



Recipe Measures Conversion Chart (US Imperial to AUS Metric)

VOLUME

Smaller Volume

Tsp / Tbsp	AUS ml	Tsp / Tbsp	AUS ml	Tsp / Tbsp	AUS ml	Tsp / Tbsp	AUS ml
1/8 tsp	.05 ml	1-1/2 tsp	7 ml	4-1/2 tsp	22 ml	2-1/2 Tbsp	50 ml
1/4 tsp	1 ml	2 tsp	10 ml	1/2 Tbsp	7 ml	3 Tbsp	60 ml
1/2 tsp	2 ml	2-1/2 tsp	12 ml	1 Tbsp	20 ml	4 Tbsp	80 ml
3/4 tsp	4 ml	3 tsp	15 ml	1-1/2 Tbsp	30 ml	6 Tbsp	120 ml
1 tsp	5 ml	3-1/2 tsp	17 ml	2 Tbsp/6 tsp	40 ml	7 Tbsp	140 ml
1-1/4 tsp	6 ml	4 tsp	20 ml				

Larger Volume

Measure	USA	AUS	Measure	USA	AUS	Measure	USA	AUS
16 Tbsp	1 c	250 ml	5 Tbps +1 tsp	1/3 c	80 ml	3 tsp	1 Tbsp	15 ml
12 Tbsp	3/4 c	190 ml	4 Tbsp	1/4 c	60 ml	24 tsp/1Tbsp	1/2 c	125 ml
10 Tbsp + 2 tsp	2/3 c	170 ml	2 Tbsp	1/8 c	40 ml	48 tsp/2Tbsp	1 c	250 ml
8 Tbsp	1/2 c	125 ml	2 Tbsp +2 tsp	1/6 c	50 ml	2 cups	1 pt	500 ml
6 Tbsp	3/8 c	120 ml	1 Tbsp	1/16 c	20 ml	2 pints	1 qt	1 L

Cups to Liters

Cups	AUS ml / L	Cups	AUS ml / L	Cups	AUS ml / L	Cups	AUS ml / L
1/4 cup	60 ml	3-3/4 cups	940 ml	7-1/3 cups	1.83 L	12-1/2 cups	3.125 L
1/3 cup	80 ml	4 cups	1 L	7-1/2 cups	1.875 L	13 cups	3.25 L
1/2 cup	125 ml	4-1/4 cups	1.06 L	7-2/3 cups	1.920 L	13-1/2 cups	3.375 L
2/3 cup	170 ml	4-1/3 cups	1.030 L	7-3/4 cups	1.940 L	14 cups	3.5 L
3/4 cup	190 ml	4-1/2 cups	1.125 L	8 cups	2 L	14-1/2 cups	3.625 L
1 cup	250 ml	4-2/3 cups	1.170 L	8-1/4 cups	2.01 L	15 cups	3.75 L
1-1/4 cup	310 ml	4-3/4 cups	1.190 L	8-1/3 cups	2.08 L	15-1/2 cups	3.875 L
1-1/3 cup	330 ml	5 cups	1.25 L	8-1/2 cups	2.125 L	16 cups	4 L
1-1/2 cup	375 ml	5-1/4 cups	1.31 L	8-2/3 cups	2.170 L	16-1/2 cups	4.125 L
1-2/3 cup	420 ml	5-1/3 cups	1.33 L	8-3/4 cups	2.190 L	17 cups	4.25 L
1-3/4 cup	440 ml	5-1/2 cups	1.375 L	9 cups	2.25 L	17-1/2 cups	4.375 L
2 cups	500 ml	5-2/3 cups	1.420 L	9-1/4 cups	2.31 L	18 cups	4.5 L
2-1/4 cups	560 ml	5-3/4 cups	1.440 L	9-1/3 cups	2.33 L	18-1/2 cups	4.625 L
2-1/3 cups	580 ml	6 cups	1.5 L	9-1/2 cups	2.375 L	19 cups	4.75 L
2-1/2 cups	625 ml	6-1/4 cups	1.56 L	9-2/3 cups	2.420 L	19-1/2 cups	4.875 L
2-2/3 cups	670 ml	6-1/3 cups	1.58 L	9-3/4 cups	2.440 L	20 cups	5 L
2-3/4 cups	690 ml	6-1/2 cups	1.625 L	10 cups	2.5 L	24 cups	6 L
3 cups	750 ml	6-2/3 cups	1.670 L	10-1/2 cups	2.625 L	28 cups	7 L
3-1/4 cups	810 ml	6-3/4 cups	1.690 L	11 cups	2.75 L	32 cups	8 L
3-1/3 cups	830 ml	7 cups	1.75 L	11-1/2 cups	2.875 L	36 cups	9 L
3-1/2 cups	875 ml	7-1/4 cups	1.81 L	12 cups	3 L	40 cups	10 L
3-2/3 cups	920 ml						



WEIGHT			
1 oz	30 g	5 lbs	2.5 kg
1.75 oz	49 to 57 g	5-1/2 lbs	
2 oz	60 g	6 lbs	3 kg
3 oz	90 g	6-1/2 lbs	
4 oz / 1/4 lb	125 g	7 lbs	3.5 kg
5 oz	155 g	7-1/2 lbs	
6 oz	185 g	8 lbs	4 kg
7 oz	220 g	8-1/2 lbs	
8 oz / 1/2 lb	250 g	9 lbs	4.5 kg
9 oz	280 g	9-1/2 lbs	
10 oz	315 g	10 lbs	5 kg
11 oz	345 g	10-1/2 lbs	
12 oz / 3/4 lb	375 g	11 lbs	5.5 kg
13 oz	410 g	11-1/2 lbs	
14 oz	440 g	12 lbs	6 kg
15 oz	470 g	12-1/2 lbs	
16 oz / 1 lb	500 g	14 lbs	7 kg
1-1/2 lbs	750 g	16 lbs	8 kg
2 lbs	1 kg	18 lbs	9 kg
2-1/4 lbs	1.125 kg	20 lbs	10 kg
2-1/2 lbs	1.25 kg	22 lbs	11 kg
3 lbs	1.5 kg	24 lbs	12 kg
3-1/2 lbs	1.75 kg	25 lbs	12.5 kg
4 lbs	2 kg	30 lbs	15 kg
4-1/2 lbs	2.25 kg		

LENGTH		
1/4 inch	.5 cm	6 mm
1/2 inch	1 cm	13 mm
3/4 inch	1.9 cm	19 mm
1 inch	2.5 cm	25 mm
2 inches	5 cm	51 mm
3 inches	7.5 cm	76 mm
4 inches	10 cm	102 mm
5 inches	12 cm	127 mm
6 inches	15 cm	152 mm
10 inches	24 cm	254 mm
12 in / 1 ft	30 cm	305 mm
2 feet	60 cm	610 mm
3 ft / 1 yd	90 cm	915 mm

TEMPERATURE			
20° F	-6.6° C	140° F	60° C
32° F	0° C	160° F	71° C
40° F	4.4° C	179° F	82° C
50° F	10° C	180° F	82° C
60° F	15.5° C	200° F	93° C
70° F	21° C	212° F	100° C
80° F	27° C	220° F	104° C
100° F	38° C	240° F	116° C
120° F	49° C	400° F	200° C
139° F	59° C		

PRESSURE PRESERVING			
ALTITUDE		WEIGHTED-GAUGE	
FEET	AUS Meters	LBS	AUS kPa
0 - 1000	0 - 305	10 lbs	69 kPa
1001 - 2000	306 - 609	15 lbs	103 kPa
2001 - 4000	610 - 1219	15 lbs	103 kPa
4001 - 6000	1220 - 1828	15 lbs	103 kPa
6001 - 8000	1829 - 2438	15 lbs	103 kPa
8001 - 10,000	2439 - 3048	15 lbs	103 kPa
ALTITUDE		DIAL-GAUGE	
FEET	AUS Meters	LBS	AUS kPa
0 - 1000	0 - 305	11 lbs	76 kPa
1001 - 2000	306 - 609	11 lbs	76 kPa
2001 - 4000	610 - 1219	12 lbs	83 kPa
4001 - 6000	1220 - 1828	13 lbs	90 kPa
6001 - 8000	1829 - 2438	14 lbs	97 kPa
8001 - 10,000	2439 - 3048	15 lbs	103 kPa

Altitudes higher than 305, adjust kPa pressure as shown above.

WATERBATH PRESERVING		
FEET	AUS Meters	Increase Processing Time
1001 - 3000	306 - 915	5 minutes
3001 - 6000	916 - 1828	10 minutes
6001 - 8000	1829 - 2438	15 minutes
8001 - 10,000	2439 - 3048	20 minutes

