

SERVING SIZE CHART

Dried fruits and vegetables may be reconstituted (restoring moisture) by soaking the food in water. Time for reconstituting will depend on the size and shape of the food and the food itself. Generally most dried fruits can be reconstituted within 8 hours, whereas most dried vegetables take 2 hours to be reconstituted. To prevent growth of microorganisms, dried fruits and vegetables should be reconstituted in the refrigerator. One cup of dried fruit will yield approximately 1 1/2 cups of reconstituted fruit. One cup of dried vegetable will yield approximately 2 cups of reconstituted vegetable. Reconstituted fruits and vegetables should be cooked in the water in which they were soaking.

(Taken from Virginia Cooperative Extension Publication Number 348-597; Authors: Tim Roberts, Extension Specialist and Assistant Professor, Virginia Tech; Ruby Cox, Extension Specialist and Associate Professor, HNFE, Virginia Tech)

Chart Key

Serving Size: The amount of dehydrated product needed for 1 serving.

Approximate Yield: The quantity of food produced when rehydrated.

Approximate Ratio: How much fresh vegetable is needed to make 1 pound of dried.

of Servings: The number of servings in our ZIP Pouch, Jar, or Jumbo Jug packages.

Vegetable	Serving Size (Dry)	Approximate Yield	Approximate Ratio	ZIP Pouch # of servings	Jar Size # of servings	Jumbo Jug # of servings
Broccoli	½ oz (¼ cup)	½ cup	1:8	4	16	64
Cabbage	½ oz (2T)	¼ cup	1:8	5	20	72
Carrots	1 oz (¼ cup)	½ cup	1:8	3	14	56
Celery	½ oz (2T)	½ cup	1:15	3	14	52
Chive Rings	1g (1T)	2T	1:8	NA	64	NA
Sweet Corn	1 oz (¼ cup)	½ cup	1:6	3	12	48
Green Beans	½ oz (¼ cup)	½ cup	1:8	4	14	64
Jalapeno	5g (1T)	2T	1:6	16	64	256
Leeks	2g (1T)	2T	1:6	16	64	256
Mushrooms	¼ oz (¼ cup)	½ cup	1:6	NA	12	48
Onions	8g (1T)	2T	1:14	16	64	256
Sweet Peas	2 oz (½ cup)	2/3 cup	1:6	2	8	32
Peppers	4g (1T)	2T	1:15	16	64	256
Dice Potato	1 oz (¼ cup)	½ cup	1:6	3	12	50
Slice Potato	1 oz (½ cup)	1 cup	1:4	NA	NA	28
Shallots	5g (1T)	2T	1:6	NA	64	NA
Spinach	5g (¼ cup)	½ cup	1:6	4	16	64
Sweet Potato	18g (¼ cup)	½ cup	1:6	NA	16	64
Tomato Dice	½ oz (¼ cup)	½ cup	1:4	4	16	60
Tom Powder	½ oz (1T)	½ cup	1:4	12	44	160

Beans & Legumes

A typical 15 ounce can of beans contains 40% water and 60% beans, which would be 9 ounces of drained beans. It would take 4 ounces of our dehydrated beans to equal the same quantity you would get in a standard can.