# Handy Cooking Measurement Conversions Chart

## U.S. to Metric Measurement Conversions:

### Length
- 1 inch = 2.54 centimeters
- 1 foot = 30.48 centimeters
- 1 yard = 0.914 meters
- 1 mile = 1609.34 meters, or 1.609 kilometers
- 1 kilometer = 0.62 miles

### Weight
- 1 ounce = 28.35 grams
- 1 pound = 453.59 grams, or 0.453 kilograms
- 1 ton = 907.19 kilograms, or 0.907 metric tons

### Temperature
- **32 degrees Fahrenheit = 0 degrees Celsius**
- On the Fahrenheit scale:
  - Freezing point of water: 32 degrees Fahrenheit
  - Boiling point of water: 212 degrees Fahrenheit
- On the Celsius scale:
  - Freezing point of water: 0 degrees Celsius
  - Boiling point of water: 100 degrees Celsius

## Other Useful Measurement Conversions:

### 1 Cup is equal to:
- ½ pint
- 8 ounces
- 16 Tablespoon
- 48 Teaspoons
- 237 milliliters

### 1 Tablespoon is equal to:
- 1/16 cup
- ½ ounce
- 3 Teaspoons
- 15 milliliters

### Other Measurements:
- 1 pint is equal to 2 cups, or 47 liters
- 1 quart is equal to 4 cups, or 946 liters
- 1 gallon is equal to 4 quarts, or 16 cups, or 3.79 liters

### Convenient Conversions:
- ¼ cup is equal to 4 Tablespoons, or 2 ounces, or 59 milliliters
- ½ cup is equal to 8 Tablespoons, or 4 ounces, or 118 milliliters

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Measurement Conversions

The United States often uses a different measurement system than the rest of the world. There are different units and systems of measurement for different parts of the world, but a good portion uses the metric system.

U.S. to metric measurement conversions:

Length

- 1 inch = 2.54 centimeters
- 1 foot = 30.48 centimeters
- 1 yard = 0.914 meters
- 1 mile = 1609.34 meters, or 1.609 kilometers
- 1 kilometer = .62 miles

Quantity

- 1 ounce (fluid) = 29.574 milliliter
- 1 cup = 236.58 milliliters, or .236 liters, 140 grams (dry)
- 1 pint = .47 liters
- 1 quart = .946 liters
- 1 gallon = 3.785 liters

Weight

- 1 ounce = 28.35 grams
- 1 pound = 453.59 grams, or .453 kilograms
- 1 ton = 907.19 kilograms, or .907 “metric tons”

Temperature

- 32 degrees Fahrenheit = 0 degrees Celsius

On the Fahrenheit scale:

Freezing point of water: 32 degrees Fahrenheit
Boiling point of water: 212 degrees Fahrenheit

For Celsius:

Freezing point of water: 0 degrees Celsius
Boiling point of water: 100 degrees Celsius
Here are some other useful measurement conversions:

1 Cup is equal to:

½ pint
8 ounces
16 Tablespoon
48 Teaspoons
237 milliliters

1 Tablespoon is equal to:

1/16 cup
½ ounce
3 Teaspoons
15 milliliters

1 pint is equal to 2 cups, or .47 liters
1 quart is equal to 4 cups, or .946 liters
1 gallon is equal to 4 quarts, or 16 cups, or 3.79 liters

Convenient Conversions:

¼ cup is equal to 4 Tablespoons, or 2 ounces, or 59 milliliters
½ cup is equal to 8 Tablespoons, or 4 ounces, or 118 milliliters