**WEIGHTS AND MEASURES**

**For exact measures:**

By weight

* 1 ounce = 28.35 grams
* 1 pound = 453.6 grams

Liquids

* 1 fluid ounce = 29.57 ml
* 1 pint = 16 fluid ounces = 0.473 liters
* 1 quart = 2 pints or 32 fluid ounces = 0.946 liter
* 1 gallon = 4 quarts = 3.785 liters

**GENERAL CONVERSIONS COMMONLY USED**

Weights

* 7 g = ¼ oz
* 30 g = 1 oz
* 113 g = 4 oz or ¼ lb
* 227 g = 8 oz or ½ lb
* 454 g = 16 oz or 1 lb

Liquids

* 5 ml = 1 teaspoon
* 15 ml = 1 tablespoon
* 30 ml = 1 fluid ounce
* 60 ml = 2 fluid ounces or ¼ cup
* 120 ml = 4 fluid ounces or ½ cup
* 240 ml = 8 fluid ounces or 1 cup
* 480 ml = 16 fluid ounces or 2 cups