



WEIGHT & MEASUREMENT CHEAT SHEET

For all of the Misfits who can't quite remember or just don't know the Teaspoon vs. Tablespoon vs. Cup equivalents, this one's for you...

To Convert OUNCES and POUNDS to GRAMS:

1. Multiply ounces by 28.35 to determine grams
2. Divide pounds by 2.2 to determine kilograms

To Convert GRAMS to OUNCES and POUNDS:

1. Divide grams by 28.35 to determine ounces
2. Divide grams by 453.59 to determine pounds

WEIGHT & MEASUREMENT EQUIVALENCY CHART

* Metric values have been rounded

Dash	> 1/8 teaspoon	
1 1/2 teaspoons	1/2 tablespoon	
3 teaspoons	1 tablespoon	
4 1/2 teaspoons	1 1/2 tablespoon	
2 tablespoons	1/8 cup	
4 tablespoons	1/4 cup	
5 1/3 tablespoons	1/3 cup	
8 tablespoons	1/2 cup	
10 2/3 tablespoons	2/3 cup	
12 tablespoons	3/4 cup	
14 tablespoons	7/8 cup	
16 tablespoons	1 cup	
1/4 oz (U.S.)	8 grams (Metric*)	
1/2 oz (U.S.)	15 grams (Metric*)	
1 oz (U.S.)	28 grams (Metric*)	
4 oz (U.S.)	113 grams (Metric*)	
8 oz (U.S.)	227 grams (Metric*)	1/2 pound (U.S.)
16 oz (U.S.)	453 grams (Metric*)	1 pound (U.S.)
32 oz (U.S.)	907 grams (Metric*)	2 pounds (U.S.)
40 oz (U.S.)	1 kilogram (Metric*)	2 1/4 pounds (U.S.)