



Ingredient Conversion Guide

To use the Vegie Power Index calculator, you will need to enter the weight of each ingredient in grams (g). Use this handy guide to look up the average weight of common ingredients.

Vegetables

1 MEDIUM...	weight (g)
Avocado	159
Beetroot	82
Capsicum	271
Carrot	129
Celery	40
Corn	163
Cucumber	174
Eggplant	459
Fennel	234
Leek	195
Onion	142
Potato	276
Sweet potato	420
Tomato	152
Zucchini	195

1 CUP of...	weight (g)
Asparagus	143
Beans	120
Broccoli	93
Brussels sprouts	93
Cabbage	95
Cauliflower	115
Leafy Asian vegeteables	85
Legumes	173
Lettuce	50
Mushroom	85
Peas	145
Pumpkin	120
Silverbeet	45
Spinach	45



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Dairy and pantry

1 CUP of...	weight (g)
Cheese	120
Milk	260
Sour cream/Yoghurt	260
Water	250
Flour	135
Oats (uncooked)	83
Pasta (uncooked)	113
Rice (uncooked)	218
Breadcrumbs	150
Cornflour	100

Small quantities

1 TABLESPOON of...	weight (g)
Milk	21
Yoghurt	21
Mayonnaise	20
Margarine	19
Water	20
Oil	18
Honey	29
Sugar	17
Spices	10
Nuts	11

Bakery and deli

1 regular...	weight (g)
Bread slice	33
Bread roll	69
Wrap	40
Egg	44
Filo pastry sheet	14
Rasher of bacon	50
Chicken breast	248
Shaved slice of ham	12

Note:

Please check your local state and territory guidelines for ingredients you can and cannot have on your menu.