

# WEIGHT CONVERSION CHARTS

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

# TEMPERATURE CONVERSION CHART

Easy Conversion:

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

# FLUID/LIQUIDS CONVERSIONS

