

The Sobeys Guide to Conversions

Take the imperial-meets-metric conversion guesswork out of your next culinary project. Our handy kitchen conversion charts will help you get your temperatures, weights and volumes straight – no matter where your recipe comes from.

Temperatures

Fahrenheit	225°	250°	275°	300°	325°	350°	375°	400°	425°	450°	475°
Celsius	110°	120°	140°	150°	160°	180°	190°	200°	220°	230°	240°

Weight: Ounces, grams, pounds and kilograms

$\frac{1}{2}$ oz = 15 g
$\frac{2}{3}$ oz = 20 g
1 oz = 30 g
2 oz = 60 g
3 oz = 90 g
4 oz = $\frac{1}{4}$ lb = 125 g
5 oz = 150 g
$\frac{1}{3}$ lb = 170 g
6 oz = 175 g
8 oz = $\frac{1}{2}$ lb = 250 g
10 oz = 300 g
$\frac{2}{3}$ lb = 350 g
12 oz = $\frac{3}{4}$ lb = 375 g
16 oz = 1 lb = 500 g
22 oz = $1\frac{1}{4}$ lb = 625 g
26 oz = $1\frac{1}{2}$ lb = 750 g
31 oz = $1\frac{3}{4}$ lb = 875 g
32 oz = 2 lb = 1 kg
5 lb = 2.2 kg
10 lb = 4.5 kg

Volume

1 teaspoon = 5 mL
3 teaspoons = 1 tablespoon = 15 mL
4 tablespoons = $\frac{1}{4}$ cup = 60 mL = 2 fluid oz
$\frac{1}{3}$ cup = 75 mL = $2\frac{1}{2}$ fluid oz
$\frac{1}{2}$ cup = 125 mL = 4 fluid oz
$\frac{3}{4}$ cup = 175 mL = 6 fluid oz
1 cup = 250 mL = 8 fluid oz
$1\frac{1}{4}$ cups = 300 mL = 10 fluid oz
2 cups = 500 mL = 16 fluid oz
4 cups = 1 L = 32 fluid oz
5 cups = 1.25 L = 40 fluid oz
6 cups = 1.5 L = 48 fluid oz
7 cups = 1.75 L = 56 fluid oz
8 cups = 2 L = 64 fluid oz
1 litre is approximately 2 American pints or 1 quart.

Common ingredient conversions

Flour 1 cup = 125 g = $4\frac{1}{2}$ oz	Sugar (white) 1 cup = 225 g = 7 oz	Sugar (brown) 1 cup = 200 g = $6\frac{1}{2}$ oz	Sugar (icing) 1 cup = 125 g = 4 oz	Butter 1 stick = $\frac{1}{2}$ cup = $\frac{1}{4}$ lb
Eggs 1 cup = 4 jumbo eggs = 4 extra large = 5 large = 5 medium = 6 small		Eggs 4 large = 3 jumbo eggs = 4 extra large = 5 medium = 5 small		