

Worksheet 17.5
Selecting Your Fats and Oils

Oil or Fat	Fats or Oils Equivalent Multiplier	Fats or Oils Equivalent Amount	Conversion Calculation Multiplier Equivalent Amount	Quantity to Store
Vegetable oils	1 lb.		1 x _____ =	
Lard	1 lb.		1 x _____ =	
Vegetable shortening	1 lb.		1 x _____ =	
Vegetable shortening, powdered	1.2 lb.		1.2 x _____ =	
Butter or Margarine	1.2 lb.		1.2 x _____ =	
Butter, powdered	1.3 lb.		1.3 x _____ =	
Mayonnaise	1.4 lb.		1.4 x _____ =	
Miracle Whip	3.1 lb.		3.1 x _____ =	
Bacon	1.6 lb.		1.6 x _____ =	
Peanut butter	1.5 lb.		1.5 x _____ =	
Peanut butter, powdered	3.0 lb.		3.0 x _____ =	
Nuts and Seeds	1.6 lb.		1.6 x _____ =	
Unshelled nuts	3.1 lb.		3.1 x _____ =	
Total Number of Pounds of Fats and Oils to Store This amount should equal the total in worksheet 17.4				