

## Conversion charts for liquids and weights

### Measures for liquids

#### *Exact conversions*

1 British pint = 568 ml / 0.568 litre

16 fl oz = 1 US pint

<b><i>Imperial</i></b>	<b><i>Metric</i></b>	<b><i>US cups</i></b>
1/2 fl oz	15 ml	1 level tablespoon
1 fl oz	30 ml	1/8 cup
2 fl oz	60 ml	1/4 cup
3 fl oz	90 ml	3/8 cup
4 fl oz	125 ml	1/2 cup
5 fl oz / 1/4 pint	150 ml	2/3 cup
6 fl oz	175 ml	3/4 cup
8 fl oz	250 ml	1 cup
10 fl oz / 1/2 pint	300 ml	1 1/4 cups
12 fl oz	375 ml	1 1/2 cups
16 fl oz	500 ml	2 cups
20 fl oz / 1 pint	600 ml	2 1/2 cups
1 1/2 pints	900 ml	3 3/4 cups
1 3/4 pints	1 litre	4 cups / 1 quart
2 pints	1 1/4 litres	1 1/4 quarts
2 1/3 pints	1 1/2 litres	3 US pints
3 1/4 pints	2 litres	2 quarts

## Measures for weights

<b>Grams</b>	<b>Ounces</b>
1	0.0353
10	0.353
50	1.8
100	3.53
150	5.3
200	7.1
250	8.8
300	10.6
350	12.4
400	14.2
450	15.9
500	17.7

## General conversion guide for weights

<b>METRIC</b>				
<b>Unit</b>	<b>Metric equivalent</b>	<b>Imperial equivalent</b>	<b>To convert ...</b>	<b>... multiply by</b>
1 gram (g)	1000 mg	0.0353 ounces	grams to ounces	0.0353
1 kilogram (kg)	1000 g	2.2046 pounds	kilograms to pounds	2.2046
1 tonne (t)	1000 kg	0.9842 ton	-	-
<b>IMPERIAL</b>				
<b>Unit</b>	<b>Imperial equivalent</b>	<b>Metric equivalent</b>	<b>To convert ...</b>	<b>... multiply by</b>
1 ounce (oz)	-	28.350 g	ounces to grams	28.35
1 pound (lb)	16 ounces	0.4536 kg	pounds to kilograms	0.4536
1 stone (st)	14 pounds	6.3503 kg	-	-