Tips for measuring

- Measure ingredients the correct way.
- Use standard measuring cups and spoons if you have them.
- Check your recipe for ingredients you need.
Using Measuring Cups
How to Measure Solid Fats

1. Take fat out of the refrigerator. Let it get almost soft. Spoon fat into cup of right size. Press fat to bottom of cup using the back of a spoon.
2. Press each time you add fat. Fill cup heaping full.
3. Level the cup using a spatula or knife.

Solid fats measured this way
- butter
- margarine
- shortening

How to Measure Sifted Flour

1. Sift flour onto a plate or waxed paper.
2. Spoon sifted flour into cup of right size. Fill cup heaping full. Do not shake the cup. This will pack the flour.
3. Level the cup using a spatula or knife.

Tips for measuring
- Some flour you buy is pre-sifted. Do not sift it.
- Measure pre-sifted flour the same way you measure sifted flour.
How to Measure Unsifted Flour

1 Spoon flour into cup of right size. Fill cup heaping full. **Do not shake the cup.** It will pack the flour.

2 Level the cup using a spatula or knife.

3 Take out some of the flour. This will make it like measured sifted flour.

**Tips for measuring**
- Take out 2 level tablespoons from 1 cup.
- Take out 1 level tablespoon from ½ cup.
- Take out 1½ level teaspoons from ¼ cup.

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How to Measure White Sugar

1 Spoon sugar into cup of right size. Fill cup heaping full.

2 Level the cup using a spatula or knife.

**Other dry ingredients measured this way**
- corn meal
- rolled oats
- nonfat dry milk
- rice
- grits
- macaroni
How to Measure Brown Sugar

1. Spoon brown sugar into cup of right size.

2. Press sugar to bottom of cup using the back of a spoon. **Press each time you add sugar.** Fill cup heaping full.

3. Level the cup using a spatula or knife.

4. Take sugar out of cup. It should be firm.

How to Measure Thin Liquids

1. Put cup on table or flat surface. Add liquid to the right mark on cup.

2. Read measurement at **eye** level.

**Thin liquids measured this way**
- fruit juices
- water
- cooking oil
- milk
How to Measure Thick Liquids

1. Add liquid to cup of right size.

2. Fill cup full.

3. Level the cup using a spatula or knife.

Thick liquids measured this way
- molasses
- syrup
- honey

How to Measure Solid Fats

1. Take fat out of the refrigerator. Let it get almost soft. Use a knife to fill spoon of right size.

2. Press fat to bottom of spoon. Press each time you add fat. Fill spoon heaping full.

3. Level the spoon using the knife.

Solid fats measured this way
- butter
- shortening
- margarine

How to Measure Flour

1. Fill spoon of right size heaping full with flour.

2. Level the spoon using a spatula or knife.

Other dry ingredients measured this way
- baking powder
- salt
- cocoa
- pepper
- nutmeg
- sugar
- cinnamon
- baking soda
How to Measure Thick Liquids

1. Fill spoon of right size full of liquid.
2. Level the spoon using a spatula or knife.

Thick liquids measured this way
- molasses
- syrup
- honey

How to Measure Thin Liquids

1. Fill spoon of right size with liquid.
2. Fill it even with top of spoon.

Thin liquids measured this way
- milk
- cooking oil
- fruit juices
- vanilla
- water
- other flavorings

By measuring ingredients the right way, you can cook better food and make your family healthy and happy.