

U.S. Measurements



U.S. Liquid Volume Measurements

Cups	Fluid Ounces	Tablespoons	Teaspoons
1	8	16	48
3/4	6	12	36
1/2	4	8	24
1/3	2 2/3	5 tbsp + 1 tsp	16
1/4	2	4	12
1/16	.5	1	3

U.S. to Metric Conversions



Weight Conversions

Imperial	Metric
1/2 oz.	14 g
1 oz.	28 g
2 oz.	57 g
3 oz.	85 g
4 oz.	113 g
5 oz.	142 g
6 oz.	170 g
7 oz.	199 g
8 oz.	227 g
9 oz.	255 g
10 oz.	284 g
12 oz	340 g
1 lb.	454 g
1 1/2 lb.	680 g
2 lb.	907 g
2.2 lb.	1 kg



Liquid Volume Conversions

Fluid Ounces	Cups	Milliliters	Liters
2	1/4	59	.059
4	1/2	118	.118
8	1	237	.237
16	2	473	.473
24	3	710	.71
32	4	946	.946
33.6	4.22	1000	1



Temperature Conversions

Fahrenheit	Celsius	Gas Mark	Description
225	107	1/4	Very Low
250	121	1/2	Very Low
275	135	1	Low
300	149	2	Low
325	163	3	Moderate
350	177	4	Moderate
375	190	5	Moderately Hot
400	204	6	Moderately Hot
425	218	7	Hot
450	238	8	Hot
475	246	9	Very Hot