

Liquid Conversions

This should be used for converting liquids to metric and can also be used to convert small measurements of salt, baking soda, baking powder etc.

(Note that these conversions are meant to convert recipes from the US and Canada. Converting recipes from other parts of the world may be different.)

<u>U.S./ Canada Quantity</u>	<u>Metric equivalent</u>
1 teaspoon	5 mL
1 tablespoon (1/2 fluid ounce)	15 mL
1 fluid ounce (1/8 cup)	30 mL
1/4 cup (2 fluid ounces)	60 mL
1/3 cup	80 mL
1/2 cup (4 fluid ounces)	120 mL
2/3 cup	160 mL
3/4 cup (6 fluid ounces)	180 mL
1 cup (8 fluid ounces) (half a pint)	240 mL
1 1/2 cups (12 fluid ounces)	350 mL
2 cups (1 pint) (16 fluid ounces)	475 mL
3 cups (1 1/2 pints)	700 mL
4 cups (2 pints) (1 quart)	950 mL
4 quarts (1 gallon)	3.8 L

Non-Liquid Ingredients

(Note that these conversions are meant to convert recipes from the US and Canada. Converting recipes from other parts of the world may be different.)

<u>Product</u>	<u>1 cup</u>	<u>3/4 cup</u>	<u>2/3 cup</u>	<u>1/2 cup</u>	<u>1/3 cup</u>	<u>1/4 cup</u>	<u>2 Tablespoons</u>
Flour, all purpose (wheat)	120 g	90 g	80 g	60 g	40 g	30 g	15 g
Flour, well sifted all purpose (wheat)	110 g	80 g	70 g	55 g	35 g	27 g	13 g
Sugar, granulated cane	200 g	150 g	130 g	100 g	65 g	50 g	25 g
Confectioner's sugar (cane)	100 g	75 g	70 g	50 g	35 g	25 g	13 g
Brown sugar, packed firmly (but not too firmly)	180 g	135 g	120 g	90 g	60 g	45 g	23 g
Corn starch	120 g	90 g	80 g	60 g	40 g	30 g	15 g
Oats, uncooked quick	90 g	65 g	60 g	45 g	30 g	22 g	11 g
Table salt	300 g	230 g	200 g	150 g	100 g	75 g	40 g
Butter	240 g	180 g	160 g	120 g	80 g	60 g	30 g
Vegetable shortening	190 g	140 g	125 g	95 g	65 g	48 g	24 g
Nuts, chopped	150 g	110 g	100 g	75 g	50 g	40 g	20 g
Nuts, ground	120 g	90 g	80 g	60 g	40 g	30 g	15 g

Weight

(For US and Canada recipes only)

<u>Standard Weight</u>	<u>Metric equivalent (grams)</u>
1 ounce	28 g
4 ounces <i>or</i> 1/4 pound	113 g
1/3 pound	150 g
8 ounces <i>or</i> 1/2 pound	230 g
2/3 pound	300 g
12 ounces <i>or</i> 3/4 pound	340 g
1 pound <i>or</i> 16 ounces	450 g
2 pounds	900 g

Length

<u>Standard Length</u>	<u>Metric Equivalent (centimeter)</u>
1/8 inch	3 mm
1/4 inch	6 mm
1/2 inch	13 mm
3/4 inch	19 mm
1 inch	2.5 cm
2 inches	5 cm
3 inches	7.6 cm
4 inches	10 cm
5 inches	13 cm
6 inches	15 cm
7 inches	18 cm
8 inches	20 cm
9 inches	23 cm
10 inches	25 cm
11 inches	28 cm
12 inches <i>or</i> 1 foot	30 cm
13 inches	33

14 inches	35
15 inches	38
16 inches	40
17 inches	43
18 inches	46
19 inches	48
20 inches	51
21 inches	53
22 inches	56
23 inches	58
24 inches or 2 feet	61

Temperatures

<u>Fahrenheit</u>	<u>Celsius</u>
225 F	105 C
250 F	120 C
275 F	130 C
300 F	150 C
325 F	165 C
350 F	180 C
375 F	190 C
400 F	200 C
425 F	220 C
450 F	230 C
475 F	245 C