

Imperial to Metric Conversions for Cooking

This table provides imperial and metric equivalents of volume and weight measurements commonly used in recipes.

Refer to this table when using the Checklist tool to score recipes for freshly made food and beverages as part of the Guidelines for Food and Beverage Sales in BC Schools.

Volume	
Imperial	Metric
1/8 tsp	0.5 mL
1/4 tsp	1 mL
1/2 tsp	2.5 mL
1 tsp	5 mL
1 tbsp	15 mL
2 tbsp	30 mL
1 fl oz	30 mL
1/4 cup	60 mL
1/3 cup	80 mL
1/2 cup	125 mL
2/3 cup	165 mL
3/4 cup	190 mL
1 cup	250 mL
1 gallon (Can)	4.5 L
1 quart (Can)	1.1 L
1 gallon (US)	3.8 L
1 quart (US)	950 mL

Weight	
Imperial	Metric
1/2 oz	14 g
1 oz	28 g
2 oz	56 g
1/4 lb	113 g
1/2 lb	227 g
3/4 lb	340 g
1 lb (16 oz)	454 g

*Volume conversions for measures over 5 mL have been rounded to the nearest 5 mL and are based on the metric cup of 250 mL. Conversions for measures under 5 mL have been rounded to the nearest 0.5 mL. Weight conversions have been rounded to the nearest gram.