

Metric conversion chart

Weight and Measure Conversions

Ounces to grams (approximate conversions)

1 ounce	25g
2 ounces	50g
3 ounces	75g
4 ounces	125g
5 ounces	150g
6 ounces	175g
7 ounces	200g
8 ounces (1/2 pound)	225g
9 ounces	250g
10 ounces	275g
11 ounces	325g
12 ounces	350g
13 ounces	375g
14 ounces	400g
15 ounces	450g
16 ounces (1 pound)	500g
40 ounces	1 kg

To convert ounces to grams, multiply ounces x 28.35

to convert pounds to grams, multiply pounds x 453.59

In cooking grams will replace ounces

1,000g = 1 kg = 2lbs. 4 oz.

Volume Measures (approximate conversions)

1 tsp	5 ml
1 dsp	10 ml
1 tbsp	15 ml
1 cup	250ml
1 litre	2 pints

Liquids:

1 standard imperial cup = 225ml (8 ounces)

1 standard metric cup = 250 ml

Approximate conversions

Almonds, slivered	108 grams = 4 ounces
Breadcrumbs (dry)	1 cup = 125g = 4 ounces
Breadcrumbs (soft)	1 cup = 50g = 2 ounces
Broccoli, flowerets	71 grams = 3 ounces
Brown sugar	1 cup, packed = 220 grams = 8 ounces
Butter	1 cup = 227 grams = 8 ounces
Cheese (grated)	1 cup = 125g = 4 ounces
Cocoa	125 g = 4.4 ounces
Coconut	1 cup = 125g = 4 ounces
Confectioners' sugar	1 C = 110 g = 4 ounces
Cornflour	2 tbsp = 25g = 1 ounce
Currants, sultanas etc	1 cup = 175g = 6 ounces
Hen egg (average)	50g (2 ounces)
Flour	1 cup = 125g = 4 ounces
Flour	4 tbsp = 25g = 1 ounce
Gelatine	3 tbsp = 25g = 1 ounce
Golden syrup	1 tbsp = 25g = 1 ounce
Granulated sugar	1 cup = 225 grams = 8 ounces
Maple syrup	1 cup = 322 grams = 11 ounces
Milk, dry	1 cup = 68 grams = 2 ounces
Milk, non-fat	1 cup = 245 grams = 9 ounces
Oil	1 cup = 224 grams = 8 ounces
Sago	2 tbsp = 25g = 1 ounce
Salt	1 tbsp = 25g = 1 ounce
Water	1 cup = 236 grams = 8 ounces
White rice, uncooked	1 cup = 185 grams = 7 ounces
White rice, cooked	1 cup = 175 grams = 6 ounces
Wholemeal flour	1 cup = 125g = 4 ounces
Yogurt	1 cup = 245 grams = 9 ounces

Temperature conversions

(Celsius equivalents have been rounded)

Degrees Fahrenheit (°F)	Degrees Celsius (°C)
32°	0°
40°	4°
140°	60°
150°	65°
160°	70°
170°	75°
212°	100°
275°	135°
300°	150°
325°	165°
350°	175°
375°	190°
400°	205°
425°	220°
450°	230°
475°	245°
500°	260°

To convert Fahrenheit degrees (F) to Celsius degrees (C) °C = (°F - 32) x 5/9