

US to METRIC CONVERSIONS

Approximate

US Standard	Fine Powder (e.g. flour)	Grain (e.g. rice)	Granular (e.g. sugar)	Liquid Solids (e.g. butter)	Liquid (e.g. milk)	Dry Ingredient (e.g. pasta)
1 cup	140 g	150 g	190 g	200 g	240 ml	
$\frac{3}{4}$ cup	105 g	113 g	143 g	150 g	180 ml	
$\frac{2}{3}$ cup	93 g	100 g	125 g	133 g	160 ml	
$\frac{1}{2}$ cup	70 g	75 g	95 g	100 g	120 ml	
$\frac{1}{3}$ cup	47 g	50 g	63 g	67 g	80 ml	
$\frac{1}{4}$ cup	35 g	38 g	48 g	50 g	60 ml	
$\frac{1}{8}$ cup	18 g	19 g	24 g	25 g	30 ml	
1 oz						30 g
4 oz						120 g
8 oz						240 g
12 oz						360 g
16 oz						480 g

Liquid Ingredients by Volume

$\frac{1}{4}$ tsp				1 ml	
$\frac{1}{2}$ tsp				2 ml	
1 tsp				5 ml	
3 tsp	1 tbsp		$\frac{1}{2}$ fl oz	15 ml	
	2 tbsp	$\frac{1}{4}$ cup	1 fl oz	30 ml	
	4 tbsp	$\frac{1}{2}$ cup	2 fl oz	60 ml	
	5 $\frac{1}{2}$ tbsp	$\frac{3}{4}$ cup	3 fl oz	80 ml	
	8 tbsp	$\frac{1}{2}$ cup	4 fl oz	120 ml	
	10 $\frac{1}{4}$ tbsp	$\frac{2}{3}$ cup	5 fl oz	160 ml	
	12 tbsp	$\frac{3}{4}$ cup	6 fl oz	180 ml	
	16 tbsp	1 cup	8 fl oz	240 ml	
	1 pt	2 cups	16 fl oz	480 ml	
	1 qt	4 cups	32 fl oz	960 ml	
			33 fl oz	1000 ml	1 litre

Useful Cooking/Oven Temperatures

	Fahrenheit	Celcius	Gas Mark
Bake	325° F	160° C	3
	350° F	180° C	4
	375° F	190° C	5
	400° F	200° C	6
	425° F	220° C	7
	450° F	230° C	8
Broil			Grill