

COMMON CONVERTIONS

LIQUID		
2 tbs	1 fl oz	30 ml
3 tbs	1½ fl oz	45 ml
¼ cup	2 fl oz	60 ml
⅓ cup	2½ fl oz	75 ml
½ cup + 1 tbsp	3 fl oz	90 ml
⅔ cup + 2 tbsp	3½ fl oz	100 ml
½ cup	4 fl oz	125 ml
¾ cup	5 fl oz	150 ml
¾ cup	6 fl oz	175 ml
¾ cup + 2 tbsp	7 fl oz	200 ml
1 cup	8 fl oz	250 ml
1¼ cups	10 fl oz	300 ml
1½ cups	11 fl oz	325 ml
1½ cups	12 fl oz	350 ml
1¾ cups	13 fl oz	375 ml
1¾ cups	14 fl oz	400 ml
1¾ cups + 2tbsp	15 fl oz	450 ml
2 cups (1 pint)	16 fl oz	500 ml
2½ cups	20 fl oz	600 ml
3¾ cups	1½ pints	900 ml
4 cups (1 quart)	1¾ pints	1 liter
6 cups (1½ quarts)	3 pints	1.4 liters
8 cups (2 quarts)	4 pints	1.8 liters
4 quarts (1 gallon)	8 pints	3.8 liters
2 gallons	8 quarts (16 pints)	7.6 liters

TEMPERATURE	
90°F	32.2°C
95°F	35°C
100°F	37.8°C
105°F	40.6°C
110°F	43.3°C
115°F	46.1°C
120°F	48.9°C
125°F	51.7°C
130°F	54.4°C
135°F	57.2°C
140°F	60°C
145°F	62.8°C
150°F	65.6°C
155°F	68.3°C
160°F	71.1°C
165°F	73.9°C
170°F	76.7°C
175°F	79.4°C
180°F	82.2°C
185°F	85°C
190°F	87.8°C
195°F	90.6°C
200°F	93.3°C
205°F	96.1°C

WEIGHT	
½ lb	175g
¾ lb	340 g
1 lb	454 g
1¼ lb	566 g
1½ lb	680g
1¾ lb	794 g
2 lbs	907 g

- ❖ **To convert °F to °C**
Subtract 32, then multiply by 5, then divide by 9.

- ❖ **To convert °C to °F**
Multiply by 9, then divide by 5, then add 32.