



Kitchen Measurement Conversions

Be it by weight, volume, or temperature, cooking involves measurements. It can be a great help when cooking to be able to convert across different scales—from ounces to teaspoons to cups, and from grams to pounds. The tables below provide references across different scales, including temperature.

DRY WEIGHT CONVERSIONS

The below table is appropriate to use for converting dry ingredients like fresh vegetables, grains and legumes like rice or lentils, as well as meats and fish.

oz			g	lbs
1/2 oz	1 tbsp	1/16 cup	15 grams	-
1 oz	2 tbsp	1/8 cup	28 grams	-
2 ozs	4 tbsp	1/4 cup	57 grams	-
3 ozs	6 tbsp	1/3 cup	85 grams	-
4 ozs	8 tbsp	1/2 cup	115 grams	1/4 pound
8 ozs	16 tbsp	1 cup	227 grams	1/2 pound
12 ozs	24 tbsp	1 1/2 cup	340 grams	3/4 pound
16 ozs	32 tbsp	2 cup	455 grams	1 pound

TEMPERATURE SCALE CONVERSIONS

The below table allows you to easily convert from Fahrenheit (°F) to Celsius (°C). When using a convection or fan-forced oven, you can reduce the temperature setting by 65°F or 20°C.

Celsius (°C)	110	120	140	150	170	180	190	200	220	230	240	260
Fahrenheit (°F)	225	250	275	300	325	350	375	400	425	450	475	500



Kitchen Measurement Conversions

LIQUID VOLUME CONVERSIONS

The below table is appropriate to use for converting amounts of liquid ingredients like water, extracts, dairy, or stock.

			mL			
-	1 tsp	1/3 tbsp	5 mL	-	-	-
1/2 fl oz	3 tsp	1 tbsp	15 mL	-	-	-
1 fl oz	6 tsp	2 tbsp	30 mL	1/8 C	-	-
2 fl oz	12 tsp	4 tbsp	60 mL	1/4 C	-	-
2 2/3 fl oz	16 tsp	5 tbsp	80 mL	1/3 C	-	-
4 fl oz	24 tsp	8 tbsp	120 mL	1/2 C	1/4 pt	-
5 1/3 fl oz	32 tsp	11 tbsp	160 mL	2/3 C	-	-
6 fl oz	36 tsp	12 tbsp	177 mL	3/4 C	-	-
8 fl oz	48 tsp	16 tbsp	240 mL	1 C	1/2 pt	1/4 qt
16 fl oz	96 tsp	32 tbsp	470 mL	2 C	1 pt	1/2 qt
32 fl oz	192 tsp	64 tbsp	950 mL	4 C	2 pt	1 qt