



CONVERSION CHARTS

Resource Guide

WEIGHT & TEMPERATURE CONVERSIONS

Weight Conversion Chart

The easiest way to remember metric conversions is a kilogram is approximately twice the weight of a pound.

Weight Equivalents

| | | |
|------------|---|---------------|
| 1 kilogram | = | 1000 grams |
| 1 ounce | = | 28.35 grams |
| 1 pound | = | 453.59 grams |
| 1 gram | = | 0.03 ounces |
| 100 grams | = | 3.53 ounces |
| 1 kilogram | = | 35.27 ounces |
| 1 kilogram | = | 2.2046 pounds |

Volume Equivalents

| | | |
|---------------|---|-------------------|
| 1 liter | = | 1000 milliliters |
| 1 teaspoon | = | 4.93 milliliters |
| 1 tablespoon | = | 14.79 milliliters |
| 1 fluid ounce | = | 29.57 milliliters |
| 1 cup | = | 237 milliliters |
| 1 pint | = | 473 milliliters |
| 1 quart | = | 946 milliliters |
| 1 gallon | = | 3.78 liters |
| 1 liter | = | 1.06 quarts |
| 10 liters | = | 2.64 gallons |

Celsius/Fahrenheit Conversion Chart

Easy Conversion:

C° to F° : $C^{\circ} \times 2 + 30 = F^{\circ}$ | F° to C° : $F^{\circ} - 30 - 1/2 \text{ of total} = C^{\circ}$

Temperature Conversion

| Celsius | Fahrenheit |
|---------|------------|
| 0° | 32° |
| 5° | 41° |
| 10° | 50° |
| 15° | 59° |
| 20° | 68° |
| 25° | 77° |
| 30° | 86° |
| 35° | 95° |
| 40° | 104° |

Cooking Temperature Conversion

| Celsius | Fahrenheit |
|---------|------------|
| 130° | 250° |
| 140° | 275° |
| 150° | 300° |
| 170° | 325° |
| 180° | 350° |
| 190° | 375° |
| 200° | 400° |
| 220° | 425° |
| 230° | 450° |
| 240° | 475° |

LIQUIDS - FLUID OUNCES



| Fluid Ounce | Table Spoon | Tea Spoon | Cup | Pint | Quart | Gallon |
|-------------|-------------|-----------|---------|--------|--------|---------|
| 1/2 fl oz | 1 tbsp | 3 tsp | | | | |
| 1 fl oz | 2 tbsp | 6 tsp | 1/8 cup | | | |
| 2 fl oz | 4 tbsp | 12 tsp | 1/4 cup | | | |
| 4 fl oz | 8 tbsp | 24 tsp | 1/2 cup | | | |
| 8 fl oz | 16 tbsp | 48 tsp | 1 cup | 1/2 pt | 1/4 qt | |
| 16 fl oz | 32 tbsp | 96 tsp | 2 cups | 1 pt | 1/2 qt | |
| 32 fl oz | 64 tbsp | 192 tsp | 4 cups | 2 pt | 1 qt | 1/4 gal |
| 64 fl oz | 128 tbsp | 384 tsp | 8 cups | 4 pt | 2 qt | 1/2 gal |
| 128 fl oz | 256 tbsp | 768 tsp | 16 cups | 8 pt | 4 qt | 1 gal |

LIQUID CONVERSIONS

