

Weight conversions

Ordinary food ounces and pounds - rounded to the nearest gram

Food weight	Metric weight
1/4 oz	7 g
1/2 oz	14 g
3/4 oz	21 g
1 oz	28 g
2 oz	57 g
3 oz	85 g
4 oz	113 g
6 oz	170 g
8 oz	227 g
10 oz	283 g
12 oz	340 g
1 lb / 16 oz	454 g
1 lb 2 oz / 18 oz	510 g
2 lb / 32 oz	907 g
4 lb / 64 oz	1814 g

Keep the recipe's grams when supplied

Use the gram setting on a scale. Set an empty bowl on it and tare to zero, then add the ingredient. For baking, prefer the author's metric quantities rather than combining differently rounded charts.

Weight is not liquid volume

oz here is a weight ounce, not fl oz. One pound is 16 weight ounces and exactly 453.59237 g. A spoon or cup of different ingredients does not have one universal gram weight.

Liquid volume conversions

Choose UK Imperial or US liquid first - rounded to 0.1 ml

Named volume	UK Imperial	US liquid
1 fl oz	28.4 ml	29.6 ml
2 fl oz	56.8 ml	59.1 ml
4 fl oz	113.7 ml	118.3 ml
5 fl oz	142.1 ml	147.9 ml
8 fl oz	227.3 ml	236.6 ml
10 fl oz	284.1 ml	295.7 ml
16 fl oz	454.6 ml	473.2 ml
20 fl oz	568.3 ml	591.5 ml
1 pint	568.3 ml	473.2 ml
1 quart	1136.5 ml	946.4 ml

The same name can mean a different volume

A UK pint has 20 UK fluid ounces; a US liquid pint has 16 US fluid ounces. US dry pints are different again and are not in this table. One litre is 1,000 ml.

Cups need their own definition

A US customary cup is about 236.6 ml (8 US fl oz). A 240 ml nutrition-label cup and a 250 ml metric cup are different measures. Read the recipe's stated ml amount and actual utensil markings; do not silently swap cups.

Use a standing marked jug

Stand it on a level worktop, pour slowly and read the scale at eye level, not while holding it tilted. Do not convert ml to grams using this table. Keep ingredient-specific weights supplied by the recipe.

NIST: UK/US fluid ounces and US liquid pint

UK pint definition: Product Regulation and Metrology Act

NIST: 240 ml cup in metric kitchen equivalents

Nigella: different cup measures and 250 ml metric cup

Length conversions

Read the stated dimension - not a printed ruler

Inches	Millimetres (mm)	Centimetres (cm)
1/8	3.2	0.32
1/4	6.4	0.64
1/2	12.7	1.27
3/4	19.1	1.91
1	25.4	2.54
1 1/2	38.1	3.81
2	50.8	5.08
3	76.2	7.62
4	101.6	10.16
4 1/2	114.3	11.43
6	152.4	15.24
8	203.2	20.32
9	228.6	22.86
10	254.0	25.40
12 / 1 foot	304.8	30.48

Measure the actual item

One inch is exactly 25.4 mm or 2.54 cm. Values here are rounded to 0.1 mm and 0.01 cm. This printed chart is not a scale: use a real clean ruler on a cold item, never reach into a hot pan.

Pan dimensions do not establish capacity

Match shape, inside width/diameter, depth, material and the recipe. A round 8-inch tin is not interchangeable with an 8-inch square tin. Food thickness and centre checks still matter.