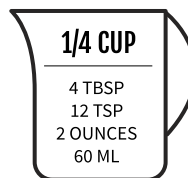


Kitchen Conversions

Essential CHEAT SHEET

ABBREVIATIONS

tblsp ... tablespoon
tsp teaspoon
fl.oz fluid ounce
c cup
ml millileter
lb pound
F fahrenheit
C celsius
g grams
kg kilogram
l liter



OVEN TEMPS

FARENHEIT	CELCIUS
100°F	37°C
150°F	65°C
200°F	93°C
250°F	121°C
300°F	150°C
325°F	160°C
350°F	180°C
375°F	190°C
400°F	200°C
425°F	220°C
450°F	230°C
500°F	260°C
525°F	274°C
550°F	288°C

MEASUREMENT CONVERSIONS

CUPS	OUNCES	TABLESPOONS	TEASPOONS	MILILETERS
1 cup	8 oz	16 tbs	48 tsp	240 ml
3/4 cup	6 oz	12 tbs	36 tsp	180 ml
2/3 cup	5 oz	11 tbs	32 tsp	160 ml
1/2 cup	4 oz	8 tbs	24 tsp	120 ml
1/3 cup	3 oz	5 tbs	16 tsp	80 ml
1/4 cup	2 oz	4 tbs	12 tsp	60 ml

LIQUID CONVERSIONS

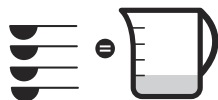
GALLON	QUARTS	PINTS	CUPS	FLUID OZ
1 gal	4 qt	8 pt	16 cup	128 oz
1/2 gal	2 qt	4 pt	8 cup	64 oz
1/4 gal	1 qt	2 pt	4 cup	32 oz
1/8 gal	1/2 qt	1 pt	2 cup	16 oz
1/16 gal	1/4 qt	1/2 pt	1 cup	8 oz

WEIGHT CONVERSIONS

IMPERIAL	METRIC
1 oz	29 g
2 oz	57 g
3 oz	85 g
4 oz	113 g
5 oz	141 g
6 oz	170 g
8 oz	227 g
9 oz	283 g
10 oz	340 g
12 oz	369 g
14 oz	397 g
15 oz	425 g
1 lb	453 g



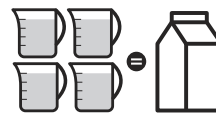
3 TSP = 1 TBSP



3 TSP = 1 / 4 CUP



2 CUPS = 1 PINT



4 CUPS = 1 QUART



2 QUARTS = 1 GALLON