

Cooking Weight Conversions

UK Imperial/Metric Conversions

Ounces (Oz)	Grams (g)
1 oz	28 g
2 oz	56 g
3 oz	84 g
4 oz	112 g
5 oz	140 g
6 oz	168 g
7 oz	196 g
8 oz	224 g
9 oz	252 g
10 Oz	280 g
11 oz	308 g
12 oz	336 g
13 oz	364 g
14 oz	392 g
15 oz	420 g
16 oz	448 g

Small Quantities of Common Ingredients

Ingredient	1 level tablespoon (1 tbsp)
Rice	15 g
Sugar	15 g
Butter	15 g
Flour	8 g
Parmesan (grated)	5 g
Breadcrumbs	4 g



US/UK Liquid Measure Conversions

US Cups (c.)	US Fluid Ounces (fl oz)	UK Fluid Ounces (fl oz)	Millilitres (ml)
1 c.	8 fl oz	9 fl oz	250 ml
3/4 c.	6 fl oz	6 1/2 fl oz	180 ml
2/3 c.	5 fl oz	5 1/4 fl oz	150 ml
1/2 c.	4 fl oz	4 1/4 fl oz	120 ml
1/3 c.	2 1/2 fl oz	2 1/2 fl oz	75 ml
1/4 c.	2 fl oz	2 fl oz	60 ml
1/8 c.	1 fl oz	1 fl oz	30 ml
1 tablespoon (1 tbsp)	1/2 fl oz	1/2 fl oz	15 ml

US/UK Larger Quantity Weight Conversions

US Customary System	UK Imperial System	Metric
5 fluid ounces (fl oz)	5 fl oz (1/4 pint - pt)	150 millilitres (ml)
10 fl oz	10 fl oz (1/2 pt)	300 ml
15 1/4 fl oz	15 fl oz (3/4 pt)	450 ml
20 1/4 fl oz (1 1/4 pt)	20 fl oz (1 pt)	600 ml
1 1/2 pt	1 1/4 pt	750 ml
2 1/8 pt	1 3/4 pt	1000 ml (1 litre)
2 1/2 pt	2 pt	1.2 litres (l)
3 1/8 pt	2 1/2 pt	1.5 l