



S H E L F R E L I A N C E[®]

THRIVE[®] EQUIVALENTS

To rehydrate THRIVE[®] freeze dried or dehydrated foods, place the product in dish or bowl and cover with warm water for 10-15 minutes. Once the food has completely rehydrated, drain off any remaining liquid. For faster rehydration, use hot or boiling water. Do not use this method for THRIVE[®] Fruit.

INGREDIENT	THRIVE [®]	FRESH	INGREDIENT	THRIVE [®]	FRESH
Fruit <i>(Some fruit equivalents are based on weight, not quantity)</i>			Vegetables		
Apple Chips	1 cup + 1 cup water	1 medium apple	Bell Peppers	½ cup + 1 cup water	1 bell pepper
Apples Slices	1 cup + 1 cup water	1 medium apple	Broccoli (FD)	1 cup + 1 cup water	1 cup broccoli
Apricots (FD)	1 cup + 1 cup water	1 apricot	Carrot Dices	1 cup + 1 cup water	2 cups carrots, diced
Banana Chips	1 cup + 1 cup water	1 banana	Cauliflower (FD)	1 cup + ½ cup water	1 cup cauliflower
Banana Slices (FD)	1 cup + 1 cup water	1 banana	Celery (FD)	1 cup + ½ cup water	1 cup celery, diced
Blackberries (FD)	1 cup + 1 cup water	1 cup blackberries	Green Beans (FD)	1 cup + ½ cup water	1 cup green beans
Blueberries (FD)	1 cup + 1 cup water	1 cup blueberries	Green Peas (FD)	1 cup + ½ cup water	1 cup green peas
Mandarin Oranges (FD)	1 cup + 1 cup water	8 oz. can oranges	Mushroom Pieces (FD)	1 cup + ½ cup water	1 cup mushrooms, chopped
Mangoes (FD)	1 cup + 1 cup water	1 mango, sliced	Onions	⅓ cup + ⅓ cup water	1 medium onion
Peaches (FD)	1 cup + 1 cup water	1 peach, sliced	Onions (FD)	1 cup + 1 cup water	1 small white onion
Pears (FD)	1 cup + 1 cup water	1 pear, sliced	Potato Beads	2 cups + ⅔ cup milk + 3 T butter + 2 cups water	3 ¼ cup mashed potatoes
Pineapple	1 cup + 1 cup water	1 cup pineapple	Potato Chunks	⅔ cup + 1 cup water	1 cup medium potato, boiled
Pineapple Chunks (FD)	1 cup + 1 cup water	1 cup pineapple	Potato Dices (FD)	1 cup + 1 cup water	1 cup potatoes, diced
Raspberries (FD)	1 cup + 1 cup water	1 cup raspberries	Spinach (FD)	1 cup + ¾ cup water	1 cup spinach, cooked
Meats			Split Green Peas	1 cup	1 cup split peas
Chicken (FD)	2½ cups + 2 cups water	1 lb. chicken	Sweet Corn (FD)	1 cup + 1 cup water <i>(Approx. 20 min to rehydrate)</i>	1 cup corn
Ground Beef (FD)	2½ cups + 2 cups water	1 lb. ground beef	Sweet Potato	⅔ cup + 1 cup water	1 medium potato, boiled
Ham (FD)	2½ cups + 2 cups water	1 lb. ham	Tomato Powder	¼ cup + ½ cup water	6 oz. or ¾ cup tomato paste
Roast Beef (FD)	2½ cups + 2 cups water	1 lb. roast beef	Dairy		
Sausage (FD)	2½ cups + 2 cups water	1 lb. sausage	Instant Milk	2 T + 1 cup water	1 cup milk
Turkey (FD)	2½ cups + 2 cups water	1 lb. turkey	Powdered Milk	3 T + 1 cup water	1 cup milk
TVP			Basics <i>(Consistency can be altered to suit individual preference)</i>		
Bacon TVP	1½ cups + 1 cup water	1 lb. bacon	Butter Powder	½ cup + ½ cup water	1 stick of butter (½ cup)
Beef TVP	1½ cups + 1½ cups water	1 lb. ground beef	Shortening	1 cup + ¼ cup water	1 cup shortening
Chicken TVP	2 cups + 2 cups water	1 lb. chicken	Sour Cream	1 cup + 1 cup water	1 cup sour cream
Ham TVP	1½ cups + 1½ cups water	1 lb. ham			
Sausage TVP	2½ cups + 2½ cups water	1 lb. sausage			
Sloppy Joe TVP	2 cups + 2 cups water	1 lb. ground beef + seasoning			
Taco TVP	1½ cups + 1½ cups water	1 lb. ground beef + seasoning			