KITCHEN CONVERSION CHART

Quick measurements for everyday cooking and baking

VOLUME & SPOON MEASUREMENTS

US measure	Metric equivalent	Quick reference
1 teaspoon (tsp)	5 mL	1/3 tablespoon
1 tablespoon (tbsp)	15 mL	3 teaspoons
1/4 cup	60 mL	4 tablespoons
1/3 cup	80 mL	5 tbsp + 1 tsp
1/2 cup	120 mL	8 tablespoons
1 cup	240 mL	16 tablespoons
1 US fluid ounce	29.6 mL	About 2 tablespoons

COMMON INGREDIENTS: US CUPS TO GRAMS

Ingredient	1/4 cup	1/2 cup	1 cup
All-purpose flour	30 g	60 g	120 g
Granulated sugar	50 g	100 g	200 g
Brown sugar (packed)	55 g	110 g	220 g
Butter	57 g	113 g	227 g
Rolled oats	20 g	40 g	80 g
Uncooked white rice	46 g	93 g	185 g

OVEN TEMPERATURES

Fahrenheit	Celsius	Gas mark (approx.)
300°F	150°C	2
325°F	160°C	3
350°F	175°C	4
375°F	190°C	5
400°F	200°C	6
425°F	220°C	7
450°F	230°C	8

Measurements are rounded for everyday use. Ingredient weights vary by brand and measuring method. Use a kitchen scale for precision. Fan ovens may require a lower setting than conventional ovens.