

Easy Conversion Tables

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**Hi there! I'm VJ,
owner of Foodle Club
- your one stop shop
for easy homemade
recipes**

I think must have been my Granny who inspired my love of cooking. I remember watching her measure out ingredients in the kitchen, and wondering how on earth she knew how much of each to use. She had no kitchen scale back in those days - everything was measured in cups, with the addition of a pinch of this and a dash of that. Her haphazard approach seemed to work - whatever she made always tasted delicious.

For those of you who like to be a little more precise with your measurements I've put together this mini e-book of measurement conversions which I hope you will find useful.

Happy Cooking - VJ x

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<https://www.foodleclub.com>

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CUP MEASUREMENTS

A US cup is 240 ml or 8 fluid ounces

Rest of world cup is 250 ml or 8.5 fluid ounces

The measurements in this document have been based on the US cup size.



If your recipe lists the ingredients in cups, use the same sized measuring cup for all your measurements and the recipe proportions should work out correctly.

Do not use different measuring cup sizes to measure different ingredients

Different ingredients have a different mass per cup, eg granulated sugar is heavier than flour.

OVEN TEMPERATURES

Use this chart to find your correct temperature setting for your oven

Celsius	Fahrenheit	Gas
0	32	
20	65	
40	105	
60	140	
80	175	
100	210	
110	230	
120	250	
130	265	1
140	285	1
150	300	2
160	320	2
170	340	3
175	345	3
180	355	4

Celsius	Fahrenheit	Gas
185	365	4
190	375	5
195	385	5
200	390	6
205	400	6
210	410	6
215	420	6
220	430	7
225	435	7
230	445	8
235	455	8
240	465	8
245	475	
250	480	
260	500	

WEIGHT

Use this chart to convert ounces to grams and vice versa (rounded to the most sensible weight)

Imperial	Metric
½ oz	15 g
1 oz	30 g
2 oz	55 g
3 oz	85 g
4 oz	110 g
5 oz	140 g
6 oz	170 g
7 oz	200 g
8 oz	225 g

Imperial	Metric
9 oz	250 g
10 oz	280 g
11 oz	310 g
12 oz	340 g
13 oz	365 g
14 oz	395 g
15 oz	425 g
1 lb	450 g
2 lb	900 g

VOLUME

Use this chart to convert between US cups and Imperial and Metric measurements (rounded to most sensible volume)

US Cups	Imperial	Metric
1 cup	8 fl oz	250ml
$\frac{3}{4}$ cup	6 fl oz	180ml
$\frac{2}{3}$ cup	5 fl oz	150 ml
$\frac{1}{2}$ cup	4 fl oz	120 ml
$\frac{1}{3}$ cup	2 $\frac{1}{2}$ fl oz	75 ml
$\frac{1}{4}$ cup	2 fl oz	60 ml
$\frac{1}{8}$ cup	1 fl oz	30 ml

SPOONS

This chart converts Tablespoons to metric and US Cups

1 teaspoon = 5 ml

1 tablespoon = 3 teaspoons

Tablespoon	Metric
1	15 ml
2	30 ml
3	45 ml
4	60 ml
5	75 ml
6	90 ml
7	105 ml
8	120 ml

Tablespoon	US Cups
1	1/16 cup
2	1/8 cup
4	¼ cup
5	1/3 cup
8	½ cup
10	2/3 cup
12	¾ cup
16	1 cup

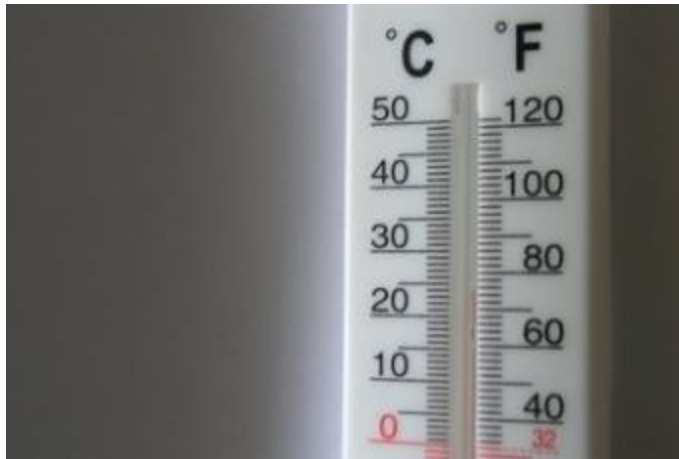
COMMON INGREDIENTS - based on US sized cup

Different ingredients have different weights, for example a cup of granulated sugar weighs more than a cup of powdered sugar (or icing sugar if you live in the UK)

This chart converts 1 US cup into either metric or imperial measurements, for common ingredients

1 cup of ...	Grams	Ounces
Flour	125 g	4 $\frac{1}{2}$ oz
Butter / Margarine	225 g	8 oz
Sugar (granulated / brown)	200 g	7 oz
Sugar (powdered)	125 g	4 $\frac{1}{2}$ oz
Honey / Syrup	340 g	12 oz
Oats	85g	3 oz
Rice (Uncooked)	180 g	6 $\frac{1}{4}$ oz
Desiccated coconut	75g	3 oz
Dried breadcrumbs	125g	4 $\frac{1}{2}$ oz

Formulas -Temperature



For those of you who want to be really precise here are the formulas you can use to convert Celsius to Fahrenheit and vice versa

100 degrees Celsius to Fahrenheit = (Temperature \times 1.8) + 32

Example $100 \times 1.8 + 32 = 212$

212 degrees Fahrenheit to Celsius = (Temperature - 32) / 1.8

Example $212 - 32 / 1.8 = 100$

So 100 degrees Celsius = 212 degrees Fahrenheit

and 212 degrees Fahrenheit = 100 degrees Celsius

Formulas - Weight

The tables on the preceding pages have been rounded to the most sensible measurement. If you want to be really precise, you can calculate the exact conversion yourself, using these formulae.



Grams to Ounces

$$1 \text{ g} = 0.03527396195 \text{ oz}$$

To convert grams to ounces multiply the grams by
0.03527396195

$$\text{Example } 10 \text{ grams} = .35 \text{ oz}$$

$$100 \text{ grams} = 3.5 \text{ oz}$$



Ounces to grams

$$1 \text{ oz} = 28.34952 \text{ g}$$

To convert ounces to grams multiply the ounces by
28.35

$$\text{Example } 10 \text{ ozs} = 283.5 \text{ g}$$

$$5 \text{ oz} = 141.75 \text{ g}$$

I HOPE YOU FOUND THIS BOOKLET USEFUL!

Please visit me at Foodle Club to try some of my recipes.

<https://www.foodleclub.com>