

METRIC CONVERSION

CHART CHEAT SHEET

WEIGHT MEASUREMENT



UNIT	METRIC
1/2 OUNCE	14 G
1 OUNCE	29 G
2 OUNCE	56 G
4 OUNCE	115 G
8 OUNCE	227 G
12 OUNCE	340 G
16 OUNCE	450 G



LIQUID MEASUREMENT



UNIT	METRIC
1 TEASPOON (1/6 OZ)	5 ML
1 TABLESPOON (1/2 OZ)	15 ML
2 TABLESPOONS (1 OZ)	30 ML
1/2 CUP (4 OZ)	125 ML
1 CUP (8 OZ)	250 ML
2 CUPS (16 OZ)	500 ML
4 CUPS (32 OZ)	1 LITER
1 GALLON (128 OZ)	4 LITERS



TEMPERATURE



FAHRENHEIT	CELSIUS	GAS MARK
250	120	1/2
275	135	1
300	150	2
325	165	3
350	175	4
375	190	5
400	200	6
425	220	7
450	230	8
475	245	9
500	260	10

