

Culinary Conversions

Approximate Conversions from Metric Measures

When you know	Multiply by	To Find
LENGTH		
millimeters (mm)	0.04	inches (in)
centimeters (cm)	0.4	inches (in)
meters (m)	3.3	feet (ft)
meters (m)	1.1	yards (yd)
kilometers (km)	0.6	miles (mi)
AREA		
square centimeters (cm ²)	0.16	square inches (in ²)
square meters (m ²)	1.2	square yards (yd ²)
square kilometers (km ²)	0.4	square miles (mi ²)
hectares (ha) (10,000m ²)	2.5	acres
MASS (weight)		
grams (g)	0.035	ounces (oz)
kilograms (kg)	2.2	pounds (lb)
metric ton (t) (1,000kg)	1.1	short tons
VOLUME		
milliliters (mL)	0.03	fluid ounces (fl oz)
milliliters (mL)	0.06	cubic inches (in ³)
liters (L)	2.1	pints (pt)
liters (L)	1.06	quarts (qt)
liters (L)	0.26	gallons (gal)
cubic meters (m ³)	0.5	cubic feet (ft ³)
cubic meters (m ³)	1.3	cubic yards (yd ³)

Approximate Conversions to Metric Measures

When you know	Multiply by	To Find
LENGTH		
inches (in)	2.5	centimeters (cm)
feet (ft)	30	centimeters (cm)
yards (yd)	0.9	meters (m)
miles (mi)	1.6	kilometers (km)
AREA		
square inches (in ²)	6.5	square centimeters (cm ²)
square feet (ft ²)	0.09	square meters (m ²)
square yards (yd ²)	0.8	square meters (m ²)
square miles (mi ²)	2.6	square kilometers (km ²)
acres	0.4	hectares (ha)
MASS (weight)		
ounces (oz)	28	grams (g)
pounds (lb)	0.45	kilograms (kg)
short tons (2000lb)	0.9	metric tons (t)
VOLUME		
teaspoons (tsp)	5	milliliters (mL)
tablespoons (Tbsp)	15	milliliters (mL)
cubic inches (in ³)	16	milliliters (mL)
fluid ounces (fl oz)	30	milliliters (mL)
cups	0.24	liters (L)
pints (pt)	0.47	liters (L)
quarts (qt)	0.95	liters (L)
gallons (gal)	3.8	liters (L)
cubic feet (ft ³)	0.03	cubic meters (m ³)
cubic yards (yd ³)	0.76	cubic meters (m ³)

Basic Liquid Equivalents

Dash = less than 1/8 teaspoon
 3 teaspoons = 1 Tablespoon
 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 cup = 1/2 pint (8 fl. oz.)
 2 cups = 1 pint (16 fl. oz.)
 2 pints = 1 qt. (32 fl. oz.)
 4 quarts = 1 gallon (128 fl. oz.)
 16 oz. = 1 pound (dry weight)