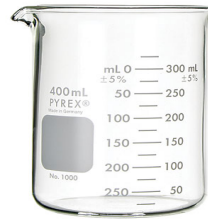


COMMON WEIGHT AND MEASUREMENT TOOLS



Liquid Measuring Cup
(Cups and Fluid Ounces)



Beaker
(mL)



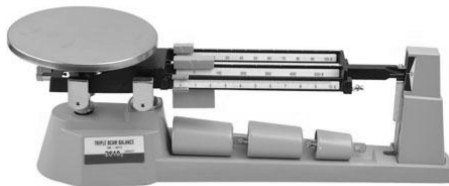
Graduated Cylinder
(mL)



Dry Measuring Cups
(1 cup, $\frac{3}{4}$ cup, $\frac{1}{2}$ cup, $\frac{1}{4}$ cup)



Measuring Spoons
(1 Tbsp., 1 Tsp., $\frac{1}{2}$ Tsp.)



Triple Balance Beam Scale



Electronic Scale



Kitchen Scale

COMMON WEIGHTS AND MEASURES

SYMBOLS FOR MEASUREMENTS

Teaspoon = tsp.
Tablespoon = tbsp.
Fluid ounce = fl. oz.
Cup = c
Pint = pt.
Quart = qt.
Gallon = gal
Milliliter = mL
Liter = L
Ounce = oz.
Pound = lb.
Milligram = mcg
Gram = g

EQUIVALENTS

1 gram = 0.035 ounce
1 ounce = 28.35 grams
8 ounces = 226.80 grams
1 pound = 453.59 grams
1 liter = 1,000 milliliters = 1.06 grams
1 quart = 946.4 milliliters = 0.946 liter
1 cup = 236.6 milliliters
1 fluid oz. = 29.57 milliliters
1 tablespoon = 14.8 milliliters
1 teaspoon = 4.9 milliliters

COMMON MEASUREMENTS IN COOKING

3 tsp. = 1 tbsp.	2 c = 1 pt.
16 tbsp. = 1 c	4 c = 1 qt.
4 tbsp. = $\frac{1}{4}$ c	4 qt. = 1 gal
8 tbsp. = $\frac{1}{2}$ c	2 tbsp. = 1 fl. Oz. or $\frac{1}{8}$ c
12 tbsp. = $\frac{3}{4}$ c	8 fl. oz. = 1 c or $\frac{1}{2}$ pt.

METRIC CONVERSIONS

Volume

Teaspoons to milliliters = multiply by 5
Tablespoons to milliliters = multiply by 15
Fluid ounces to milliliters = multiply by 30
Cups to liters = multiply by 0.24
Cups to milliliters = multiply by 237
Ounces to grams = multiply by 28
Pounds to grams = multiply by 454
Pounds to kilograms = multiply by 0.45

Mass or Weight

Ounces to grams = multiply by 28
Pounds to grams = multiply by 454
Pounds to kilograms = multiply by 0.45

WEIGHTS/MEASUREMENTS FOR COMMON FOOD INGREDIENTS

Water	1lbs = 2 c	237g per c
All-purpose flour	1lb. = 4 c	115g per c
Whole-wheat flour	1lb. = 3	132g per c
Baking soda	1 lb. = 2 $\frac{1}{3}$ c	4g per tsp.
Granulated sugar	1 lb. = 2 $\frac{1}{4}$ c	200g per c
Brown sugar, packed	1 lb. = 2 $\frac{1}{4}$ c	200g per c
Salt	1 lb. = 1 $\frac{1}{2}$ c	288g per c
Margarine	1 lb. = 2 c	224g per c
Oil	1 lb. = 2 $\frac{1}{6}$ c	210g per c
Eggs, fresh whole	1 lb. = 1 $\frac{3}{4}$ c	248g per c