

# Handy Cooking Measurement Conversions Chart

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## U.S. to metric measurement conversions:

### Length



1 inch = 2.54 centimeters  
1 foot = 30.48 centimeters  
1 yard = 0.914 meters  
1 mile = 1609.34 meters, or 1.609 kilometers  
1 kilometer = .62 miles

### Temperature



32 degrees Fahrenheit = 0 degrees Celsius

*On the Fahrenheit scale:*

Freezing point of water: 32 degrees Fahrenheit  
Boiling point of water: 212 degrees Fahrenheit

*On the Celsius scale:*

Freezing point of water: 0 degrees Celsius  
Boiling point of water: 100 degrees Celsius

### Weight



1 ounce = 28.35 grams  
1 pound = 453.59 grams, or .453 kilograms  
1 ton = 907.19 kilograms, or .907 "metric tons"

### Quantity



1 ounce (fluid) = 29.574 milliliter  
1 cup = 236.58 milliliters, or .236 liters,  
140 grams (dry)  
1 pint = .47 liters  
1 quart = .946 liters  
1 gallon = 3.785 liters

## Other useful measurement conversions:

### 1 Cup is equal to:

½ pint  
8 ounces  
16 Tablespoon  
48 Teaspoons  
237 milliliters



### Other measurements:

1 pint is equal to 2 cups, or .47 liters  
1 quart is equal to 4 cups, or .946 liters  
1 gallon is equal to 4 quarts, or 16 cups,  
or 3.79 liters

### 1 Tablespoon is equal to:

1/16 cup  
½ ounce  
3 Teaspoons  
15 milliliters



### Convenient Conversions:

¼ cup is equal to 4 Tablespoons,  
or 2 ounces, or 59 milliliters

½ cup is equal to 8 Tablespoons,  
or 4 ounces, or 118 milliliters



The Recipe Cookbook