

# Kitchen Cheat Sheet

METRIC CONVERSION - AUSTRALIA



## WEIGHT

1 oz = 28.35 g  
1 g = 0.035 oz  
1 kg = 35 oz (2.2 lbs)

## LIQUID

1 cup (aus) = 250 ml  
1 fl oz = 29.5 ml  
1 ml = 0.034 fl oz

### METRIC IMPERIAL

30 g	.....	1 oz
60 g	.....	2 oz
85 g	.....	3 oz
115 g	.....	4 oz (¼ lb)
140 g	.....	5 oz
170 g	.....	6 oz
200 g	.....	7 oz
230 g	.....	8 oz (½ lb)
250 g	.....	9 oz
285 g	.....	10 oz
450 g	.....	16 oz (1 lb)
500 g	.....	17 oz

### METRIC PINT CUPS FL OZ.

100 ml	.....	3½
125 ml	..... ½	4½
150 ml	..... ¼	5
200 ml	.....	7
250 ml	..... 1	9
275 ml	..... ½	10
300 ml	.....	11
400 ml	.....	14
500 ml	..... 2	18
570 ml	..... 1	20
750 ml	..... 3	26
1.0 l	..... 1¾	4 35

## OVEN TEMP

### CELSIUS FAHRENHEIT

120	.....	250	VERY SLOW
140	.....	280	SLOW
150	.....	300	
160	.....	325	MODERATELY SLOW
180	.....	350	MODERATE
190	.....	375	MODERATELY HOT
200	.....	400	HOT
230	.....	450	VERY HOT

## COMMON INGREDIENTS

### METRIC IMPERIAL

1 cup flour	.....	140 g	.....	5 oz
1 cup sugar	.....	250 g	.....	9 oz
1 cup brown sugar (firmly packed)	.....	185 g	.....	6½ oz
1 cup butter	.....	250 g	.....	9 oz
1 stick butter	.....	115 g	.....	4 oz
1 cup grated cheese	.....	115 g	.....	4 oz