

KITCHEN CONVERSIONS

Key Conversions

1 US CUP

240 ml
16 tablespoons
8 fluid ounces

SPOONS

1 teaspoon = 5 ml
1 dessertspoon = 10 ml
1 tablespoon = 15 ml

US LIQUIDS

1 pint = 2 cups
2 pints = 1 quart
4 quarts = 1 gallon

Volume & Weight

FL OZ	ML	TBSP	CUPS
1	30	2	-
2	60	4	1/4
-	80	-	1/3
3	90	6	-
4	120	8	1/2
5	150	10	-
-	160	-	2/3
6	180	12	3/4
7	210	14	-
8	240	16	1
9	270	18	-
10	300	20	1 1/4
12	360	24	1 1/2
14	420	28	1 3/4
16	480	32	2

OZ	GRAMS	POUNDS
1/2	14	-
1	28	-
2	57	1/8
4	114	1/4
6	170	-
8	226	1/2
12	340	-
16	454	1
32	907	2

VOLUME VS WEIGHT

Volume = how much space something takes up

Weight = how heavy an object is

Fluid Ounces ≠ Ounces

Fluid Ounces measure *volume* (usually in ml).

Ounces measure *weight* (usually in g).

The only time fluid ounces is equal to ounces is when the density of an object is the same.

Ex: 1 cup water = 8 oz | 8 fl oz | 240 ml

You Should Know

NOT ALL CUPS ARE THE SAME

1 legal US cup = 240 ml

1 metric cup = 250 ml

1 imperial cup = 284 ml

Technically a customary US Cup is about 236.59 ml

By law, a legal US cup is 240 ml (8fl oz). Rounding up to 240 makes 1 cup more easily divisible by tablespoons and creates a standardized unit of measuring for nutrition labels and serving sizes.