

# CONVERSIONS

## TEMPERATURE

Fahrenheit	Celcius	Gas Mark
225	105	$\frac{1}{4}$
250	120	$\frac{1}{2}$
275	135	1
300	150	2
325	165	3
350	180	4
375	190	5
400	205	6
425	220	7
450	230	8
475	245	9
500	260	10
525	275	11
550	290	12

$$^{\circ}F = (^{\circ}C * \frac{9}{5}) + 32$$

$$^{\circ}C = (^{\circ}F - 32) * \frac{5}{9}$$

## WEIGHT

Ounce	Pound	Metric
$\frac{1}{2}$ oz		14 g
1 oz	$\frac{1}{16}$ lb	28 g
2 oz	$\frac{1}{8}$ lb	57 g
3 oz		85 g
4 oz	$\frac{1}{4}$ lb	113 g
5 oz		142 g
6 oz		170 g
7 oz		198 g
8 oz	$\frac{1}{2}$ lb	227 g
9 oz		255 g
10 oz		284 g
11 oz		312 g
12 oz	$\frac{3}{4}$ lb	340 g
13 oz		369 g
14 oz		397 g
15 oz		425 g
16 oz	1 lb	454 g
24 oz	$1\frac{1}{2}$ lb	680 g
32 oz	2 lb	0.91 kg
48 oz	3 lb	1.36 kg
64 oz	4 lb	1.81 kg

$$1kg = 35oz (2.2lbs)$$

$$1oz = 28.35g$$

$$1g = 0.035oz$$

## LIQUID / VOLUME

tsp	Tbsp	Cup	Pint	Quart	Gallon	Fluid oz	Metric
U.S.							
1	$\frac{1}{3}$					0.17	5 mL
3	1					0.5	15 mL
	2					1	30 mL
	4	$\frac{1}{4}$				2	59 mL
						3.4	100 mL
						5	150 mL
						6.8	200 mL
16	1	$\frac{1}{2}$				8	237 mL
						8.5	250 mL
						10.1	300 mL
						13.5	400 mL
	2	1	$\frac{1}{2}$			16	473 mL
						16.9	500 mL
						25.4	750 mL
	4	2	1	$\frac{1}{4}$		32	946 mL
						33.8	1 L
						67.6	2 L
	16	8	4	1		128	3.79 L
						135	4 L
U.K.							
1	$\frac{1}{3}$					0.2	6 mL
3	1					0.63	18 mL
						1	28 mL
	4	$\frac{1}{4}$				2.5	71 mL
						3.5	100 mL
						5.3	150 mL
						7	200 mL
						8.8	250 mL
16	1	$\frac{1}{2}$				10	284 mL
						10.6	300 mL
						14.1	400 mL
						17.6	500 mL
	2	1	$\frac{1}{2}$			20	568 mL
						26.4	750 mL
						35.2	1 L
	4	2	1	$\frac{1}{4}$		40	1.14 L
						70.4	2 L
						140.8	4 L
	16	8	4	1		160	4.55 L