

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 = 2.540 cm



CM TO INCHES

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



LITRES TO GALLONS

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



KILOGRAMS TO POUNDS

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

Contact our team
 Call us on: 01200 449 833
 Email us: sales@bowlender.co.uk
www.bowlender.co.uk

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