

# Metric Conversions

## Volume Measurements (dry)

- 1/8 tsp = 0.5 mL
- 1/4 tsp = 1 mL
- 1/2 tsp = 2 mL
- 3/4 tsp = 4 mL
- 1 tsp = 5 mL
- 1 tbsp = 15 mL
- 2 tbsp = 30 mL
- 1/4 cup = 60 mL
- 1/3 cup = 75 mL
- 1/2 cup = 125 mL
- 2/3 cup = 150 mL
- 3/4 cup = 175 mL
- 1 cup = 250 mL
- 2 cup = 1 pint = 500 mL
- 3 cup = 750 mL
- 4 cup = 1 quart = 1 L

## Weights (mass)

- 1/2 oz. = 15 g
- 1 oz. = 30 g
- 3 oz. = 90 g
- 4 oz. = 120 g
- 8 oz. = 225 g
- 10 oz. = 285 g
- 12 oz. = 360 g
- 16 oz. = 1 lb. = 450 g

## Dimensions

- 1/16 inch = 2 mm
- 1/8 inch = 3 mm
- 1/4 inch = 6 mm
- 1/2 inch = 1.5 cm
- 3/4 inch = 2 cm
- 1 inch = 2.5 cm

## Volume Measurements (fluid)

- 1 fluid oz. (2 tbsp) = 30 mL
- 4 fluid oz. (1/2 cup) = 125 mL
- 8 fluid oz. (1 cup) = 250 mL
- 12 fluid oz. (1 1/2 cups) = 375 mL
- 16 fluid oz. (2 cups) = 500 mL

## Oven Temperatures

- 250°F = 120°C
- 275°F = 140°C
- 300°F = 150°C
- 325°F = 160°C
- 350°F = 180°C
- 375°F = 190°C
- 400°F = 200°C
- 425°F = 220°C
- 450°F = 230°C