

## Measurement Conversion Tables

Oh sure! We still have time for tea, don't we? Hence, the 'teaspoon'. Yet, like the recipes that have been passed down generation over generation, so too have our measurements.

Dry Measures:	Equivalents:
1 Dash	Less than 1/8 teaspoon
1 Pinch	Between 1/8-1/4 teaspoon
1/2 Tablespoon	1 1/2 teaspoons
3 teaspoons	1 Tablespoons
1 1/2 teaspoons	2 Tablespoons, 1/8 cup
1/4 Cup	4 Tablespoons
1/3 Cup	5 Tablespoons + 1/3 teaspoon
3/8 Cup	6 Tablespoons
1/2 Cup	8 Tablespoons
2/3 Cup	10 Tablespoons + 2/3 Tablespoons
3/4 Cup	12 Tablespoons
7/8 Cup	14 Tablespoons
1 Cup	16 Tablespoons
2 Cups	1 Pint
4 Cups	1 Quart
4 Quarts	1 Gallon

Theoretically, the UK and Canada use the metric system but some older recipes use an 'Imperial' measurement system. Some of the names may even be the same (e.g. teaspoon) but they differ from U.S. measures. In general, weights are equivalent but volumes are not.

Liquid Measures:			
Fluid Ounces:	U.S.:	Imperial:	Milliliters: (Can round up)
	1 teaspoon	1 teaspoon	5
1/4	2 teaspoons	1 dessertspoon	7
1/2	1 Tablespoon	1 Tablespoon	15
1	2 Tablespoons	2 Tablespoons	28
2	1/4 cup	4 Tablespoons	56
2 2/3	1/3 cup		
2.5		1/4 cup	
4	1/2 cup or 1/4 pint		110
5		1/2 cup, or 1/4 pint or 1 'gill'	140
6	3/4 cup		170
8	1 cup or 1/2 pint		225
9			250, 1/4 liter
10	1 1/4 cups	1 cup, or 1/2 pint	280
12	1 1/2 cups	3/4 pint	340
15	3/4 pint		420
16	2 cups or 1 pint		450
18	2 1/4 cups	1 pound	500, 1/2 liter
20	2 1/2 cups	1 pint	560
24	3 cups or 1 1/2 pints		675
25		1 1/4 pints	700
27	3 1/2 cups		750, 3/4 liter
30	3 3/4 cups	1 1/2 pints	840
32	4 cups, or 2 pints, or 1 quart		900
40		1 quart	1000 – 1120 (approximate), or 1 liter
128	1 gallon		

**Solid Measures:**

<b>Solid Measures:</b>			
<b>U.S. And Imperial :</b>		<b>Metric Measures:</b>	
<b>Ounces:</b>	<b>Pounds:</b>	<b>Grams:</b>	<b>Kilos:</b>
.032	.002	1	.001
1		28	
2		56	
3 1/2		100	
4	1/4	112	
5		140	
6		168	
8	1/2	225	
9		250	1/4
12	3/4	340	
16	1	450	
18		500	1/2
20	1 1/4	560	
24	1 1/2	675	
27		750	3/4
28	1 3/4	780	
32	2	900	
36	2 1/4	1000	1
40	2 1/2	1100	
48	3	1350	
54		1500	1 1/2
64	4	1800	
72	4 1/2	2000	2

**Temperature Equivalents:** (To convert Fahrenheit to Celsius: subtract 32 from the F°, multiply by 5, then divide by 9 = C °. To convert Celsius to Fahrenheit, reverse: multiply by 9, divide by 5, add 32= F °)

<b>Degrees Fahrenheit:</b>	<b>Degrees Celsius:</b>
-10	-23
0	-17
32	0
40	4
115	46
130	54
140	60
150	65
160	70
170	75
212	100
225	110
234	112
244	117
250	130
275	140
300	150
325	165
350	175
375	190
400	205
425	220
450	230
475	245
500	260