues. _____

21 Wed. _____

22 Thurs. _____

23 Fri. _____

24 Sat. _____

25 Sun. _____

Provided for Demonstration

Holidays, Important Dates, Appointments

for **May-June 2008**

26 Mon. Memorial Day _____

27 Tues. _____

28 Wed. _____

29 Thurs. _____

30 Fri. _____

31 Sat. _____

1 Sun. (June) _____

Excused for Demonstration

Holidays, Important Dates, Appointments
for **June 2008**

2 Mon. _____

3 Tues. _____

4 Wed. _____

5 Thurs. _____

6 Fri. _____

7 Sat. _____

8 Sun. _____

Provided for Demonstration

Holidays, Important Dates, Appointments
for **June 2008**

9 **Mon.** Shavuot _____

10 **Tues.** _____

11 **Wed.** _____

12 **Thurs.** _____

13 **Fri.** _____

14 **Sat.** Flag Day _____

15 **Sun.** Father's Day _____

Provided for Demonstration

Holidays, Important Dates, Appointments
for **June 2008**

16 Mon. _____

17 Tues. _____

18 Wed. _____

19 Thurs. _____

20 Fri. Summer Begins _____

21 Sat. _____

22 Sun. _____

Provided for Demonstration

Holidays, Important Dates, Appointments
for **June 2008**

23 Mon. _____

24 Tues. _____

25 Wed. _____

26 Thurs. _____

27 Fri. _____

28 Sat. _____

29 Sun. _____

Provided for Demonstration

Holidays, Important Dates, Appointments
for **June-July 2008**

30 Mon. _____

1 Tues. (July) Canada Day _____

2 Wed. _____

3 Thurs. _____

4 Fri. Independence Day _____

5 Sat. _____

6 Sun. _____

Provided for Demonstration

Holidays, Important Dates, Appointments
for **July 2008**

7 Mon. _____

8 Tues. _____

9 Wed. _____

10 Thurs. _____

11 Fri. _____

12 Sat. _____

13 Sun. _____

Provided for Demonstration

Holidays, Important Dates, Appointments
for **July 2008**

14 Mon. Bastille Day _____

15 Tues. _____

16 Wed. _____

17 Thurs. _____

18 Fri. _____

19 Sat. _____

20 Sun. _____

Provided for Demonstration

Holidays, Important Dates, Appointments
for **July 2008**

21 Mon. _____

22 Tues. _____

23 Wed. _____

24 Thurs. _____

25 Fri. _____

26 Sat. _____

27 Sun. _____

Provided for Demonstration

Holidays, Important Dates, Appointments
for **July-August 2008**

28 Mon. _____

29 Tues. _____

30 Wed. _____

31 Thurs. _____

1 Fri. (August) _____

2 Sat. _____

3 Sun. _____

Provided for Demonstration

Holidays, Important Dates, Appointments
for **August 2008**

4 Mon. _____

5 Tues. _____

6 Wed. _____

7 Thurs. _____

8 Fri. _____

9 Sat. _____

10 Sun. _____

Provided for Demonstration

Holidays, Important Dates, Appointments
for **August 2008**

11 Mon. _____

12 Tues. _____

13 Wed. _____

14 Thurs. _____

15 Fri. _____

16 Sat. _____

17 Sun. _____

Provided for Demonstration

Holidays, Important Dates, Appointments
for **August 2008**

18 Mon. _____

19 Tues. _____

20 Wed. _____

21 Thurs. _____

22 Fri. _____

23 Sat. _____

24 Sun. _____

Provided for Demonstration

Holidays, Important Dates, Appointments
for **August 2008**

25 Mon. _____

26 Tues. _____

27 Wed. _____

28 Thurs. _____

29 Fri. _____

30 Sat. _____

31 Sun. _____

Provided for Demonstration

Holidays, Important Dates, Appointments
for **September 2008**

1 **Mon.** Labor Day _____

2 **Tues.** Ramadan _____

3 **Wed.** _____

4 **Thurs.** _____

5 **Fri.** _____

6 **Sat.** _____

7 **Sun.** Grandparents's Day _____

Provided for Demonstration

Holidays, Important Dates, Appointments
for **September 2008**

8 Mon. _____

9 Tues. _____

10 Wed. _____

11 Thurs. _____

12 Fri. _____

13 Sat. _____

14 Sun. _____

Provided for Demonstration

Holidays, Important Dates, Appointments
for **September 2008**

15 Mon. _____

16 Tues. _____

17 Wed. _____

18 Thurs. _____

19 Fri. _____

20 Sat. _____

21 Sun. _____

Provided for Demonstration

Holidays, Important Dates, Appointments

for **September 2008**

22 Mon. Autumn Begins _____

23 Tues. _____

24 Wed. _____

25 Thurs. _____

26 Fri. _____

27 Sat. _____

28 Sun. _____

Provided for Demonstration

Holidays, Important Dates, Appointments
for **September-October 2008**

29 Mon. _____

30 Tues. Rosh Hashanah _____

1 Wed. (October) _____

2 Thurs. _____

3 Fri. _____

4 Sat. _____

5 Sun. _____

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Holidays, Important Dates, Appointments
for **October 2008**

6 Mon. _____

7 Tues. _____

8 Wed. _____

9 Thurs. Yom Kippur _____

10 Fri. _____

11 Sat. _____

12 Sun. _____

Holidays, Important Dates, Appointments
for **October 2008**

13 Mon. Columbus Day _____

14 Tues. Sukkot _____

15 Wed. _____

16 Thurs. _____

17 Fri. _____

18 Sat. _____

19 Sun. _____

Provided for Demonstration

Holidays, Important Dates, Appointments
for **October 2008**

20 Mon. _____

21 Tues. _____

22 Wed. _____

23 Thurs. _____

24 Fri. United Nations Day _____

25 Sat. _____

26 Sun. Mother-in-Law Day _____

Holidays, Important Dates, Appointments
for **October-November 2008**

27 Mon. Simhat Torah _____

28 Tues. _____

29 Wed. _____

30 Thurs. _____

31 Fri. Halloween _____

1 Sat. (November) _____

2 Sun. Daylight Savings Ends _____

Provided for Demonstration

Holidays, Important Dates, Appointments
for **November 2008**

3 Mon. _____

4 Tues. Election Day _____

5 Wed. _____

6 Thurs. _____

7 Fri. _____

8 Sat. _____

9 Sun. _____

Provided for Demonstration

Holidays, Important Dates, Appointments
for **November 2008**

10 Mon. _____

11 Tues. Veteran's Day _____

12 Wed. _____

13 Thurs. _____

14 Fri. _____

15 Sat. _____

16 Sun. _____

Provided for Demonstration

Holidays, Important Dates, Appointments
for **November 2008**

17 Mon. _____

18 Tues. _____

19 Wed. _____

20 Thurs. _____

21 Fri. _____

22 Sat. _____

23 Sun. _____

Provided for Demonstration

Holidays, Important Dates, Appointments
for **November 2008**

24 Mon. _____

25 Tues. _____

26 Wed. _____

27 Thurs. Thanksgiving _____

28 Fri. _____

29 Sat. _____

30 Sun. _____

Provided for Demonstration

Holidays, Important Dates, Appointments
for **December 2008**

1 Mon. _____

2 Tues. _____

3 Wed. _____

4 Thurs. _____

5 Fri. _____

6 Sat. _____

7 Sun. _____

Provided for Demonstration

Holidays, Important Dates, Appointments
for **December 2008**

8 Mon. _____

9 Tues. _____

10 Wed. _____

11 Thurs. _____

12 Fri. _____

13 Sat. _____

14 Sun. _____

Provided for Demonstration

Holidays, Important Dates, Appointments
for **December 2008**

15 Mon. _____

16 Tues. _____

17 Wed. _____

18 Thurs. _____

19 Fri. _____

20 Sat. _____

21 Sun. _____

Provided for Demonstration

Holidays, Important Dates, Appointments
for **December 2008**

22 Mon. Hanukkah _____

23 Tues. _____

24 Wed. _____

25 Thurs. Christmas _____

26 Fri. Kwanza _____

27 Sat. _____

28 Sun. _____

Observed for Demonstration

Holidays, Important Dates, Appointments
for **December 2008**

29 Mon. _____

30 Tues. _____

31 Wed. New Year's Eve _____

1 Thurs. (January 2009) _____

2 Fri. _____

3 Sat. _____

4 Sun. _____

To order a 2009 Calendar or for a list of other
publications:

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Provided for Demonstration

Adapted From the U.S. Coast Guard Suggested Hurricane Supply List

A Disaster Supply List

To prepare for the unknown, each home should have a 72-hour Disaster Survival Kit. You will need to pack some essential items to help you and your family survive, whether you stay at home or leave it during a disaster.

Ensure at least three-days (72 hours) supply for each person. Do not forget pets where applicable! The following is a minimum suggested list of Survival Kit supplies:

Drinking Water:

One gallon per person/per day in unbreakable containers, Avoid using containers that will decompose or break, such as milk cartons or glass bottles. A normally active person needs to drink at least two quarts of water each day. Hot environments and intense physical activity can double that amount. Children, nursing mothers, and ill people will need more.

Don't forget to add additional water for mixing formula if you have children and for your pets. Rotate the drinking



water each year.

Food preparation and sanitation require another two quarts (minimum) per person daily.

Purchased bottled water that has been sealed is best for storage. It meets FDA guidelines for food and is not as vulnerable to temperature changes as unsealed water

Tip: Purchase water this year and use it for drinking next year. This allows for rotation on an annual basis and keeps the water fresh. **Yes water can go bad!**

Water for sanitation use:



Store extra containers of water to be used for flushing toilets, cleaning, and bathing.

Purchase water purification tablets (Halesowen) to be used if you still have running water but are told to boil water before using it. This allows you to fill the bathtub and other containers without purchasing expensive drinking water.

Tip: Keep plastic containers (milk jugs and other containers) and fill them with water when a storm threatens. You can put these items in the freezer to keep food cold longer in the

event that the electricity goes out.

Non-perishable Food:



Maintain at least 3-7 days of food for each member of the family.

Small, preferably single serving cans (should not require cooking or refrigeration). Dried fruit, peanut butter and jelly, coffee, tea, soft drinks and pet foods.

Ready-to-eat canned meats, fruits and vegetables.

Canned juices, milk, soup (if powdered, store extra water).

Staples - sugar, salt, pepper in water proof containers.

High energy foods like crackers, granola bars, trail mix.

Raw vegetables that do not need refrigeration.

Fresh bread.

Comfort/stress foods - cookies, hard candy, sweetened cereals, lollipops, instant **coffee, tea bags.**

Sterno for cooking.

Vitamins

Food for infants

Paper cups, plates, and plastic utensils



Non-electric can opener

Aluminum foil

Plastic storage containers

Lots of ice (you can freeze your water supply)

Pedialyte (to restore hydration if needed)

Tip: Purchase only items that you like to eat and would eat even without a storm. Rotate these items by using them Dec-May each year and purchasing new items Jan-May. This allows you to reduce the cost of buying items for a hurricane kit at one time and keeps the items fresh. **Yes even canned goods have a shelf life!**

Baby Needs:

Special foods (enough for several days)

Formula (enough for several days)

Extra diapers

Medicines (get a copy of prescription)

Blankets

Diaper Rash Ointment

Baby Wipes

Powder

Bottles

Pacifier

Favorite toy/blanket

Medicine dropper



Provided for Demonstration

Sanitation

Toilet paper, towelettes, soap, baby wipes, liquid hand sanitizer

Liquid detergent

Feminine supplies



Personal hygiene items (toothpaste, deodorant, shampoo etc.)

Plastic garbage bags, ties (for personal sanitation uses)

Plastic bucket with tight lid

Household chlorine bleach, disinfectant

Plenty of absorbent towels

provided for demonstration

First Aid Kit

Assemble a first aid kit for your home and one for each car.

Adhesive bandages various sizes - Sterile gauze pads (various sizes)

Germicidal hand wipes or waterless alcohol-based hand sanitizer

Non-latex gloves - Adhesive tape - Anti-bacterial ointment - Antiseptic spray

Cold packs (non refrigerated type) - Scissors - Tweezers - Rubbing alcohol

CPR breathing barrier, such as a face shield - Thermometer, Safety pins.

Non-Prescription Drugs



Aspirin or nonaspirin pain reliever, Benadryl, peroxide

Anti-diarrhea medication, Antacid (for stomach upset)

Syrup of Ipecac (use to induce vomiting if advised by the Poison Control Center)

Laxative

Activated charcoal (use if advised by the Poison Control Center)

Prescription Drugs

Heart and high blood pressure medication

Insulin (enough for a 30 day supply)

Hearing Aid and extra batteries

Prescription drugs

Denture needs

Contact lenses and supplies

Extra eye glasses

Tip: If your insurance will allow, get a 90 day supply of prescriptions and have at least a 30 day supply on hand. Don't wait until a couple of days before a storm to go to the pharmacy for refills. You may not get your prescription refilled; the lines are long and they run out of supplies very quickly.



Clothing and Bedding

Include at least one complete change of clothing and footwear per person.

Sturdy shoes or work boots

Towels



Rain gear

Blankets or sleeping bags

Pillows

Hat and gloves

Sunglasses

Tent

Lawn chairs

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Entertainment

Games

Books

Cards

Extra batteries for games

Coloring books, crayons.

Miscellaneous

Wind-up or battery-operated clock

Paper, pencil

Needles, thread

Camping utensils

Map of the area (for locating shelters) and returning to the area.

Cash or traveler's checks

Tip: Have enough cash to sustain you through a 2 week period. Without electricity, most businesses (if open) will not accept credit cards and may not accept traveler's checks.

Emergency preparedness manual

Citronella candles

Tools and Supplies:

Masking and/or duct tape Handsaw Razor knife Ax or chain saw

Nails and screws Ladder Portable generator Wheelbarrow

Bucket/mop, broom Fire extinguisher Hammer Screwdriver

Pliers/wrenches Rope caulk All purpose cleaner Sandbags

Shovel, rake Plywood Plastic sheet/drop cloth Bleach

Tarps to cover roof Portable a/c unit BBQ grill Extra filled propane tanks

Utility knife Bug repellent Compass Tape, duct tape

Provided for demonstration

Signal flare	Battery operated radio with extra batteries	Fire Extinguisher: small canister ABC type	Sun screen
--------------	---------------------------------------------	--------------------------------------------	------------

(2-3) Flashlights with extra batteries and bulbs	Matches in waterproof container	Shut-off wrench to turn off household gas and water	Whistle
--------------------------------------------------	---------------------------------	-----------------------------------------------------	---------

Provided for Demonstration

Not evacuating and staying home?

Ensure you have enough food, water, medications, and other supplies in your survival kit to last at least 2 weeks.

Turn refrigerator to coldest setting and keep closed.

Turn off propane tanks.

Unplug small appliances.

Fill bathtub and other containers with water for cleaning and flushing. Additional water is stored for drinking.

Cover all windows and other openings with hardened protections. If you do not have manufactured shutters, cut plywood and secure to protect the windows.

Close all interior doors and brace outer doors.

Select an interior room to use as a safe room.

Plan as though you were evacuating and have enough cash on hand to sustain purchasing of gas, food, and other supplies in the days following the storm.

If you have a generator, ensure you have enough gas on

hand to sustain usage for several days.

Ensure you have sufficient medications in case you are confined to your home for several days. Post-storm there may not be any electricity and pharmacies will probably closed even with a minor storm.

Plan to cook on a camp stove or grill in the days immediately after the storm passes.

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Family Disaster Supplies Calendar

A Checklist

The Family Disaster Supplies Calendar is intended to help you prepare for disasters before they happen. For example, to prepare for Florida's Hurricane Season, at the beginning of the year, using this calendar, your family can assemble an emergency kit in small steps over a six month period. Check off each week as you gather the items. Supplies may be stored all together in a large plastic garbage can or food may be kept on kitchen shelves. Remember to rotate your perishable supplies and change water every six months.

WEEK 1

Grocery Store

- ___ 1 gallon of water*
- ___ 1 jar of peanut butter*
- ___ 1 large can juice*
- ___ 1 can meat*
- ___ hand-operated can opener
- ___ instant coffee, tea, powdered soft drinks
- ___ permanent marking pen to mark date on cans
(remember 1 gallon of water for each pet

Also: pet food, diapers, and/or baby food if needed

To Do:

- ___ Make a family plan.
- ___ Date each perishable food item using marking pen.

WEEK 2

Hardware Store

___ crescent wrench

___ heavy rope

___ duct tape

Also: a leash or carrier for your pet, if needed

To Do:

___ Check your house for hazards.

___ Locate your gas meter and water shutoffs and attach a wrench near them.

WEEK 3

Grocery Store

___ 1 gallon of water*

___ 1 can meat*

___ 1 can fruit*

___ sanitary napkins

___ video tape

(remember 1 gallon of water for each pet)

Also: pet food, diapers, and/or baby food, if needed

To Do:

___ Use a video camera to tape the contents of your home for insurance purposes.

___ Store video tape with friend/family member who lives out of town.

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WEEK 4

Hardware Store

- ___ plumber's tape
- ___ crowbar
- ___ smoke detector with battery

Also: extra medications or a prescription marked "emergency use, " if needed

To Do:

- ___ Install or test your smoke detector.
- ___ Tie water heater to wall studs using plumber's tape.

WEEK 5

Grocery Store

- ___ 1 gallon of water*
- ___ 1 can meat*
- ___ 1 can fruit*
- ___ 1 can vegetables*
- ___ 2 rolls toilet paper*
- ___ extra toothbrush*
- ___ travel size toothpaste

Also: special food for special diets, if needed.

To Do:

- ___ Have a fire drill at home.

Excluded for Demonstration

WEEK 6

First Aid Supplies

- ___ aspirin and/or acetaminophen
- ___ compresses
- ___ rolls of gauze or bandages
- ___ first aid tape
- ___ adhesive bandages (in assorted sizes)

Also: extra hearing aid batteries, if needed

To Do: Check with your child's day care or school to find out about their disaster plans.

WEEK 7

Grocery Store

- ___ 1 gallon of water*
- ___ 1 can ready to eat soup (not concentrate)*
- ___ 1 can fruit*
- ___ 1 can vegetables*

Also: extra plastic baby bottles, formula and diapers if needed

To Do:

- ___ Establish an out-of-state contact to call in case of emergency.

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WEEK 8

First Aid Supplies

- ___ scissors
- ___ tweezers
- ___ antiseptic
- ___ thermometer
- ___ liquid hand soap
- ___ disposable hand wipes
- ___ sewing kit

Also: extra eyeglasses, if needed.

To Do:

- ___ Place a pair of shoes and a flashlight under your bed so that they are handy during an emergency.

WEEK 9

Grocery Store

- ___ 1 can ready-to-eat soup*
- ___ liquid dish soap
- ___ plain liquid bleach
- ___ 1 box heavy-duty garbage bags

Also: saline solution and a contact lens case, if needed.

To Do:

- ___ Send some of your favorite family photos (or copies) to family members out of state.

WEEK 10

Hardware Store

___ waterproof portable plastic container (with lid) for important papers

___ portable an/fm radio (with batteries)

Also: blankets or sleeping bag for each family member

To Do:

___ Make photocopies of important papers and store safely.

WEEK 11

Grocery Store

___ 1 large can juice*

___ large plastic food bags

___ 1 box quick energy snacks

___ 3 rolls paper towels

Also: sunscreen, if needed

To Do:

___ Store a roll of quarters for emergency phone calls.

___ Go on a hunt with your family to find a pay phone near home.

Provided for Demonstration

WEEK 12

First Aid Supplies

- ___ anti-diarrhea medicine
- ___ rubbing alcohol
- ___ 2 pair latex gloves
- ___ ipecac syrup and activated charcoal (for accidental poisoning)

Also: items for denture care, if needed

To Do:

- ___ Take a family trip to gas meter and water meter shutoffs.

WEEK 13

Hardware Store

- ___ whistle
- ___ ABC fire extinguisher
- ___ pliers
- ___ vise grips

To Do:

- ___ Take a first aid/CPR class.

Provided for Demonstration

WEEK 14

Grocery Store

- ___ 1 can meat*
- ___ 1 can fruit*
- ___ 1 can vegetables*
- ___ 1 package paper plates
- ___ 1 package eating utensils
- ___ 1 package paper cups
- ___ adult vitamins

To Do:

- ___ Make a plan to check on a neighbor who might need help in an emergency.

WEEK 15

Hardware Store

- ___ extra flashlight batteries
- ___ masking tape
- ___ hammer
- ___ assorted nails
- ___ "L" brackets to secure tall furniture to wall studs
- ___ wood screws

To Do:

- ___ Brace shelves and cabinets.

Cancelled for Demonstration

WEEK 16

Grocery Store

- ___ 1 can meat*
- ___ 1 can vegetables*
- ___ 1 box large heavy-duty garbage bags
- ___ kleenex
- ___ 1 box quick energy snacks

To Do:

- ___ Find out if you have a neighborhood safety organization and join it.

WEEK 17

Grocery Store

- ___ 1 box graham crackers
- ___ assorted plastic containers with lids
- ___ assorted safety pins
- ___ dry cereal

To Do:

- ___ Arrange for a friend or neighbor to help your children if you are at work.

Provided for demonstration

WEEK 18

Hardware Store

- ___ “childproof” latches or other fasteners for your cupboards
- ___ double-sided tape or Velcro-type fasteners to secure moveable objects

To Do:

- ___ Pack a “go-pack” in case you need to evacuate.

WEEK 19

Grocery Store

- ___ 1 box large heavy-duty garbage bags
- ___ 1 box quick energy snacks (such as granola bars or raisins)

To Do:

- ___ Have a tornado/hurricane drill at home.

Providence for Demagogation

WEEK 20

Hardware Store

___ camping or utility knife

___ extra radio batteries

Also: purchase an emergency escape ladder for second story bedrooms if needed.

To Do:

___ Find out about your workplace disaster plans.

WEEK 21

Hardware Store

___ heavy work gloves

___ 1 box disposable dust masks

___ screwdriver

___ plastic safety goggles

Provided for Demonstration

WEEK 22

Grocery Store

___ extra hand-operated can opener

___ 3 rolls paper towels

WEEK 23

Hardware Store

___ battery powered camping lantern with extra battery or
extra flashlights

WEEK 24

Grocery Store

___ large plastic food bags

___ plastic wrap

___ aluminum foil

Items marked with an asterisk "*" should be purchased for each member of the household.

End of Publication

Diabetic's Records for Sick Days

How often	Question	Answer														
Every day	How much do you weigh today?	_____ pounds														
Every evening	How much liquid did you drink today?	_____ glasses														
Every morning and every evening	What is your temperature?	_____ a.m. _____ p.m.														
Every 4 hours or before every meal	How much insulin did you take?	<table border="1"> <thead> <tr> <th>Time</th> <th>Dose</th> </tr> </thead> <tbody> <tr><td>_____</td><td>_____</td></tr> <tr><td>_____</td><td>_____</td></tr> <tr><td>_____</td><td>_____</td></tr> <tr><td>_____</td><td>_____</td></tr> <tr><td>_____</td><td>_____</td></tr> <tr><td>_____</td><td>_____</td></tr> </tbody> </table>	Time	Dose	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____
Time	Dose															
_____	_____															
_____	_____															
_____	_____															
_____	_____															
_____	_____															
_____	_____															

Sampled for Demonstration

Every 4 hours

What is your
blood glucose
level?

Time Blood
 glucose

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Every 4 hours
or each time
you pass urine

What are your
urine ketones?

Time Ketones

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Every 4 to
6 hours

How are you
breathing?

Time Condition

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Provided for Demonstration

Reminders for Sick Days

Call your health care provider if any of these happen to you:

- * You feel too sick to eat normally and are unable to keep down food for more than 6 hours.
- * You're having severe diarrhea.
- * You lose 5 pounds or more.
- * Your temperature is over 101AF.
- * Your blood glucose is lower than 60 mg/dL or remains over 300 mg/dL.
- * You have moderate or large amounts of ketones in your urine.
- * You're having trouble breathing.
- * You feel sleepy or can't think clearly.

If you feel sleepy or can't think clearly, have someone call your health care provider or take you to an emergency room.

Things to Do at Each Visit with Your Health Care Provider

- * Bring your blood glucose logbook and go over the readings with your provider.
- * Get an A1C test (about every 6 months if you don't take insulin, about every 3 months if you take insulin). Write down the result and set a target goal for your next test. (See the sample form on page 90.)
- * Get your weight checked and write it down. You may want to set a goal for your next visit.
- * Get your blood pressure checked and write it down. You may want to set a goal for your next visit.
- * Get your feet checked at every visit as needed.
- * Bring a list of questions or other things you want to talk about.
- * Bring your reminder sheet about "Things to Do at Least Once a Year" (see page 99) to help keep track of these.

Each Visit

Have your health care provider do these tests and set goals with you.

(Record dates and results in the boxes below.)

Provided for Demonstration

Tests and Goals	Dates and Results					
Blood Glucose (mg/dL)						
A1C Test/Goal (%)						
Weight/Goal (pounds)						
Blood Pressure (goal: ___ / ___ mm Hg)						
Foot Check						

Provided for Demonstration

Things to Do At Least Once a Year

- * Get a flu shot (October to mid-November).
- * Get a pneumonia shot (if you've never had one).
- * Get a dilated eye exam.
- * Get a foot exam (including check of circulation and nerves).
- * Get a kidney test.
 - Have your urine tested for microalbumin.
 - Have your blood tested for chemicals that measure your kidney function.
 - Get a 24-hour urine test (if your doctor advises).
- * Get your blood fats checked for
 - Total cholesterol.
 - High-density lipoprotein (HDL).
 - Low-density lipoprotein (LDL).
 - Triglycerides.
- * Get a dental exam (at least twice a year).
- * Talk with your health care team about
 - How well you can tell when you have low blood glucose.
 - How you are treating high blood glucose.
 - Tobacco use (cigarettes, cigars, pipes, smokeless tobacco).
 - Your feelings about having diabetes.

Your Health Care Team

Primary Doctor or Health Care Provider

Name: _____

Telephone number: _____

Your questions: _____

Important points: _____

Eye Doctor (Ophthalmologist, Optometrist)

Name: _____

Telephone number: _____

Your questions: _____

Important points: _____

Foot Doctor (Podiatrist)

Name: _____ Telephone number: _____

Your questions: _____

Important points: _____

Dentist

Name: _____ Telephone number: _____

Your questions: _____

Provided for Demonstration

Important points: _____

Dietitian

Name: _____

Telephone number:

Your questions: _____

Important points: _____

Diabetes Educator

Name: _____

Telephone number:

Provided for Demonstration

Your questions: _____

Important points: _____

Provided for Demonstration

Counselor

Name: _____ Telephone number: _____

Your questions: _____

Important points: _____

Other

Name: _____ Telephone number: _____

Your questions: _____

Important points: _____

Provided for Demonstration

Provided for Demonstration

Prevention Charts

How To Keep Track of Your Health Care

The charts in this section can make it easier to keep track of your health. Ask your doctor or nurse how often you need each type of care and when. Then write down the information in the charts here. Also, write down the date and results of the care you get or ask your doctor to write down this information. Bring this guide with you each time you see a doctor or nurse. That way, you can update your Prevention Charts right away.

Prepared for Demonstration

Basic Information

Name: _____

Address: _____

Telephone: _____

Emergency Contact: _____

Allergies: _____

Past Illnesses or Operations: _____

Doctors' Names and Phone Number(s): _____

Medical Insurance Company and Number(s): _____

Additional Information _____

Powered by Demonstration

Checkups and Tests Record

Use this record to write down the date you receive the tests and the results. Try to remember to bring the booklet with you each time you see a doctor. This record will also help you keep track of when you need your next test or checkup.

Checkup/Test	Date/Results				
Blood Pressure					
Blood Sugar					
Bone Density					
Cholesterol					
Dental Visits					

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Checkups and Test Record (Page 2)

Checkup/Test

Date/Results

Hearing

Tuberculosis

Vision

Weight

Other

Notes

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Cancer Test Tracker

Type of Test/Exam

Date/Results

Colorectal Cancer Test

Mammogram

Oral Cancer Exam

Pap Test

Prostate Cancer Test/Exam

Notes

Provided for Demonstration

Shots Chart

Immunization (Shot)	How Often	Date(s) Received			
Tetanus- Diphtheria	Every 10 Years				
Flu	Every year after age 50 or sooner if at risk (see p. 50)				
Pneumonia	Once at age 65 or sooner if at risk (see p. 50)				
Hepatitis B	If at risk (see p. 50)				

provided for Demonstration

Our Shopping List

C=Canned

D=Dried

F=Frozen

Produce

Fruits

- Apples
- Apple Sauce
- Bananas
- Berries
- Cherries
- Grapes
- Grapefruit
- Lemons
- Limes
- Melons
- Mixed Fruit
- Nectarines
- Oranges
- Peaches
- Pears
- Pineapples
- Plums
- Strawberries
- Watermelon

Vegetables

- Asparagus

Vegetables

Cont'd

- Broccoli
- Cabbage
- Carrots
- Cauliflower
- Celery
- Corn
- Cucumber
- Garlic
- Green Beans
- Green Pepper
- Lettuce
- Mushrooms
- Onions
- Peas
- Peppers
- Potato
- Spinach
- Squash
- Sweet Potato
- Tomatoes
- Zucchini

Beans

- Baked
- Butter
- Green Beans
- Kidney Bean
- Lentils
- Navy Bean
- Pinto Beans
- Pork & Beans
- String Beans

Meat Case

Beef

- Ground
- Hamburger
- Roast
- Steaks

Chicken

- Boneless
- Breast
- Breast with
- Bone
- Legs
- Whole
- Chicken

Provided by Demonstration

Chicken Cont'd

- Wings
- _____

Deli Meat

- Baloney
- Ham
- Pastrami
- Roast Beef
- Turkey
- _____

Pork

- Bacon
- Chops
- Ham
- Roast
- Sausage
- _____

Lamb

- Chops
- Leg of Lamb
- Patties
- Roast
- _____

Canned Meat

- Chicken
- Corned Beef
- Ham
- Salmon

Sausage

Tuna

Seafood

- Clams
- Crab
- Fresh Fish
- Scallops
- Shrimp
- _____

Frozen

- Appetizers
- Baked Goods
- Desserts
- Dinners
- French Fries
- Ice Cream
- Juice
- Pizza
- Side Dishes
- Vegetables
- Yogurt
- _____
- _____

Baked Goods

- White Bread
- WholeWheat

Baked Cont'd

- Bagels
- Biscuits
- Buns
- Cake
- Donuts
- French
- Hamburger
- Hot Dog
- Rolls
- _____
- _____

Dairy Products

- Butter
- Cheese
- Cottage Chs
- Cream Chs
- Creamer
- Eggs
- Margarine
- Milk
- Sliced Chs
- Sour Cream
- Yogurt
- _____
- _____

Soups

- Bean

Provided for demonstration

Soups Cont'd

- Chowder
- Chick & Rice
- Chick Noodle
- Crm Broccoli
- Crm Celery
- Crm Chicken
- Crm Mshrm
- Dry Asian
- Minestrone
- Noodle
- Stock
- Tomato
- Vegetable
- Veg. Beef
- _____
- _____
- _____

Salad Dressing

- Blue Cheese
- Caesar
- French
- Italian
- Ranch
- Thosand Isle
- Oil & Vinegar
- _____

Oils

- Cooking
- Spray
- Corn Oil
- Olive Oil
- Peanut Oil
- Vegetable

Breakfast

Cereals

- Cold Cereal
- Hot Cereal
- _____
- _____
- _____

Seasonings

- Basil
- Celery Salt
- Chili Powder
- Cinnamon
- Garlic Pwdr
- Garlic Salt
- Ginger
- Nutmeg
- Onion Pwdr
- Oregano
- Paprika
- Parsley
- Pepper

Salt

Condiments

- BBQ Sauce
- Chili Powder
- Honey
- Horseradish
- Jelly
- Ketchup
- Maple Syrup
- Mayonnaise
- Mustard
- Peanut Buttr
- Salsa
- Soy Sauce
- Vinegar
- Worcester

Beverages

- Coffee
- Juice
- Milk
- Soft Drinks
- Sports Drink
- Tea
- Water

provided for demonstration

Bev'ges Cont'd

Italian Foods

____ Angel Hair
____ Lasagne
____ Macaroni
____ Olive Oil
____ Pizza Shell
____ Shells
____ Spaghetti
____ Spaghetti
____ Sauce
____ Tmato Paste
____ Tmato Sauce
____ Vermicelli

Mexican

____ Corn Tortilla
____ Flour Tortilla
____ Green Chili
____ Rfried Beans
____ Salsa
____ Spanish Rice
____ Tacos

Mexican Cont'd

Packaged

____ Baking Pwdr
____ Baking Soda
____ Brown Sugar
____ Brownie Mix
____ Cake Mix
____ Cereal
____ Cocoa
____ Cornstarch
____ Flour
____ Jello
____ Oatmeal
____ Pancake Mix
____ Pudding Mix
____ Rice
____ Sugar
____ Vanilla

Snacks

____ Cake
____ Candy
____ Cookies
____ Crackers
____ Nuts
____ Popcorn
____ Potato Chips

Snacks Cont'd

____ Pretzels
____ Raisins

Toiletries

____ Deodorant
____ Floss
____ Lotion
____ Mouthwash
____ Petroleum
____ Jelly
____ Razors
____ Shampoo
____ Shaving
____ Cream
____ Soap
____ Toothpaste

Pet Items

____ Cat Food
____ Cat Litter
____ Dog Food

Provided for the construction

Medicine

- ___ Antacid
- ___ Band-aids
- ___ Cold Remedy
- ___ Cough Drops
- ___ Cotton Balls
- ___ First Aid Cream
- ___ Peroxide
- ___ Pain Reliever
- ___ Rubbing Alcohol
- ___ _____
- ___ _____
- ___ _____

Baby Items

- ___ Diapers
- ___ Lotion
- ___ Oil
- ___ Rash Cream
- ___ Shampoo
- ___ Wipes
- ___ _____
- ___ _____
- ___ _____

Baby Food

- ___ Apple Juice
- ___ Applesauce
- ___ Bananas
- ___ Beef
- ___ Carrots
- ___ Chicken
- ___ Dinners
- ___ Green Beans
- ___ Mixed Veg.
- ___ Peaches
- ___ Squash
- ___ Sweet Potato
- ___ Veal
- ___ _____
- ___ _____
- ___ _____
- ___ _____
- ___ _____

Cleaners

- ___ AirFreshener
- ___ Bleach
- ___ Dishwasher
- ___ Detergent
- ___ Dish Soap
- ___ Dryer Sheets
- ___ Furniture Polish
- ___ GlassCleaner

Cleaners Cont'd

- ___ Laundry Det.
- ___ Sponges
- ___ Toilet Bowl Cleaner
- ___ _____
- ___ _____
- ___ _____

Paper Goods

- ___ Alum. Foil
- ___ Freezer Bags
- ___ Kitchen Bags
- ___ Paper Towel
- ___ Plastic Wrap
- ___ Sandwich Bags
- ___ Tissues
- ___ Toilet Paper
- ___ Trash Bag
- ___ Yard Bag
- ___ _____
- ___ _____
- ___ _____

provided for demonstration

Kitchen Measurements and Conversions

Use **GLASS MEASURING CUPS** to measure any kind of liquid. Use **DRY MEASURING CUPS** to measure flour, sugar, shortening, etc. When measuring dry ingredients, such as flour or sugar, fill the cup to overflowing, then use the edge of a knife or spatula to level off the top. Don't use the flat surface and don't pack it down, except for brown sugar. Tap the bottom of the cup to empty it completely. For less than 1/4 cup use the standard measuring spoons. The term "dash" indicates less than 1/8 tsp. There is a difference in meaning between a liquid, or fluid oz. and a dry oz. A fluid oz. equals a 16th of a pint, a volume measure, but a dry oz. equals a 16th of a pound, a weight measure.

Liquids:

1 cup	= 8 oz. (fluid)
2 cups	= 16 oz. (fluid)
4 cups	= 32 oz. (fluid)
2 cups	= 1 pint
2 pints	= 1 quart
1 quart	= 4 cups
4 quarts	= 1 gallon

Dry Measures:

3 tsps	= 1 Tbsp
4 Tbsps	= 1/4 cup
16 Tbsps	= 1 cup
2 Tbsps	= 1 oz.
4 oz.	= 1/4 lb.
6 oz.	= 1 lb.
1 lb.	= 454 grams

One-Pound Equivalents:

- 2 cups butter
- 4 cups all-purpose flour
- 2 cups granulated sugar
- 3 1/2 cups powdered sugar, packed
- 2 1/4 cups brown sugar, packed

Metric Measurements:

- 1 tsp = 5 milliliters
- 1 Tbsp = 15 milliliters
- 1 cup = 240 milliliters or 1/4 liter
- 1 pint = .4732 liters
- 1 quart = .9463 liters
- 1 gallon = 3.785 liters
- 1 oz. = 28 grams
- 1 lb. = 454 grams

Equivalents for Demonstration

Equivalents

Grains:

- Macaroni - 1 cup uncooked makes 2 1/2 cups cooked
- Spaghetti - 8 oz. uncooked make 4 cups cooked
- Long grain rice - 1 cup makes 3 cups cooked
- Quick rice - 1 cup makes 2 cups cooked
- Popcorn - 1/4 cup makes 5 cups popped

- Bread - 1 slice makes $\frac{3}{4}$ cup soft or $\frac{1}{4}$ cup fine dry crumbs
- Crackers - To make 1 cup finely crushed crumbs, you need 28 saltines or 24 round (Ritz), 14 graham squares, 15 gingersnaps or 22 vanilla wafers.
- Flour - To equal 1 Tbsp flour for thickening, use 1 $\frac{1}{2}$ tsps cornstarch, potato starch or rice starch; or 2 tsps quick-cooking tapioca.

Fruits:

- Apples - 1 medium = 1 cup sliced
- Bananas - 1 medium = $\frac{1}{3}$ cup mashed
- Lemons - 1 medium = 3 Tbsps juice, 2 tsps shredded peel
- Limes - 1 medium = 2 Tbsps juice, 1 $\frac{1}{2}$ tsps shredded peel
- Oranges - 1 medium = $\frac{1}{4}$ to $\frac{1}{3}$ cup juice, 4 tsps shredded peel
- Peaches - 1 medium = $\frac{1}{2}$ cup sliced
- Potatoes - 1 lb raw, unpeeled = 2 cups mashed

Miscellaneous:

- Eggs - 4 whole, 8 yolks or 8 whites = 1 cup
- Cheese - 4 oz. = 1 cup shredded

	Breakfast		Lunch		Dinner		Bedtime		Other		
	Type	Blood Sugar	Dose	Blood Sugar	Dose	Blood Sugar	Dose	Blood Sugar	Dose	Blood Sugar	Dose
Mon											
Tues											
Wed											
Thurs											
Fri											
Sat											
Sun											
Mon											
Tues											
Wed											
Thurs											
Fri											
Sat											
Sun											

Diabetic Pancreatitis

Player _____

Date _____

Total

Hole	1	2	3	4	5	6	7	8	9	
Yards										
Par										
Score										
Status										

Hole	10	11	12	13	14	15	16	17	18	
Yards										
Par										
Score										
Status										

Provided for Demonstration

Glucose Log

Week Starting _____

	Breakfast Bld/sugar	Lunch Bld/sugar	Dinner Bld/sugar	Bedtime Bld/sugar	Other Bld/sugar	Notes
Monday						
Tuesday						
Wed. day						
Thursday						
Friday						
Saturday						
Sunday						
Monday						
Tuesday						
Wed. day						
Thursday						
Friday						
Saturday						
Sunday						

Provided for Demonstration

Food Sources of Selected Nutrients and Kitchen Measurements and Conversions

Potassium

Vitamin E

Iron

Calcium

Vitamin A

Magnesium

Dietary Fiber

Vitamin C

Provided for demonstration

From: Dietary Guidelines for Americans, 2005

U.S. Department of Health and Human Services

Food Sources of Potassium

Food Sources of Potassium ranked by milligrams of potassium per standard amount, also showing calories in the standard amount. (The AI for adults is 4,700 mg/day potassium.)

Food, Standard Amount	Potassium (mg)	Calories
Sweetpotato, baked, 1 potato (146 g)	694	131
Tomato paste, 1/4 cup	664	54
Beet greens, cooked, 1/2 cup	655	19
Potato, baked, flesh, 1 potato (156 g)	610	145
White beans, canned, 1/2 cup	595	153
Yogurt, plain, nonfat, 8oz container	570	127
Tomato puree, 1/2 cup	549	48
Clams, canned, 3 oz	534	126
Yogurt, plain, lowfat, 8oz container	531	143
Prune juice, 3/4 cup	530	136
Carrot juice, 3/4 cup	517	71
Blackstrap molasses, 1 Tbsp	498	47
Halibut, cooked, 3 oz	490	119

Food Sources of Potassium (cont'd)

Food, Standard Amount	Potassium (mg)	Calories
Soybeans, green, cooked, 1/2 cup	485	127
Tuna, yellowfin, cooked, 3 oz	484	118
Lima beans, cooked, 1/2 cup	484	104
Winter squash, cooked, 1/2 cup	448	40
Soybeans, mature, cooked, 1/2 cup	443	149
Rockfish, Pacific, cooked, 3 oz	442	103
Cod, Pacific, cooked, 3 oz	439	89
Bananas, 1 medium	422	105
Spinach, cooked, 1/2 cup	419	21
Tomato juice, 3/4 cup	417	31
Tomato sauce, 1/2 cup	405	39
Peaches, dried, uncooked, 1/4 cup	398	96
Prunes, stewed, 1/2 cup	398	133
Milk, nonfat, 1 cup	382	83
Pork chop, center loin, cooked, 3 oz	382	197
Apricots, dried, uncooked, 1/4 cup	378	78
Rainbow trout, farmed, cooked, 3 oz	375	144

Food Sources of Potassium (cont'd)

Food, Standard Amount	Potassium (mg)	Calories
Pork loin, center rib (roasts), lean, roasted, 3 oz	371	190
Buttermilk, cultured, lowfat, 1 cup	370	98
Cantaloupe, 1/4 medium	368	47
1% - 2% milk, 1 cup	366	102 - 122
Honeydew melon, 1/8 medium	365	58
Lentils, cooked, 1/2 cup	365	115
Plantains, cooked, 1/2 cup slices	358	90
Kidney beans, cooked, 1/2 cup	358	112
Orange juice, 3/4 cup	355	85
Split peas, cooked, 1/2 cup	355	116
Yogurt, plain, whole milk, 8 oz container	352	138

Source: Nutrient values from Agricultural Research Service (ARS) Nutrient Database for Standard Reference, Release 17. Foods are from ARS single nutrient reports, sorted in descending order by nutrient content in terms of common household measures. Food items and weights in the single nutrient reports are adapted from those in 2002 revision of USDA Home and Garden Bulletin No. 72, Nutritive Value of Foods. Mixed dishes and multiple preparations of the same food item have been omitted from this table.

Food Sources of Vitamin E

Food Sources of Vitamin E ranked by milligrams of vitamin E per standard amount; also calories in the standard amount. (All provide >10% of RDA for vitamin E for adults, which is 15 mg AT/day.)

Food, Standard Amount	AT (mg)	Calories
Fortified ready-to-eat cereals, 1 oz	1.6 -12.8	90 - 107
Sunflower seeds, dry roasted, 1 oz	7.4	165
Almonds, 1 oz	7.3	164
Sunflower oil, high linoleic, 1 Tbsp	5.6	120
Cottonseed oil, 1 Tbsp	4.8	120
Safflower oil, high oleic, 1 Tbsp	4.6	120
Hazelnuts (filberts), 1 oz	4.3	178
Mixed nuts, dry roasted, 1 oz	3.1	168
Turnip greens, frozen, cooked, ½ cup	2.9	24
Tomato paste, 1/4 cup	2.8	54
Pine nuts, 1 oz	2.6	191
Peanut butter, 2 Tbsp	2.5	192
Tomato puree, 1/2 cup	2.5	48
Tomato sauce, 1/2 cup	2.5	39

Provided for Demonstration

Food Sources of Vitamin E (cont'd)

Food, Standard Amount	AT (mg)	Calories
Canola oil, 1 Tbsp	2.4	124
Wheat germ, toasted, plain, 2 Tbsp	2.3	54
Peanuts, 1 oz	2.2	166
Avocado, raw, 1/2 avocado	2.1	161
Carrot juice, canned, 3/4 cup	2.1	71
Peanut oil, 1 Tbsp	2.1	119
Corn oil, 1 Tbsp	1.9	120
Olive oil, 1 Tbsp	1.9	119
Spinach, cooked, 1/2 cup	1.9	21
Dandelion greens, cooked, 1/2 cup	1.8	18
Sardine, Atlantic, in oil, drained, 3 oz	1.7	177
Blue crab, cooked/canned, 3 oz	1.6	84
Brazil nuts, 1 oz	1.6	186
Herring, Atlantic, pickled, 3 oz	1.5	222

Provided for Demonstration

Nutrient values from Agricultural Research Service (ARS) Nutrient Database for Standard Reference, Release 17. Foods are from ARS single nutrient reports, sorted in descending order by nutrient content in terms of common household measures. Food items and weights in the single

nutrient reports are adapted from those in 2002 revision of USDA Home and Garden Bulletin No. 72, Nutritive Value of Foods. Mixed dishes and multiple preparations of the same food item have been omitted from this table.

Provided for Demonstration

Food Sources of Iron

Food Sources of Iron ranked by milligrams of iron per standard amount; also calories in the standard amount. (All are >10% of RDA for teen and adult females, which is 18 mg/day.)

Food, Standard Amount	Iron (mg)	Calories
Clams, canned, drained, 3 oz	23.8	126
Fortified ready-to-eat cereals (various) - 1 oz	1.8 - 21.1	54 - 127
Oysters, eastern, wild, cooked, moist heat, 3 oz	10.2	116
Organ meats (liver, giblets), various, cooked, 3 oz	5.2 - 9.9	134-235
Fortified instant cooked cereals (various) 1 packet	4.9 - 8.1	Varies
Soybeans, mature, cooked, ½ cup	4.4	149
Pumpkin and squash seed kernels, roasted, 1 oz	4.2	148
White beans, canned, 1/2 cup	3.9	153
Blackstrap molasses, 1 Tbsp	3.5	47
Lentils, cooked, 1/2 cup	3.3	115
Spinach, cooked from fresh, ½ cup	3.2	21

Food Sources of Iron (Cont'd)

Food, Standard Amount	Iron (mg)	Calories
Beef, chuck, blade roast, lean, cooked, 3 oz	3.1	215
Beef, bottom round, lean, 0" fat, all grades, cooked, 3 oz	2.8	182
Kidney beans, cooked, 1/2 cup	2.6	112
Sardines, canned in oil, drained, 3 oz	2.5	177
Beef, rib, lean, 1/4" fat, all grades, 3 oz	2.4	195
Chickpeas, cooked, 1/2 cup	2.4	134
Duck, meat only, roasted, 3 oz	2.3	171
Lamb, shoulder, arm, lean, 1/4" fat, choice, cooked,	2.3	237
Prune juice, 3/4 cup	2.3	136
Shrimp, canned, 3 oz	2.3	102
Cowpeas, cooked, 1/2 cup	2.2	100
Ground beef, 15% fat, cooked, 3 oz	2.2	212
Tomato puree, 1/2 cup	2.2	48
Lima beans, cooked, 1/2 cup	2.2	108
Soybeans, green, cooked, 1/2 cup	2.2	127
Navy beans, cooked, 1/2 cup	2.1	127
Refried beans, 1/2 cup	2.1	118

Provided for Demonstration

Food Sources of Iron (Cont'd)

Food, Standard Amount	Iron (mg)	Calories
Beef, top sirloin, lean, 0" fat, all grades, cooked, 3 oz	2.0	156
Tomato paste, 1/4 cup , * High in cholesterol.	2.0	54

Source: Nutrient values from Agricultural Research Service (ARS) Nutrient Database for Standard Reference, Release 17. Foods are from ARS single nutrient reports, sorted in descending order by nutrient content in terms of common household measures. Food items and weights in the single nutrient reports are adapted from those in 2002 revision of USDA Home and Garden Bulletin No. 72, Nutritive Value of Foods. Mixed dishes and multiple preparations of the same food item have been omitted from this table.

NonDairy Food Sources of Calcium

NonDairy Food Sources of Calcium ranked by milligrams of calcium per standard amount; also calories in the standard amount. The bioavailability may vary. (The AI for adults is 1,000 mg/day.)*

Food, Standard Amount ,	Calcium (mg)	Calories
Fortified ready-to-eat cereals (various), 1 oz	236 - 1043	88 - 106
Soy beverage, calcium fortified, 1 cup	368	98
Sardines, Atlantic, in oil, drained, 3 oz	325	177
Tofu, firm, prepared with nigan, ½ cup	253	88
Pink salmon, canned, with bone, 3 oz	184	118
Collards, cooked from frozen, ½ cup	178	31
Molasses, blackstrap, 1 Tbsp	172	47
Spinach, cooked from frozen, ½ cup	146	30
Soybeans, green, cooked, 1/2 cup	130	127
Turnip greens, cooked from frozen, ½ cup	124	24

NonDairy Food Sources of Calcium (Cont'd)

Food, Standard Amount ,	Calcium (mg)	Calories
Ocean perch, Atlantic, cooked, 3 oz	116	103
Oatmeal, plain and flavored, instant fortified, 1 packet prepared	99 - 110	97 - 157
Cowpeas, cooked, 1/2 cup	106	80
White beans, canned, 1/2 cup	96	153
Kale, cooked from frozen, 1/2 cup	90	20
Okra, cooked from frozen, 1/2 cup	88	26
Soybeans, mature, cooked 1/2 cup	88	149
Blue crab, canned, 3 oz	86	84
Beet greens, cooked from fresh, 1/2 cup	82	19
Pak-choi, Chinese cabbage, cooked from fresh, 1/2 cup	79	10
Clams, canned, 3 oz	78	126
Dandelion greens, cooked from fresh, 1/2 cup	74	17
Rainbow trout, farmed, cooked, 3 oz	73	144

NonDairy Food Sources of Calcium (Cont'd)

* Both calcium content and bioavailability should be considered when selecting dietary sources of calcium. Some plant foods have calcium that is well absorbed, but the large quantity of plant foods that would be needed to provide as much calcium as in a glass of milk may be unachievable for many. Many other calcium-fortified foods are available, but the percentage of calcium that can be absorbed is unavailable for many of them.

** Calcium sulfate and magnesium chloride.

Source: Nutrient values from Agricultural Research Service (ARS) Nutrient Database for Standard Reference, Release 17. Foods are from ARS single nutrient reports, sorted in descending order by nutrient content in terms of common household measures. Food items and weights in the single nutrient reports are adapted from those in 2002 revision of USDA Home and Garden Bulletin No. 72, Nutritive Value of Foods. Mixed dishes and multiple preparations of the same food item have been omitted from this table.

Food Sources of Calcium

Food Sources of Calcium ranked by milligrams of calcium per standard amount; also calories in the standard amount. (All are >20% of AI for adults 1950, which is 1,000 mg/day.)

Food, Standard Amount	Calcium (mg)	Calories
Plain yogurt, nonfat (13 g protein/8 oz), 8oz container	452	127
Romano cheese, 1.5 oz	452	165
Pasteurized process Swiss cheese, 2 oz	438	190
Plain yogurt, lowfat (12 g protein/8 oz), 8 oz container	415	143
Fruit yogurt, lowfat (10 g protein/8 oz), 8 oz container	345	232
Swiss cheese, 1.5 oz	336	162
Ricotta cheese, part skim, 1/2 cup	335	170
Pasteurized process American cheese food, 2 oz	323	188
Provolone cheese, 1.5 oz	321	150
Mozzarella cheese, part-skim, 1.5 oz	311	129

to be used for demonstration

Food Sources of Calcium (Cont'd)

Food, Standard Amount	Calcium (mg)	Calories
Cheddar cheese, 1.5 oz	307	171
Fatfree (skim) milk, 1 cup	306	83
Muenster cheese, 1.5 oz	305	156
1% lowfat milk, 1 cup	290	102
Lowfat chocolate milk (1%), 1 cup	288	158
2% reduced fat milk, 1 cup	285	122
Reduced fat chocolate milk (2%), 1 cup	285	180
Buttermilk, lowfat, 1 cup	284	98
Chocolate milk, 1 cup	280	208
Whole milk, 1 cup	276	146
Yogurt, plain, whole milk (8 g protein/8 oz), 8 oz container	275	138
Ricotta cheese, whole milk, ½ cup	255	214
Blue cheese, 1.5 oz	225	150
Mozzarella cheese, whole milk, 1.5 oz	215	128
Feta cheese, 1.5 oz	210	113

Excluded for Demonstration

Food Sources of Calcium (Cont'd)

Source: Nutrient values from Agricultural Research Service (ARS) Nutrient Database for Standard Reference, Release 17. Foods are from ARS single nutrient reports, sorted in descending order by nutrient content in terms of common household measures. Food items and weights in the single nutrient reports are adapted from those in 2002 revision of USDA Home and Garden Bulletin No. 72, Nutritive Value of Foods. Mixed dishes and multiple preparations of the same food item have been omitted from this table.

Not provided for Demonstration

Food Sources of Vitamin A

Food Sources of Vitamin A ranked by micrograms Retinol Activity Equivalents (RAE) of vitamin A per standard amount; also calories in the standard amount. (All are >20% of RDA for adult men, which is 900 mg/day RAE.)

Food, Standard Amount	Vitamin A(RAE)	Calories
Organ meats (liver, giblets),* various, cooked, 3 oz	1490-9126	134 -235
Carrot juice, 3 /4 cup	1692	71
Sweetpotato with peel, baked, 1 medium	1096	103
Pumpkin, canned, 1/2 cup	953	42
Carrots, cooked from fresh, 1/2 cup	671	27
Spinach, cooked from frozen, 1/2 cup	571	30
Collards, cooked from frozen, 1/2 cup	489	31
Kale, cooked from frozen, 1/2 cup	478	20
Mixed vegetables, canned, 1/2 cup	474	40
Turnip greens, cooked from frozen, 1/2 cup	441	24

Food Sources of Vitamin A (Cont'd)

Food, Standard Amount	Vitamin A(RAE)	Calories
Instant cooked cereals, fortified, prepared, 1 packet	285 - 376	75 - 97
Various ready-to-eat cereals, with added vit. A, 1 oz ,1	180-376	100- 117
Carrot, raw, 1 small ,	301	20
Beet greens, cooked, 1/2 cup	276	19
Winter squash, cooked, 1/2 cup	268	38
Dandelion greens, cooked, 1/2 cup	260	18
Cantaloupe, raw, 1/4 medium melon	233	46
Mustard greens, cooked, 1/2 cup	221	11
Pickled herring, 3 oz	219	222
Red sweet pepper, cooked, 1/2 cup	186	19
Chinese cabbage, cooked, 1/2 cup	180	10

* High in cholesterol.

Excluded for Emasculation

Source: Nutrient values from Agricultural Research Service (ARS) Nutrient Database for Standard Reference, Release 17. Foods are from ARS single nutrient reports, sorted in descending order by nutrient content in terms of common household measures. Food items and weights in the single nutrient reports are based on a 2002 revision of

Food Sources of Vitamin A (Cont'd)

USDA Home and Garden Bulletin No. 72, Nutritive Value of Foods. Mixed dishes and multiple preparations of the same food item have been omitted from this table.

Provided for Demonstration

Food Sources of Magnesium

Food Sources of Magnesium ranked by milligrams of magnesium per standard amount; also calories in the standard amount. (All are >10% of RDA for adult men, which is 420 mg/day.)

Food, Standard Amount	Magnesium (mg)	Calories
Pumpkin and squash seed kernels, roasted, 1 oz	151	148
Brazil nuts, 1 oz	107	186
Bran ready-to-eat cereal (100%), ~1 oz ,	103	74
Halibut, cooked, 3 oz	91	119
Quinoa, dry, 1/4 cup	89	159
Spinach, canned, 1/2 cup	81	25
Almonds, 1 oz	78	164
Spinach, cooked from fresh, 1/2 cup	78	20
Buckwheat flour, 1/4 cup	75	101
Cashews, dry roasted, 1 oz	74	163
Soybeans, mature, cooked, 1/2 cup	74	149
Pine nuts, dried, 1 oz	71	191
Mixed nuts, oil roasted, with peanuts, 1 oz	67	175

Food Sources of Magnesium (Cont'd)

Food, Standard Amount	Magnesium (mg)	Calories
White beans, canned, 1/2 cup	67	154
Pollock, walleye, cooked, 3 oz	62	96
Black beans, cooked, 1/2 cup	60	114
Bulgur, dry, 1/4 cup	57	120
Oat bran, raw, 1/4 cup	55	58
Soybeans, green, cooked, 1/2 cup	54	127
Tuna, yellowfin, cooked, 3 oz	54	118
Artichokes (hearts), cooked, 1/2 cup	50	42
Peanuts, dry roasted, 1 oz	50	166
Lima beans, baby, cooked from frozen, 1/2 cup	50	95
Beet greens, cooked, 1/2 cup	49	19
Navy beans, cooked, 1/2 cup	48	127
Tofu, firm, prepared with nigari * 1/2 cup	47	88
Okra, cooked from frozen, 1/2 cup	47	26
Soy beverage, 1 cup	47	127
Cowpeas, cooked, 1/2 cup	46	100
Hazelnuts, 1 oz	46	178
Oat bran muffin, 1 oz	45	77
Great northern beans, cooked, 1/2 cup	44	104

Food Sources of Magnesium (Cont'd)

Food, Standard Amount	Magnesium (mg)	Calories
Oat bran, cooked, 1/2 cup	44	44
Buckwheat groats, roasted, cooked, 1/2 cup	43	78
Brown rice, cooked, 1/2 cup	42	108
Haddock, cooked, 3 oz	42	95

* Calcium sulfate and magnesium chloride.

Source: Nutrient values from Agricultural Research Service (ARS) Nutrient Database for Standard Reference, Release 17. Foods are from ARS single nutrient reports, sorted in descending order by nutrient content in terms of common household measures. Food items and weights in the single nutrient reports are adapted from those in 2002 revision of USDA Home and Garden Bulletin No. Nutritive Value of Foods. Mixed dishes and multiple preparations of the same food item have been omitted from this table.

Food Sources of Dietary Fiber

Food Sources of Dietary Fiber ranked by grams of dietary fiber per standard amount; also calories in the standard amount. (All are >10% of AI for adult women, which is 25 grams/day.)

Food, Standard Amount	Dietary Fiber (g)	Calories
Navy beans, cooked, 1/2 cup	9.5	128
Bran ready-to-eat cereal (100%), 1/2 cup	8.8	78
Kidney beans, canned, 1/2 cup	8.2	109
Split peas, cooked, 1/2 cup	8.1	116
Lentils, cooked, 1/2 cup	7.8	115
Black beans, cooked, 1/2 cup	7.5	114
Pinto beans, cooked, 1/2 cup	7.7	122
Lima beans, cooked, 1/2 cup	6.5	108
Artichoke, globe, cooked, 1 each	6.5	60
White beans, canned, 1/2 cup	6.3	154
Chickpeas, cooked, 1/2 cup	6.2	135
Great northern beans, cooked, 1/2 cup	6.2	105
Cowpeas, cooked, 1/2 cup	5.6	100
Soybeans, mature, cooked, 1/2 cup	5.2	149

Food Sources of Dietary Fiber (Cont'd)

Food, Standard Amount	Dietary Fiber (g)	Calories
Bran ready-to-eat cereals, various, ~1 oz	2.6 - 5	90 - 108
Crackers, rye wafers, plain, 2 wafers	5.0	74
Sweetpotato, baked, with peel, 1 medium (146 g)	4.8	131
Asian pear, raw, 1 small	4.4	51
Green peas, cooked, 1/2 cup	4.4	67
Wholewheat English muffin, 1 each	4.4	134
Pear, raw, 1 small	4.3	81
Bulgur, cooked, 1/2 cup	4.1	76
Mixed vegetables, cooked, 1/2 cup	4.0	59
Raspberries, raw, 1/2 cup	4.0	32
Sweetpotato, boiled, no peel, 1 medium (156 g)	3.9	119
Blackberries, raw, 1/2 cup	3.8	31
Potato, baked, with skin, 1 medium	3.8	161
Soybeans, green, cooked, 1/2 cup	3.8	127
Stewed prunes, 1/2 cup	3.8	133

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Food Sources of Dietary Fiber (Cont'd)

Food, Standard Amount	Dietary Fiber (g)	Calories
Figs, dried, 1/4 cup	3.7	93
Dates, 1/4 cup	3.6	126
Oat bran, raw, 1/4 cup	3.6	58
Pumpkin, canned, 1/2 cup	3.6	42
Spinach, frozen, cooked, 1/2 cup	3.5	30
Shredded wheat ready-to-eat cereals, various ~ 1 oz	2.8 - 3.4	96
Almonds, 1 oz	3.3	164
Apple with skin, raw, 1 medium	3.3	72
Brussels sprouts, frozen, cooked, 1/2 cup	3.2	33
Wholewheat spaghetti, cooked,	3.1	87
Banana, 1 medium	3.1	105
Orange, raw, 1 medium	3.1	62
Oat bran muffin, 1 small	3.0	178
Guava, 1 medium	3.0	37
Pearled barley, cooked, 1/2 cup	3.0	97
Sauerkraut, canned, solids, and liquids, 1/2 cup	3.0	23
Tomato paste, 1/4 cup	2.9	54
Winter squash, cooked, 1/2 cup	2.9	38
Broccoli, cooked, 1/2 cup	2.8	26

Evidence for Demonstration

Food Sources of Dietary Fiber (Cont'd)

Food, Standard Amount	Dietary Fiber (g)	Calories
Parsnips, cooked, chopped, ½ cup	2.8	55
Turnip greens, cooked, 1/2 cup	2.5	15
Collards, cooked, 1/2 cup	2.7	25
Okra, frozen, cooked, 1/2 cup	2.6	26
Peas, edible-podded, cooked, ½ cup	2.5	42

Source: ARS Nutrient Database for Standard Reference, Release 17. Foods are from single nutrient reports, which are sorted either by food description or in descending order by nutrient content in terms of common household measures. The food items and weights in these reports are adapted from those in 2002 revision of USDA Home and Garden Bulletin No. 72, Nutritive Value of Foods. Mixed dishes and multiple preparations of the same food item have been omitted.

Food Sources of Vitamin C

Food Sources of Vitamin C ranked by milligrams of vitamin C per standard amount; also calories in the standard amount. (All provide >20% of RDA for adult men, which is 90 mg/day.)

Food, Standard Amount	Vitamin C (mg)	Calories
Guava, raw, 1/2 cup	188	56
Red sweet pepper, raw, 1/2 cup	142	20
Red sweet pepper, cooked, 1/2 cup	116	19
Kiwi fruit, 1 medium	70	46
Orange, raw, 1 medium	70	62
Orange juice, 3 /4 cup	61 - 93	79 -84
Green pepper, sweet, raw, 1/2 cup	60	15
Green pepper, sweet, cooked, 1/2 cup	51	19
Grapefruit juice, 3 /4 cup	50 - 70	71 - 86
Vegetable juice cocktail, 3/4 cup	50	34
Strawberries, raw, 1/2 cup	49	27
Brussels sprouts, cooked, 1/2 cup	48	28
Cantaloupe, 1/4 medium	47	51

Food Sources of Vitamin C (Cont'd)

Food, Standard Amount	Vitamin C (mg)	Calories
Papaya, raw, 1/4 medium	47	30
Kohlrabi, cooked, 1/2 cup	45	24
Broccoli, raw, 1/2 cup	39	15
Edible pod peas, cooked, 1/2 cup	38	34
Broccoli, cooked, 1/2 cup	37	26
Sweetpotato, canned, 1/2 cup	34	116
Tomato juice, 3/4 cup	33	31
Cauliflower, cooked, 1/2 cup	28	17
Pineapple, raw, 1/2 cup	28	37
Kale, cooked, 1/2 cup	27	18
Mango, 1/2 cup	23	54

Source: Nutrient values from Agricultural Research Service (ARS) Nutrient Database for Standard Reference, Release 17. Foods are from ARS single nutrient reports, sorted in descending order by nutrient content in terms of common household measures. Food items and weights in the single nutrient reports are adapted from those in 2002 revision of USDA Home and Garden Bulletin No. 72, Nutritive Value of Foods. Mixed dishes and multiple preparations of the same food item have been omitted from this table.

Kitchen Measurements and Conversions

Use **GLASS MEASURING CUPS** to measure any kind of liquid. Use **DRY MEASURING CUPS** to measure flour, sugar, shortening, etc. When measuring dry ingredients, such as flour or sugar, fill the cup to overflowing, then use the edge of a knife or spatula to level off the top. Don't use the flat surface and don't pack it down, except for brown sugar. Tap the bottom of the cup to empty it completely. For less than 1/4 cup use the standard measuring spoons. The term "dash" indicates less than 1/8 tsp. There is a difference in meaning between a liquid, or fluid oz. and a dry oz. A fluid oz. equals a 16th of a pint, a volume measure, but a dry oz. equals a 16th of a pound, a weight measure.

Liquids:

1 cup	= 8 oz. (fluid)
2 cups	= 16 oz. (fluid)
4 cups	= 32 oz. (fluid)
2 cups	= 1 pint
2 pints	= 1 quart
1 quart	= 4 cups
4 quarts	= 1 gallon

Dry Measures:

3 tsps	= 1 Tbsp
4 Tbsps	= 1/4 cup
16 Tbsps	= 1 cup
2 Tbsps	= 1 oz.
4 oz.	= 1/4 lb.
6 oz.	= 1 lb.
1 lb.	= 454 grams

One-Pound Equivalents:

- 2 cups butter
- 4 cups all-purpose flour
- 2 cups granulated sugar
- 3 1/2 cups powdered sugar, packed
- 2 1/4 cups brown sugar, packed

Metric Measurements:

- 1 tsp = 5 milliliters
- 1 Tbsp = 15 milliliters
- 1 cup = 240 milliliters or 1/4 liter
- 1 pint = .4732 liters
- 1 quart = .9463 liters
- 1 gallon = 3.785 liters
- 1 oz. = 28 grams
- 1 lb. = 454 grams

Equivalents for Demonstration

Equivalents

Macaroni - 1 cup uncooked makes 2 1/2 cups cooked

Spaghetti - 8 oz. uncooked make 4 cups cooked

Long grain rice - 1 cup makes 3 cups cooked

- Quick rice - 1 cup makes 2 cups cooked
- Popcorn - 1/4 cup makes 5 cups popped
- Bread - 1 slice makes 3/4 cup soft or 1/4 cup fine dry crumbs
- Crackers - To make 1 cup finely crushed crumbs, you need 28 saltines or 24 round (Ritz), 14 graham squares, 15 gingersnaps or 22 vanilla wafers.
- Flour - To equal 1 Tbsp flour for thickening, use 1 1/2 tsps cornstarch, potato starch or rice starch; or 2 tsps quick-cooking tapioca.
- Fruits:**
- Apples - 1 medium = 1 cup sliced
- Bananas - 1 medium = 1/3 cup mashed
- Lemons - 1 medium = 3 Tbsps juice, 2 tsps shredded peel
- Limes - 1 medium = 2 Tbsps juice, 1 1/2 tsps shredded peel
- Oranges - 1 medium = 1/4 to 1/3 cup juice, 4 tsps shredded peel
- Peaches - 1 medium = 1/2 cup sliced
- Potatoes - 1 lb raw, unpeeled = 2 cups mashed

Miscellaneous:

Eggs - 4 whole, 8 yolks or 8 whites = 1 cup

Cheese - 4 oz. = 1 cup shredded

End of Publication

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