

# Measurement Conversion Cheat Sheet

CUPS	MILLILITRES	FLUID OUNCES	TABLESPOONS	TEASPOONS
1 cup	240 ml	8 oz	16 tbsp	-
3/4 cup	180 ml	6 oz	12 tbsp	-
2/3 cup	160 ml	5 1/3 oz	10 tbsp + 2 tsp	-
1/2 cup	120 ml	4 oz	8 tbsp	24 tsp
1/3 cup	80 ml	2 2/3 oz	5 tbsp + 1 tsp	16 tsp
1/4 cup	60 ml	2 oz	4 tbsp	12 tsp
1/8 cup	30 ml	1 oz	2 tbsp	6 tsp
1/16 cup	15 ml	1/2 oz	1 tbsp	3 tsp
-	7.5 ml	1/3 oz	1/2 tbsp	1 1/2 tsp
-	5 ml	1/6 oz	-	1 tsp

CUPS	GRAMS
1 cup flour	150 g
1 cup oats	90 g
1 cup sugar	200 g
1 cup brown sugar	180 g
1 cup butter	240 g
1 cup chopped nuts	150 g
1 cup cacao powder	85 g
1 cup uncooked rice	200 g

## OVEN TEMPERATURES

°C	120	140	150	170	180	190	200	220	230	240
°F	250	275	300	325	350	375	400	425	450	475

*\*please note: figures are approximate*