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– Chapter 12 –

Measurements and

Conversions

Because this website was created by an American company, lengths, weights, temperatures, and liquid volume measurements are given in inches, pounds and ounces, degrees Fahrenheit, and quarts and cups (U.S. version). If you deal in another measurement system, this chapter will help make the conversion.

Abbreviations

U.S.

oz = ounce

lb = pound

t = teaspoon (also tsp)

T = tablespoon (also tbsp)

c = cup

pt = pint

qt = quart

gal = gallon

in = inches (also ")

ft = feet

yd = yard

F = Fahrenheit

Metric

g = gram (also gm)

kg = kilogram (kilo)

ml = milliliter

cl = centiliter

l = liter (also L)

mm = millimeter

cm = centimeter

m = meter

C = Celsius (Centigrade)

Liquid Volume Equivalents

For liquid volume measurements (U.S. version), here's two charts of equivalent amounts that can be handy when reducing or expanding recipes.

Small "t" = teaspoon. Capital "T" = tablespoon.

VOLUME-TO-VOLUME

$$3 \text{ t} = 1 \text{ T}$$

$$16 \text{ T} = 1 \text{ c}$$

$$2 \text{ c} = 1 \text{ pt}$$

$$2 \text{ pt} = 1 \text{ qt}$$

$$4 \text{ qt} = 1 \text{ gal}$$

VOLUME-TO-WEIGHT*

$$1/4 \text{ t} = 1/24 \text{ fluid ounce}$$

$$1/2 \text{ t} = 1/12 \text{ fl oz}$$

$$1 \text{ t} = 1/6 \text{ fl oz}$$

$$1 \text{ T} = 1/2 \text{ fl oz} \text{ (} 2\text{T} = 1 \text{ fl oz)}$$

$$1 \text{ c} = 8 \text{ fl oz}$$

$$1 \text{ pt} = 16 \text{ fl oz}$$

$$1 \text{ qt} = 32 \text{ fl oz}$$

$$1 \text{ gal} = 128 \text{ fl oz}$$

* U.S. quantities

A U.S. fluid ounce is equivalent to 1/8 cup of water.

Factor for Converting U.S. to British

Americans and British still use teaspoon, tablespoon, cup, pint, quart, and gallon measurements, but the two systems aren't the same. *British units are 1.2 times larger than American.*

To convert an American recipe to British units, multiply the U.S. liquid measures by **0.83** (the same as dividing by 1.2).

To convert a British recipe to U.S. units, multiply the British liquid measures by **1.2**.

Those rules apply to liquid volumes but not to the fluid ounce. The U.S. fluid ounce is 1/8 cup; the British is 1/10 cup. This makes the U.S. and British fluid ounce almost the equal.

Factors for Converting U.S. to Metric

All countries except the U.S. and Britain use metric measurements exclusively. To convert U.S. and British measurements to the metric system, and vice versa, apply these rules.

<u>WHEN YOU KNOW</u>	<u>YOU CAN FIND</u>	<u>IF YOU MULTIPLY BY</u>
ounces	grams	28 (specifically 28.35)
pounds	kilograms	0.453
grams	ounces	0.035
kilograms	pounds	2.22
teaspoons	milliliters	5
tablespoons	milliliters	15
cups (U.S.)	liters	0.24
pints (U.S.)	liters	0.47
quarts (U.S.)	liters	0.95
gallons (U.S.)	liters	3.79
millimeters	teaspoons	0.2
millimeters	tablespoons	0.07
liters	cups	4.23 U.S. 3.49 Brit.
liters	pints	2.11 U.S. 1.74 Brit.
liters	quarts	1.06 U.S. 0.88 Brit.
liters	gallons	0.26 U.S. 0.22 Brit.
inches	millimeters	25.4
feet	centimeters	30.5
yards	meters	0.91
millimeters	inches	0.04
centimeters	feet	0.033
meters	yards	1.1
degrees Fahrenheit	degrees Celsius*	0.55 (after subtracting 32)
degrees Celsius*	degrees Fahrenheit	1.8 (then add 32)

*Celsius is also known as Centigrade

Temperature Scale

For converting Fahrenheit (F) temperature to Celsius (C), use this scale.

0° F = -18° C	100° F = 38° C
5° F = -15° C	110° F = 43° C
10° F = -12° C	120° F = 49° C
15° F = -9° C	130° F = 54° C
20° F = -7° C	140° F = 60° C
25° F = -4° C	150° F = 66° C
30° F = -1° C	160° F = 71° C
32° F = 0° C	170° F = 77° C
35° F = 2° C	180° F = 82° C
40° F = 4° C	190° F = 88° C
45° F = 7° C	200° F = 93° C
50° F = 10° C	210° F = 99° C
55° F = 13° C	212° F = 100° C
60° F = 16° C	250° F = 121° C
65° F = 18° C	300° F = 149° C
70° F = 21° C	350° F = 177° C
75° F = 24° C	400° F = 204° C
80° F = 27° C	450° F = 232° C
85° F = 29° C	500° F = 260° C
90° F = 32° C	550° F = 288° C
95° F = 35° C	600° F = 316° C

Weight Scale

For converting ounces (oz) and pounds (lb) into grams (g) and kilograms (kg), use this scale.

$$1/8 \text{ oz} = 3.5 \text{ g}$$

$$1/4 \text{ oz} = 7 \text{ g}$$

$$1/2 \text{ oz} = 14 \text{ g}$$

$$3/4 \text{ oz} = 21 \text{ g}$$

$$\mathbf{1 \text{ oz} = 28 \text{ g}}$$

$$2 \text{ oz} = 57 \text{ g}$$

$$3 \text{ oz} = 85 \text{ g}$$

$$4 \text{ oz} = 114 \text{ g}$$

$$5 \text{ oz} = 142 \text{ g}$$

$$6 \text{ oz} = 170 \text{ g}$$

$$7 \text{ oz} = 199 \text{ g}$$

$$8 \text{ oz} = 226 \text{ g}$$

$$9 \text{ oz} = 254 \text{ g}$$

$$10 \text{ oz} = 283 \text{ g}$$

$$11 \text{ oz} = 311 \text{ g}$$

$$12 \text{ oz} = 340 \text{ g}$$

$$13 \text{ oz} = 368 \text{ g}$$

$$14 \text{ oz} = 396 \text{ g}$$

$$15 \text{ oz} = 425 \text{ g}$$

$$\mathbf{1 \text{ lb} = 453 \text{ g}}$$

$$2 \text{ lb} = 905 \text{ g}$$

$$\mathbf{2.2 \text{ lb} = 1 \text{ kg}}$$

$$3 \text{ lb} = 1.35 \text{ kg}$$

$$4 \text{ lb} = 1.81 \text{ kg}$$

$$5 \text{ lb} = 2.27 \text{ kg}$$

$$10 \text{ lb} = 4.53 \text{ kg}$$

$$15 \text{ lb} = 6.8 \text{ kg}$$

$$20 \text{ lb} = 9.1 \text{ kg}$$

$$25 \text{ lb} = 11.3 \text{ kg}$$

$$30 \text{ lb} = 13.6 \text{ kg}$$

$$35 \text{ lb} = 15.9 \text{ kg}$$

$$40 \text{ lb} = 18.1 \text{ kg}$$

$$45 \text{ lb} = 20.4 \text{ kg}$$

$$50 \text{ lb} = 22.7 \text{ kg}$$

$$100 \text{ lb} = 45.3 \text{ kg}$$