



# Measurements and Equivalents

### Miscellaneous

3 teaspoons	=	1 tablespoon
2 tablespoons	=	1/8 cup
4 tablespoons	=	1/4 cup
5 tablespoons + 1 teaspoon	=	1/3 cup
8 tablespoons	=	1/2 cup
12 tablespoons	=	3/4 cup
16 tablespoons	=	1 cup
1 ounce	=	2 tablespoons liquid
4 ounces	=	1/2 cup
8 ounces	=	1 cup
16 ounces	=	1 pound
2 cups liquid	=	1 pound
2 cups sugar	=	1 pound
2 cups	=	1 pint
5/8 cup	=	1/2 cup + 2 tablespoons
7/8 cup	=	3/4 cup + 2 tablespoons
2 2/3 cups confectioner's sugar	=	1 pound
2 1/4 cups packed brown sugar	=	1 pound
4 cups sifted flour	=	1 pound
1 pound butter	=	2 cups
2 pints	=	1 quart
1 quart	=	4 cups

### Meat Temperatures

Ground Meat	Hamburger	160°F
	Veal	160°F
	Lamb	160°F
	Chicken	160°F
	Pork	165°F
Beef	Turkey	165°F
	Roasts, medium-rare	145°F
	Roasts, medium	160°F
	Roasts, well-done	170°F
	Steaks, medium-rare	145°F
Pork	Steaks, medium	160°F
	Steaks, well-done	170°F
	Chops, medium	160°F
	Chops, well-done	170°F
	Coasts, medium	160°F
	Roasts, well-done	170°F
	Ribs, medium	160°F
	Ribs, well-done	170°F
	Ham (fresh)	140°F
	Sausage (fresh)	160°F
Poultry	Chicken, whole & pieces	180°F
	Duck	180°F
	Turkey unstuffed, whole	180°F
	Turkey unstuffed, breast	170°F
	Turkey unstuffed, dark meat	180°F
Turkey, stuffing	165°F	

### Kilograms to Pounds Conversion Chart

Kgs	Pds	Kgs	Pds
.25	.6	3.75	8.3
.35	.8	3.90	8.6
.50	1.1	4.00	8.8
.65	1.4	4.10	9.0
.75	1.7	4.25	9.4
.90	2.0	4.35	9.6
1.00	2.2	4.50	9.9
1.10	2.4	4.65	10.3
1.25	2.8	4.75	10.5
1.35	3.0	4.90	10.8
1.50	3.3	5.00	11.0
1.65	3.6	5.10	11.2
1.75	3.9	5.25	11.5
1.90	4.2	5.35	11.8
2.00	4.4	5.50	12.1
2.10	4.6	5.65	12.5
2.25	5.0	5.75	12.7
2.35	5.2	5.90	13.0
2.50	5.5	6.00	13.2
2.65	5.8	6.10	13.4
2.75	6.0	6.25	13.8
2.90	6.4	6.35	14.0
3.00	6.6	6.50	14.3
3.10	6.8	6.65	14.7
3.25	7.1	6.75	14.9
3.35	7.4	6.90	15.2
3.50	7.7	7.00	15.4
3.65	8.0	7.10	15.7

### Ounces to Grams

1 oz	=	28g
2 oz	=	57g
3 oz	=	85 g
4 oz	=	125 g
5 oz	=	140 g
6 oz	=	170 g
7 oz	=	200 g
8 oz	=	250 g
16 oz	=	500 g
32 oz	=	1000 g(1 kg)

### Oven Temperatures

Fahrenheit	Centigrade	Gas mark	Description
225 F	105 C	1/4	Very cool
250 F	120 C	1/2	
275 F	130 C	1	Cool
300 F	150 C	2	
325 F	165 C	3	Very moderate
350 F	180 C	4	Moderate
375 F	190 C	5	
400 F	200 C	6	Moderately hot
425 F	220 C	7	Hot
450 F	230 C	8	
475 F	245 C	9	Very hot

### American Liquid Measures

1 gallon	=	4 quarts	=	3.79 L
1 quart	=	2 pints	=	0.95 L
1 pint	=	2 cups	=	16 fl oz = 450 ml
1 cup	=	8 fl oz	=	225 m
1 tablespoon	=	1/2 fl oz	=	15 ml
1 teaspoon	=	1/3 tablespoon	=	5 ml

### Teaspoon to Tablespoon to Millilitres

1/8tsp	=	.5ml
1/4tsp	=	1ml
1/2tsp	=	2ml
1tsp	=	5ml
2tsp	=	10ml
3tsp	=	1 TBSP = 15ml
1/4 Cup	=	4 TBSP = 60ml
1/3 Cup	=	5-1/3 TBSP = 75ml
1/2 Cup	=	8 TBSP = 125ml
2/3 Cup	=	10-2/3 TBSP = 150ml
3/4 Cup	=	12 TBSP = 175ml
1 Cup	=	16 TBSP = 250ml
4-1/2 Cup	=	= 1000ml (1kg)