

Yields

Kitchen

How much raw becomes how much cooked, for planning quantities.

Per person, and how much raw is needed.

Food	Raw per person	Cooked
Dried pasta	75–100 g	~2.5× weight
Rice	60–75 g	~3× weight
Potatoes	200–250 g	Similar
Meat, boneless	150–200 g	~75%
Meat, bone-in	250–300 g	~55%
Spinach	250 g	~10% of volume
Dried beans	60 g	~2.5×

Bone-in cuts need roughly a third more raw weight for the same cooked yield.