

Different Types of Measuring Cups:

- **Graded measuring cups** – Usually range in size from $\frac{1}{4}$ cup to 1 cup. Use for dry ingredients and solid liquids (ie. Fats, honey, syrups, etc.)
- **Glass measuring cups** – Use for measuring liquids.

Measuring Guidelines

Flour	Lightly spoon into a graded measuring cup without tapping or packing the cup. Level the top using the flat edge of a knife.
White or confectioners sugar	Lightly spoon into a graded measuring cup without tapping or packing the cup. Level the top using the flat edge of a knife.
Breadcrumbs	Lightly spoon into a graded measuring cup without tapping or packing the cup. Level the top using the flat edge of a knife.
Oats	Lightly spoon into a graded measuring cup without tapping or packing the cup. Level the top using the flat edge of a knife.
Breadcrumbs	Lightly spoon into a graded measuring cup without tapping or packing the cup. Level the top using the flat edge of a knife.
Shredded Cheese	Lightly pack in a graded measuring cup by pushing down very gently with a spoon a few times while measuring. Do not press hard or you will over measure.
Coconut	Lightly pack in a graded measuring cup by pushing down very gently with a spoon a few times while measuring. Do not press hard or you will over measure.
Fresh herbs	Lightly pack in a graded measuring cup by pushing down very gently with a spoon a few times while measuring. Do not press hard or you will over measure.
Nuts	Lightly pack in a graded measuring cup by pushing down very gently with a spoon a few times while measuring. Do not press hard or you will over measure.
Brown sugar	Pack firmly into a graded measuring cup
Liquids	Use a glass measuring cup and check measurement on a flat surface at eye level