

Easy to Use Conversion Tables

*This free tip sheet was produced by the Cheapskates Club –
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Cups

Imperial Measure	Metric Standard Measure Millilitre (mL)
1/4 cup (4 tbsp.)	60 mL
1/3 cup (5 1/3 tbsp.)	75 mL
1/2 cup (8 tbsp.)	125 mL
2/3 cup (10 2/3 tbsp.)	150 mL
3/4 cup (12 tbsp.)	175 mL
1 cup (16 tbsp.)	250 mL
4 cups	1000 mL (1 L)

Spoons

Imperial Measure	Metric Standard Measure Millilitre (mL)
1/8 teaspoon (tsp.)	0.5 mL
1/4 teaspoon (tsp.)	1 mL
1/2 teaspoon (tsp.)	2 mL
1 teaspoon (tsp.)	5 mL
2 teaspoon (tsp.)	10 mL
1 tablespoon (tbsp.)	15 mL

Dry Measurements

Imperial Measure Ounces (oz.)	Metric Standard Measure Grams (g)
1 oz.	28 g
2 oz.	60 g
3 oz.	85 g
4 oz.	125 g
5 oz.	140 g
6 oz.	170 g
7 oz.	220 g
8 oz.	250 g
16 oz.	500 g
32 oz.	1000 g (1 kg)

Oven Temperatures

Fahrenheit (°F)	Celsius (°C)
175°	80°
225°	110°
250°	120°
275°	140°
300°	150°
325°	160°
350°	175°
375°	190°
400°	205°
425°	220°
450°	230°
475°	240°
500°	260°

Cake Tins/Baking Pans

Imperial (inches)	Metric (centimetres)
8x8 inch	20x20 cm
9x9 inch	22x22 cm
9x13 inch	22x33 cm
10x15 inch	22x38 cm
10x17 inch	28x43 cm
8x2 inch round	20x5 cm
9x2 inch round	22x5 cm
10x4 1/2 inch tube	25x11 cm
8x4x3 inch loaf	20x10x7.5 cm
9x5x3 inch loaf	22x12.5x7.5 cm

*The Cheapskates Club
Showing you how to save money, time
and energy and still have fun!
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