



1 cup = 250ml  
2 cups = 500ml  
3 cups = 750ml  
4 cups = 1L

# Shopping With a Recipe

Using a recipe to build your shopping list is a great idea, but the measurements written on packages are not always the same as in recipes. This list will help you find the right amounts to buy.

**1 kg**  
Flour



equals  
**9 cups**

**1 kg**  
Rice



equals  
**6 cups**  
uncooked

**1 kg**  
Sugar<sup>White</sup>



equals  
**4½ cups**

**450g** · 1 lb  
Cheese



equals  
**4 cups**  
grated

**450g** · 1 lb  
Margarine



equals  
**2 cups**

**450g** · 1 lb  
Pasta



equals  
**4 cups**  
uncooked