

Volume (Dry)

American Standard	Metric
1/8 teaspoon	.5 ml
1/4 teaspoon	1 ml
1/2 teaspoon	2 ml
3/4 teaspoon	4 ml
1 teaspoon	5 ml
1 tablespoon	15 ml
1/4 cup	59 ml
1/3 cup	79 ml
1/2 cup	118 ml
2/3 cup	158 ml
3/4 cup	177 ml
1 cup	225 ml
2 cups or 1 pint	450 ml
3 cups	675 ml
4 cups or 1 quart	1 liter
1/2 gallon	2 liters
1 gallon	4 liters

Oven Temperatures

American Standard	Metric
250° F	130° C
300° F	150° C
350° F	180° C
400° F	200° C
450° F	230° C

Weight (Mass)

American Standard (Ounces)	Metric (Grams)
1/2 ounce	14 grams
1 ounce	28 grams
3 ounces	85 grams
3.53 ounces	100 grams
4 ounces	113 grams
8 ounces	227 grams
12 ounces	340 grams
16 ounces or 1 pound	454 grams

Volume (Liquid)

American Standard (Cups & Quarts)	American Standard (Ounces)	Metric (Milliliters & Liters)
2 tbsp	1 fl. oz.	30 ml
1/4 cup	2 fl. oz.	60 ml
1/2 cup	4 fl. oz.	125 ml
1 cup	8 fl. oz.	250 ml
1 1/2 cups	12 fl. oz.	375 ml
2 cups or 1 pint	16 fl. oz.	500 ml
4 cups or 1 quart	32 fl. oz.	1000 ml or 1 liter
1 gallon	128 fl. oz.	4 liters

Dry Measure Equivalents

3 teaspoons	1 tablespoon	1/2 ounce	14.3 grams
2 tablespoons	1/8 cup	1 ounce	28.3 grams
4 tablespoons	1/4 cup	2 ounces	56.7 grams
5 1/3 tablespoons	1/3 cup	2.6 ounces	75.6 grams
8 tablespoons	1/2 cup	4 ounces	113.4 grams
12 tablespoons	3/4 cup	6 ounces	.375 pound
32 tablespoons	2 cups	16 ounces	1 pound

British and American Variances

Term	Abbreviation	Nationality	Dry or liquid	Metric equivalent	Equivalent in context
cup	c., C.		usually liquid	237 milliliters	16 tablespoons or 8 ounces
ounce	fl oz, fl. oz.	American	liquid only	29.57 milliliters	
		British	either	28.41 milliliters	
gallon	gal.	American	liquid only	3.785 liters	4 quarts
		British	either	4.546 liters	4 quarts
inch	in, in.			2.54 centimeters	
ounce	oz, oz.	American	dry	28.35 grams	1/16 pound
			liquid	see OUNCE	see OUNCE
pint	p., pt.	American	liquid	0.473 liter	1/8 gallon or 16 ounces
			dry	0.551 liter	1/2 quart

		British	either	0.568 liter	
pound	lb.		dry	453.592 grams	16 ounces
quart	q., qt, qt.	American	liquid	0.946 liter	1/4 gallon or 32 ounces
			dry	1.101 liters	2 pints
		British	either	1.136 liters	
teaspoon	t., tsp., tsp		either	about 5 milliliters	1/3 tablespoon
tablespoon	T., tbs., tbsp.		either	about 15 milliliters	3 teaspoons or 1/2 ounce