

# Weights & Measures

## CONVERSION GUIDE

Figures in **red** are equal to units of either of the columns beside them: eg 1 cm = 0.394 inches and 1 inch = 2.540cm



### CM TO INCHES

CM		INCHES
2.540	<b>1</b>	0.394
5.080	<b>2</b>	0.787
7.620	<b>3</b>	1.181
10.160	<b>4</b>	1.575
12.700	<b>5</b>	1.969
15.240	<b>6</b>	2.362
17.780	<b>7</b>	2.756
20.320	<b>8</b>	3.150
22.860	<b>9</b>	3.543



### LITRES TO GALLONS

LITRES		GALLONS
4.546	<b>1</b>	0.220
9.092	<b>2</b>	0.440
13.638	<b>3</b>	0.660
18.184	<b>4</b>	0.880
22.730	<b>5</b>	1.100
27.277	<b>6</b>	1.320
31.823	<b>7</b>	1.540
36.369	<b>8</b>	1.760
40.915	<b>9</b>	1.980



### KILOGRAMS TO POUNDS

KILOGRAMS		POUNDS
0.454	<b>1</b>	2.205
0.907	<b>2</b>	4.409
1.361	<b>3</b>	6.614
1.814	<b>4</b>	8.818
2.268	<b>5</b>	11.023
2.722	<b>6</b>	13.228
3.175	<b>7</b>	15.432
3.629	<b>8</b>	17.637
4.082	<b>9</b>	19.842



### OUNCES TO GRAMS

OUNCES	GRAMS	OUNCES	GRAMS
½ oz	110 g	6 oz	175 g
¾ oz	20 g	7 oz	200 g
1 oz	25 g	8 oz	225 g
1½ oz	40 g	9 oz	250 g
2 oz	50 g	10 oz	275 g
2½ oz	60 g	12 oz	350 g
3 oz	75 g	1 lb	450 g
4 oz	110 g	1 lb 8 oz	700 g
4½ oz	125 g	2 lb	900 g
5 oz	150 g	3 lb	1.35 kg



### OVEN TEMPERATURE CONVERSIONS

FARENHEIT	CELSIUS	GAS MARK
225 F	110 C	1/4
250 F	130 C	1/2
275 F	140 C	1
300 F	150 C	2
325 F	165 C	3
350 F	177 C	4
375 F	190 C	5
400 F	200 C	6
425 F	220 C	7
450 F	230 C	8



**1 Teaspoon = 5ml**



**1 Tablespoon = 15ml**



**1 Fluid ounce = 30ml**



**1 Pint = 568ml**

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