

Dry and Liquid Measurement Conversion

This is the closest match, should you be following a recipe that differs from the conversion rates shown below follow the printed recipe as the author may have a reason for the stated rate of conversion.

Dry Measurements		Liquid Measurements		
Metric	Imperial	Metric	Imperial	US Cups
5g	Just under ¼oz	30ml	1 fl oz	1/8 cup
8g – 10g	¼oz	60ml	2 fl oz	¼ cup
15g	½oz	90ml	3 fl oz	3/8 cup
20g	¾oz	120ml	4 fl oz	½ cup
25g	Just over ¾oz	140ml	5 fl oz	2/3 cup
30g	1oz	170ml	6 fl oz	¾ cup
35g	1¼oz	200ml	7 fl oz	7/8 cup
40g – 45g	1½oz	230ml	8 fl oz	1 cup
50g	1¾oz	260ml	9 fl oz	1 1/8 cups
55g – 60g	2oz	290ml	10 fl oz (½ pint)	1 ¼ cups
65g	2¼oz	500ml	17 ½ fl oz	2 cups
70g – 75g	2½oz	600ml	20 fl oz (1 pint)	2 ½ cups
80g – 85g	2¾oz	1 litre	1 ¾ pints	4 cups
90g	3oz			
95g	3¼oz			
100g	3½oz			
105g – 110g	3¾oz			
115g	4oz			
120g	4¼oz			
125g	4½oz			
135g	4¾oz			
145g	5oz			
150g	5¼oz			
160g	5½oz			
170g	5¾oz			
175g	6oz			
180g	6¼oz			
185g	6½oz			
195g	6¾oz			
200g	7oz			
205g	7¼oz			
210g	7½oz			
215g – 220g	7¾oz			
225g	8oz (½lb)			
230g	8¼oz			
240g	8½oz			
250g	8¾oz			
260g	9oz			

Metric	Imperial
265g	9 ¹ / ₄ oz
270g	9 ¹ / ₂ oz
275g – 280g	9 ³ / ₄ oz
285g	10oz
290g	10 ¹ / ₄ oz
300g	10 ¹ / ₂ oz
310g	10 ³ / ₄ oz
315g	11oz
325g	11 ¹ / ₄ oz
330g	11 ¹ / ₂ oz
335g	11 ³ / ₄ oz
340g	12oz
350g	12 ¹ / ₄ oz
360g	12 ¹ / ₂ oz
365g	12 ³ / ₄ oz
370g	13oz
375g	13 ¹ / ₄ oz
380g	13 ¹ / ₂ oz
390g	13 ³ / ₄ oz
400g	14oz
410g	14 ¹ / ₄ oz
415g	14 ¹ / ₂ oz
425g	14 ³ / ₄ oz
430g	15oz
435g	15 ¹ / ₄ oz
440g	15 ¹ / ₂ oz
445g	15 ³ / ₄ oz
450g	16oz (1lb)
460g	1lb ¹ / ₄ oz
500g	1lb 1 ³ / ₄ oz
550g	1lb 3 ¹ / ₂ oz
595g	1lb 5oz
600g	1lb 5 ¹ / ₄ oz
625g	1lb 6oz
650g	1lb 7oz
660g	1lb 7 ¹ / ₄ oz
675g	1lb 7 ³ / ₄ oz
700g	1lb 8 ³ / ₄ oz
750g	1lb 10 ¹ / ₅ oz
770g	1lb 11oz
800g	1lb 12oz
820g	1lb 13oz
900g	2lb
945g	2lb 1 ¹ / ₄ oz
1kg	2lb 3 ¹ / ₄ oz

Metric	Imperial
1.1kg	2lb 6 ³ / ₄ oz
1.14kg	2lb 8oz
1.2kg	2lb 10 ¹ / ₄ oz
1.25kg	2lb 12oz
1.3kg	2lb 13 ³ / ₄ oz
1.4kg	3lb 1 ¹ / ₂ oz
1.5kg	3lb 5oz
1.6kg	3lb 8 ¹ / ₂ oz
2kg	4lb 6 ¹ / ₂ oz
2.5kg	5lb 8 ¹ / ₄ oz
3kg	6lb 9 ³ / ₄ oz
4kg	8lb 13oz
5kg	11lb 1 ¹ / ₄ oz