

Conversion Chart

Pound, cups, tablespoon and teaspoon conversions assume the base weight-volume of water

1 pound = 2 cups

1 ounce = 2 tablespoons

1 tablespoon = 3 teaspoons = 0.5 oz = 15 grams

1 teaspoon = 0.17 oz = 5 grams

pinch is less than 1/8 teaspoon

dl = deciliter = 1/10 of a liter = 1/2 cup

Weight-volume of:

Flour: 1 pound = 3 1/2 cups

Sugar: 1 pound = 2 1/4 cups

Weight

US ounces	CND grams	AUS grams
1	30	30
2	55	60
3	85	90
4	115	125
8	225	225
16	455	500 (1/2 kilogram)

Temperatures

Fahrenheit	Celsius
32 degrees	0 degrees
212 "	100 "
250 "	120 "
275 "	140 "
300 "	150 "
325 "	160 "
350 "	180 "
375 "	190 "
400 "	200 "
425 "	220 "
450 "	230 "
475 "	240 "
500 "	260 "

One stick of butter is 1/4 pound or about 110 grams. Butter in the US is sold in one pound boxes, each box containing 4 sticks

Unit:	Also Equals:	Ounces
3 tsp.	1 Tbsp.	1/2 fl. oz.
2 Tbsp.	1/8 cup	1 fl. oz.
4 Tbsp.	1/4 cup	2 fl. oz.
1/4 cup plus 4 tsp.	1/3 cup	2 3/4 fl. oz.
8 Tbsp.	1/2 cup	4 fl. oz.
1 cup	1/2 pint	8 fl. oz.
2 cups	1 pint	16 fl. oz.
1 quart	2 pints	32 fl. oz.
1 quart plus 1/4 cup	1 liter	34 fl. oz.
4 quarts	1 gallon	128 fl. oz.

Decimals

0.25 = 1/4

0.33 = 1/3

0.50 = 1/2

0.66 = 2/3

0.75 = 3/4

Metric Conversion Chart

US	Canadian	Australian
1/4 tsp	1 mL	1 ml
1/2 tsp	2 mL	2 ml
1 tsp	5 mL	5 ml
1 Tbl	15 mL	20 ml
1/4 cup	50 mL	60 ml
1/3 cup	75 mL	80 ml
1/2 cup	125 mL	125 ml
2/3 cup	150 mL	170 ml
3/4 cup	175 mL	190 ml
1 cup	250 mL	250 ml
1 quart	1 liter	1 litre