

MEASUREMENT CONVERSIONS

Quick Reference Kitchen & Standard Guide

LIQUID VOLUME (US)

Unit	Equivalent
1 Tablespoon	3 Teaspoons
1 fl Ounce	2 Tablespoons
1 Cup	8 fl Ounces
1 Pint	2 Cups / 16 oz
1 Quart	2 Pints / 4 Cups
1 Gallon	4 Quarts / 128 oz

WEIGHT (AVOIRDUPOIS)

Unit	Equivalent
1 Ounce (oz)	28.35 Grams
1 Pound (lb)	16 Ounces
1 Pound (lb)	453.6 Grams
1 Kilogram	2.204 Pounds
1 Stone	14 Pounds
1 Metric Ton	1000 Kilograms

LENGTH & DISTANCE

Unit	Equivalent
1 Inch	2.54 Centimeters
1 Foot	12 Inches

1 Yard	3 Feet
1 Meter	39.37 Inches
1 Mile	1.609 Kilometers
1 Kilometer	0.621 Miles

TEMPERATURE

Celsius	Fahrenheit
0C (Freezing)	32F
20C (Room)	68F
37C (Body)	98.6F
100C (Boiling)	212F
180C (Oven)	350F
200C (Oven)	400F

DRY MEASUREMENT APPROXIMATIONS

Ingredient	1 Cup (US)	1 Tablespoon
All-Purpose Flour	120g	7.5g
Granulated Sugar	200g	12.5g
Butter	227g	14g
Uncooked Rice	185g	11.5g

© Reference Template Only. Values rounded for practical utility.