



Kitchen Chemistry Measurement Converter

Our Warning! We have not tested every formulation that we list. This list is strictly for informational purposes and a guideline to various detergent, cosmetic and coating formulations. This information is provided without warranty of any kind or fitness for a particular use or purpose. You are encouraged to conduct your own tests. Read all labels and MSDS Sheets.

A note about kitchen measurements:

- Not all tablespoons are the same.
 - The Australian tablespoon is 20 ml
 - The British tablespoon is 17.7 ml
 - In most Canadian recipes the tablespoon is 15 ml
 - The American tablespoon is actually 14.2 ml.

In British, Australian and sometimes Canadian recipes, the imperial pint is used which is 20 fluid ounces. American and sometimes Canadian recipes use the American pint of 16 fluid ounces.

Watch Out!

Always remember to double check your recipe. There is a big difference between Fluid Ounces which is a volume measurement and Dry Ounces which is a weight measurement.

Print these charts out and keep them handy.

Temperature Conversion

- **Fahrenheit to Celsius:**
 - Subtract 32
 - Multiply by 5
 - Divide by 9
- **Celsius to Fahrenheit:**
 - Multiply by 9
 - Divide by 5
 - Add 32



Measurement Converter

Liquid or Volume Measures (approximate)

1 teaspoon			1/3 tablespoon	5 ml	
1 tablespoon	1/2 Fluid Ounce		3 teaspoons	15 ml	15 cc
2 tablespoons	1 Fluid Ounce		1/8 Cup 6 teaspoons	30 ml	30 cc
1/4 Cup	2 Fluid Ounces		4 tablespoons	59 ml	
1/3 Cup	2 2/3 Fluid Ounces		5 tablespoons & 1 teaspoon	79 ml	
1/2 Cup	4 Fluid Ounces		8 tablespoons	118 ml	
2/3 Cup	5 1/3 Fluid Ounces		10 tablespoons	158 ml	
3/4 Cup	6 Fluid Ounces		12 tablespoons	177 ml	
7/8 Cup	7 Fluid Ounces		14 tablespoons	207 ml	
1 Cup	8 Fluid Ounces 1/2 Pint		16 tablespoons	237 ml	
2 Cups	16 Fluid Ounces 1 Pint		32 tablespoons	473 ml	
4 Cups	32 Fluid Ounces 1 Quart		1 Quart	946 ml	
1 Pint	16 Fluid Ounces 1 Pint		32 tablespoons	473 ml	
2 Pints	32 Fluid Ounces		1 Quart	946 ml	
8 Pints	1 Gallon 128 Fluid Ounces			3785 ml	
4 Quarts	1 Gallon 128 Fluid Ounces			3785 ml	
1 Liter	1.057 Quarts			1000 ml	
128 Fluid Ounces	1 Gallon			3785 ml	

Dry or Weight Measurements (approximate)

1 Ounce		30 Grams (28.35g)
2 Ounces		55 Grams
3 Ounces		85 Grams
4 Ounces	1/4 Pound	125 Grams
8 Ounces	1/2 Pound	240 Grams
12 Ounces	3/4 Pound	375 Grams
16 Ounces	1 Pound	454 Grams
32 Ounces	2 Pounds	907 Grams
1 Kilogram	2.2 Pounds 35.2 Ounces	1000 Grams