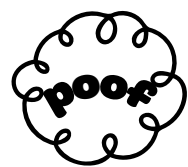


KITCHEN CONVERSION CHART



Dry Measurements

CUPS	GRAMS	OUNCES	TBSP	TSP
1 cup	128 g	4.5 oz	16 tbsp	48 tsp
3/4 cup	96 g	3.38 oz	12 tbsp	36 tsp
2/3 cup	85 g	3 oz	10 tbsp	32 tsp
1/2 cup	64 g	2.25 oz	8 tbsp	24 tsp
1/3 cup	43 g	1.5 oz	5 tbsp	16 tsp
1/4 cup	32 g	1.13 oz	4 tbsp	12 tsp
1/8 cup	16 g	0.5 oz	2 tbsp	6 tsp

Volume Conversion

CUPS	TBSP	TSP	ML
1 cup	16 tbsp	48 tsp	240 ml
3/4 cup	12 tbsp	36 tsp	180 ml
2/3 cup	10 2/3 tbsp	32 tsp	160 ml
1/2 cup	8 tbsp	24 tsp	120 ml
1/3 cup	5 1/3 tbsp	16 tsp	80 ml
1/4 cup	4 tbsp	12 tsp	60 ml
1/8 cup	2 tbsp	6 tsp	30 ml

Oven Temperature Conversion

F	C	F	C	F	C
225 °F	107 °C	300 °F	149 °C	375 °F	190 °C
250 °F	121 °C	325 °F	162 °C	400 °F	204 °C
275 °F	135 °C	350 °F	176 °C	425 °F	218 °C