

Converting to Metrics

Volume Measurement Conversions

Cups	Tablespoons	Teaspoons	Milliliters
		1 tsp	5 ml
1/16 cup	1 tbsp	3 tsp	15 ml
1/8 cup	2 tbsp	6 tsp	30 ml
1/4 cup	4 tbsp	12 tsp	50 ml
1/3 cup	5 1/3 tbsp	16 tsp	75 ml
1/2 cup	8 tbsp	24 tsp	125 ml
2/3 cup	10 2/3 tbsp	32 tsp	150 ml
3/4 cup	12 tbsp	36 tsp	150 ml
1 cup	16 tbsp	48 tsp	250 ml

Weight Conversion Measurements

US	Metric
1 ounce	28.4 grams (g)
8 ounces	227.5 g
16 ounces (1 pound)	455 g

Cooking Temperature Conversions

Celsius/Centigrade	$F = (C \times 1.8) + 32$
Fahrenheit	$C = (F - 32) \times 0.5555$

Zero degrees Celsius and 100°C are arbitrarily placed at the melting and boiling points of water, while Fahrenheit establishes 0°F as the stabilized temperature when equal amounts of ice, water, and salt are mixed. So, for example, if you are baking at 350°F and want to know that temperature in Celsius, the following calculation will provide it: $C = (350 - 32) \times 0.5555 = 176.66^\circ\text{C}$.