

## Converting Recipes | U.S. to Metric Measures

The instructions and tables presented below will walk you through converting TruBond Tanning recipes to metric measures. It is important to note that these conversions only work with U.S. recipes. For the sake of keeping things simple, I have slightly rounded off the measurements stated below. All conversions should be sufficiently accurate for all recipes.

**Volume Conversions – Normally used for fluid/liquids only. ml=milliliter | L=Liter**

US Volume	Metric	US Volume	Metric
1 teaspoon	5 ml	3/4 cup or 6 fluid ozs.	180 ml
1 tablespoon or 1/2 fluid oz.	15 ml	1 cup, half pint or 8 fluid ozs.	240 ml
1/8 cup or 1 fluid oz.	30 ml	1-1/2 cups or 12 fluid ozs.	350 ml
1/4 cup or 2 fluid ozs.	60 ml	2 cups, 1 pint or 16 fluid ozs.	475 ml
1/3 cup or 2.5 fluid ozs.	80 ml	3 cups or 1-1/2 pints	700 ml
1/2 cup or 4 fluid ozs.	120 ml	4 cups, 2 pints, 1 qt. or 32 fluid ozs.	950 ml
2/3 cup or 5 fluid ozs.	160 ml	4 quarts, 1 gallon or 128 ozs.	3.8 L
<b>Where higher precision is not justified, it may be convenient to round off as follows:</b>			
1 cup	250 ml	1 gallon	4 L
1 pint	500 ml	2 gallons	8 L
1 quart	1 L	2-1/2 gallons	9.5 L
3 gallons	12 L	6 gallons	23 L
4 gallons	15 L	10 gallons	38 L
5 gallons	19 L	15 gallons	53 L

**Weight Conversions – Can be converted with the following table. g=gram | kg=kilogram**

**Note:** Ounces referred to in this table are not the same as fluid ounces.

US Dry/Solid	Grams	US Dry/Solid	Grams
1/2 oz. or 0.031250001 lb.	14 g	10.5 ozs. or 2/3 lb.	300 g
1 oz. or 0.0625 lb.	28 g	12 ozs. or 3/4 lb.	340 g
3 ozs. or 0.1875 lb.	85 g	16 ozs. or 1 lb.	450 g
4 ozs. or 1/4 lb.	113 g	18 ozs. or 1.125 lbs.	510 g
6 ozs. or 1/3 lb.	170 g	32 ozs. or 2 lbs.	900 g
8 ozs. or 1/2 lb.	230 g	40 ozs. or 2-1/2 lbs.	1.134 kg

**Temperature –** Metric system measures in degrees Celsius (°C). Table below shows some common temperatures in both °F and °C units.

°F US Farenheit	Celcius °C
90°-100°F Degreasing (Hot Water)	32°-38°C
32°F Water freezes	0° C
70°F Room temperature	21° C
86°F Good beach weather	30° C
98.6°F Body temperature	37° C
212°F Water boils	100° C
392°F Hot oven	200° C



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