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# Metric Conversion Guide

## Weight

U.S. Units	Canadian Metric	Australian Metric
1 ounce	30 grams	30 grams
2 ounces	55 grams	60 grams
3 ounces	85 grams	90 grams
4 ounces (1/4 pound)	115 grams	125 grams
8 ounces (1/2 pound)	225 grams	225 grams
16 ounces (1 pound)	455 grams	500 grams (1/2 kilogram)

## Volume

U.S. Units	Canadian Metric	Australian Metric
1/4 teaspoon	1 mL	1 ml
1/2 teaspoon	2 mL	2 ml
1 teaspoon	5 mL	5 ml
1 tablespoon	15 mL	20 ml
1/4 cup	50 mL	60 ml
1/3 cup	75 mL	80 ml
1/2 cup	125 mL	125 ml
2/3 cup	150 mL	170 ml
3/4 cup	175 mL	190 ml
1 cup	250 mL	250 ml
1 quart	1 liter	1 liter
2 quarts	2 liters	2 liters
3 quarts	3 liters	3 liters
4 quarts	4 liters	4 liters

*Note: The recipes in this cookbook have not been developed or tested using metric measures.*

## Temperatures

Fahrenheit	Celsius
32°	0°
212°	100°
250°	120°
275°	140°
300°	150°
325°	160°
350°	180°
375°	190°
400°	200°
425°	220°
450°	230°
475°	240°
500°	260°

## Measurements

Inches	Centimeters
1	2.5
2	5.0
3	7.5
4	10.0
5	12.5
6	15.0
7	17.5
8	20.5
9	23.0
10	25.5
11	28.0
12	30.5