

Handy Converter

DRY MEASURES - METRIC = IMPERIAL

15g = ½oz
 30g = 1oz
 60g = 2oz
 90g = 3oz
 125g = 4oz (¼lb)
 155g = 5oz
 185g = 6oz
 220g = 7oz
 250g = 8oz (½lb)
 280g = 9oz
 315g = 10oz
 345g = 11oz
 375g = 12oz (¾lb)
 410g = 13oz
 440g = 14oz
 470g = 15oz
 500g = 16oz (1lb)
 750g = 24oz (1½lb)
 1kg = 32oz (2lb)

Volume Equivalents

1/4 teaspoon = 1 ml
 1/2 teaspoon = 2 ml
 1 teaspoon = 5 ml
 1 tablespoon = 15 ml
 1/4 cup = 65 ml
 1 cup = 250 ml

LIQUID MEASURES METRIC = IMPERIAL

30ml = 1 fluid oz
 60ml = 2 fluid oz
 100ml = 3 fluid oz
 125ml = 4 fluid oz
 150ml = 5 fluid oz (¼ pint)
 190ml = 6 fluid oz
 250ml = 8 fluid oz
 300ml = 10 fluid oz (½ pint)
 500ml = 16 fluid oz
 600ml = 20 fluid oz (1 pint)
 1000ml (1 litre) = 1¾ pints

HELPFUL MEASURES - METRIC = IMPERIAL

6mm = ¼in
 1cm = ½in
 2cm = ¾in
 2.5cm = 1in
 5cm = 2in
 6cm = 2½in
 8cm = 3in
 10cm = 4in
 13cm = 5in
 15cm = 6in
 18cm = 7in
 20cm = 8in
 23cm = 9in
 25cm = 10in
 28cm = 11in
 30cm = 12in

EQUIVALENT MEASURES

3 teaspoons = 1 tablespoon
 1/2 tablespoon = 1-1/2 teaspoons
 2 tablespoons = 1 fluid ounce
 4 tablespoons = 1/4 cup
 5-1/3 tablespoons = 1/3 cup
 8 tablespoons = 1/2 cup
 10-2/3 tablespoons = 2/3 cup
 12 tablespoons = 3/4 cup
 16 tablespoons = 1 cup
 6 tablespoons = 8 fluid ounces
 1/8 cup = 2 tablespoons
 1/4 cup = 4 tablespoons
 1/4 cup = 2 fluid ounces
 1/3 cup = 5 tablespoons plus 1 teaspoon
 1/2 cup = 8 tablespoons
 1 cup = 16 tablespoons
 1 cup = 8 fluid ounces
 1 cup = 1/2 pint

2 cups = 1 pint
 2 pints = 1 quart
 4 quarts (liquid) = 1 gallon
 1 litre = approximately 4 cups or 1 quart

Metric to U.S.

Liquid
 1 mL = 0.033814 fl. oz.
 1 mL = 0.061024 cu. in.
 1 mL = 0.2029 tsp.
 1 mL = 0.0676 Tbls.
 1 dl = 3.3814 fl. oz.
 1 dl = 6.1024 cu. in.
 1 dl = 20.29 tsp.
 1 dl = 6.76 Tbls.
 1 dl = 27.05 fl. dr.
 1 dl = 0.423 cups
 1 dl = 0.845 gi.
 1 dl = 0.21134 pt.
 1 dl = 0.10567 qt.
 1 l = 33.814 fl. oz.
 1 l = 61.024 cu. in.
 1 l = 67.6 Tbls.
 1 l = 270.5 fl. dr.
 1 l = 4.23 cups
 1 l = 8.45 gi.
 1 l = 2.1134 pt.
 1 l = 1.0567 qt.
 1 l = 0.26417 gal.
 1 l = 0.029353 firkins

Dry
 1 l = 1.8162 pt.
 1 l = 0.9081 qt.

Weight
 1 g = 0.035274 oz.
 1 g = 0.0022046 lb.
 1 kg = 35.274 oz.
 1 kg = 2.2046 lb.

Length
 1 mm = 0.03937 in.
 1 cm = 0.3937 in.
 1 m = 39.37 in.
 1 m = 3.281 ft.
 1 m = 1.0936 yd.

U.S. to Metric

Liquid
 1 tsp. = 4.929 mL
 1 Tbls. = 14.787 mL
 1 fl. dr. = 3.6967 mL
 1 fl. oz. = 29.57353 mL
 1 cup = 236.59 mL
 1 cup = 2.366 dl
 1 cup = 0.2366 l
 1 gi. = 118.294 mL
 1 gi. = 1.18294 dl
 1 gi. = 0.118294 l
 1 pt. = 473.1765 mL
 1 pt. = 4.731765 dl
 1 pt. = 0.4731765 l
 1 qt. = 9.4635 dl
 1 qt. = 0.94635 l
 1 gal. = 37.854 dl
 1 gal. = 3.7854 l
 1 firkin = 34.069 l
 1 hhd = 238.48 l

Dry
 1 pt. = 0.551 l
 1 qt. = 1.101 l
 1 pk. = 8.81 l
 1 bu. = 35.25 l

Weight
 1 oz. = 28.35 g
 1 lb. = 453.59 g
 1 lb. = 0.454 kg

Length
 1 in. = 25.4 mm
 1 in. = 2.54 cm
 1 ft. = 304.8 mm
 1 ft. = 30.48 cm
 1 yd. = 914.4 mm
 1 yd. = 91.44 cm

TEMPERATURE CONVERSION CHART

C° (CELSIUS) = F° (FAHRENHEIT) = GAS MARK

Very slow.....	120 = 250 = 1
Slow.....	150 = 300 = 2
Moderately slow.....	160 = 325 = 3
Moderate.....	180 = 350 = 4
Moderately hot.....	190 = 375 = 5
Hot.....	200 = 400 = 6
Very hot.....	230 = 450 = 7