



Metric

CONVERSION

chart



Imperial

Metric

$\frac{1}{4}$ teaspoon	1 mL
$\frac{1}{2}$ teaspoon	2 mL
1 teaspoon	5 mL
1 tablespoon	15 mL
$\frac{1}{4}$ cup	50 mL
$\frac{1}{3}$ cup	75 mL
$\frac{1}{2}$ cup	125 mL
$\frac{2}{3}$ cup	150 mL
$\frac{3}{4}$ cup	175 mL
1 cup	250 mL
1 quart	1 litre
2 quarts	2 litres
1 ounce	30 grams
2 ounces	55 grams
3 ounces	85 grams
4 ounces	115 grams
8 ounces	225 grams
1 pound	455 grams