

APPENDIX C

Conversions, Equivalents, and Calculations

WEIGHT MEASURE CONVERSIONS	
To calculate weight conversions into metric, multiply the number of ounces by 28.35.	
¼ oz	7 g
½ oz	14 g
1 oz	28 g
4 oz (¼ lb)	113 g
8 oz (½ lb)	227 g
16 oz (1 lb)	454 g
24 oz (1 lb 8 oz)	680 g
32 oz (2 lb)	907 g
40 oz (2 lb 8 oz)	1.13 kg
48 oz (3 lb)	1.36 kg
Metric values have been rounded.	

VOLUME MEASURE CONVERSIONS	
To calculate volume conversions into metric, multiply the number of ounces by 30.	
1 tsp	5 mL
½ fl oz (1 tbsp)	15 mL
1 fl oz (2 tbsp)	30 mL
8 fl oz (1 c)	240 mL
16 fl oz (1 pt)	480 mL
32 fl oz (1 qt)	960 mL
128 fl oz (1 gal)	3.84 L
Dash (liquid) = less than ¼ tsp	0.63 mL
Pinch (dry) = less than ¼ tsp	0.63 mL
Metric values have been rounded.	

LENGTH MEASURE CONVERSIONS

To calculate length conversions into metric, multiply the number of inches by 2.54.

¼ in	6 mm
½ in	1 cm
1 in	3 cm
2 in	5 cm
4 in	10 cm
6 in	15 cm
7 in	18 cm
8 in	20 cm
9 in	23 cm
10 in	25 cm
12 in (1 ft)	30 cm

Metric values have been rounded.

TEMPERATURE CONVERSIONS

To convert Fahrenheit to Celsius: $(^{\circ}\text{F} - 32) \times \frac{5}{9} = ^{\circ}\text{C}$

DEGREES FAHRENHEIT (°F)	DEGREES CELSIUS (°C)
32	0
40	4
140	60
150	66
160	71
170	77
212	100
275	135
300	149
325	163
350	177
375	191
400	204
425	218
450	232
475	246
500	260