**Imperial to Metric Conversions for Cooking**

This table provides imperial and metric equivalents of volume and weight measurements commonly used in recipes.

|  |  |  |
| --- | --- | --- |
|  | **Volume** |  |
|  |  |  |
| **Imperial** |  | **Metric** |
|  |  |  |
| 1/8 tsp |  | 0.5 mL |
|  |  |  |
| ¼ tsp |  | 1 mL |
|  |  |  |
| ½ tsp |  | 2.5 mL |
|  |  |  |
| 1 tsp |  | 5 mL |
|  |  |  |
| 1 tbsp |  | 15 mL |
|  |  |  |
| 2 tbsp |  | 30 mL |
|  |  |  |
| 1 fl oz |  | 30 mL |
|  |  |  |
| ¼ cup |  | 60 mL |
|  |  |  |
| 1/3 cup |  | 80 mL |
|  |  |  |
| ½ cup |  | 125 mL |
|  |  |  |
| 2/3 cup |  | 165 mL |
|  |  |  |
| ¾ cup |  | 190 mL |
|  |  |  |
| 1 cup |  | 250 mL |
|  |  |  |  |
| 1 gallon (Can) |  | 4.5 | L |
|  |  |  |  |
| 1 quart (Can) |  | 1.1 | L |
|  |  |  |  |
| 1 gallon (US) |  | 3.8 | L |
|  |  |  |
| 1 quart (US) |  | 950 mL |
|  |  |  |  |

Refer to this table when using the Checklist tool to score recipes for freshly made food and beverages as part of the Guidelines for Food and Beverage Sales in BC Schools.

|  |  |  |
| --- | --- | --- |
|  |  | **Weight** |
|  |  |  |  |
|  | **Imperial** |  | **Metric** |
|  |  |  |  |
|  | ½ oz |  | 14 g |
|  |  |  |  |
|  | 1 oz |  | 28 g |
|  |  |  |  |
|  | 2 oz |  | 56 g |
|  |  |  |  |
|  | ¼ lb |  | 113 g |
|  |  |  |  |
|  | ½ lb |  | 227 g |
|  |  |  |  |
|  | ¾ lb |  | 340 g |
|  |  |  |  |
|  | 1 lb (16 oz) |  | 454 g |
|  |  |  |  |

\*Volume conversions for measures over 5 mL have been rounded to the nearest 5 mL and are based on the metric cup of 250 mL. Conversions for measures under 5 mL have been rounded to the nearest 0.5 mL. Weight conversions have been rounded to the nearest gram.