

KITCHEN

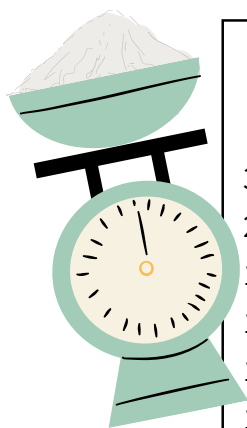
CONVERSION CHART



LIQUID MEASUREMENTS

Gallons	Quarts	Pints	Cups	US fl. oz.	Imperial fl. oz.	Litres
1 gal	4 qt	8 pt	16 cups	128 fl oz	160 fl oz	3.785 L
1/2 gal	2 qt	4 pt	8 cups	64 fl oz	80 fl oz	1.893 L
1/4 gal	1 qt	2 pt	4 cups	32 fl oz	40 fl oz	0.946 L
1/8 gal	1/2 qt	1 pt	2 cups	16 fl oz	20 fl oz	0.473 L
1/16 gal	1/4 qt	1/2 pt	1 cup	8 fl oz	10 fl oz	0.236 L
1/32 gal	1/8 qt	1/4 pt	1/2 cup	4 fl oz	5 fl oz	0.118 L
1/64 gal	1/16 qt	1/8 pt	1/4 cup	2 fl oz	2.5 fl oz	0.059 L

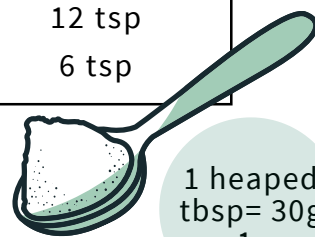
DRY MEASUREMENTS



Cups	Grams	Ounces	Pounds	Tablespoons	Teaspoons
1 cup	128 g	4.5 oz	0.28 lbs	16 tbsp	48 tsp
3/4 cup	96 g	3.38 oz	0.21 lbs	12 tbsp	36 tsp
2/3 cup	85 g	3 oz	0.19 lbs	10 tbsp	32 tsp
1/2 cup	64 g	2.25 oz	0.14 lbs	8 tbsp	24 tsp
1/3 cup	43 g	1.5 oz	0.09 lbs	5 tbsp	16 tsp
1/4 cup	32 g	1.13 oz	0.07 lbs	4 tbsp	12 tsp
1/8 cup	16 g	0.5 oz	0.03 lbs	2 tbsp	6 tsp

OVEN TEMPERATURES

Farenheit	Celcius	Gas Mark
200 °F	100 °C	1-2
225 °F	110 °C	1-2
250 °F	130 °C	1
275 °F	140 °C	1
300 °F	150 °C	2
325 °F	170 °C	3
350 °F	180 °C	4
375 °F	190 °C	5
400 °F	200 °C	6
425 °F	220 °C	7
450 °F	230 °C	8
475 °F	240 °C	8
500 °F	250 °C	9



1 heaped
tbsp= 30g
or 1 oz.

1 level
tbsp= 15g
or 1/2 oz.

1 tbsp= 3
teaspoons



* **Note:** the density of the dry ingredients may vary the exact measurements from cups (volume) to weight measurements. Some conversions are rounded for ease of use.