



<b>Equivalent Measures (Dry)</b>
1 pinch = less than 1/8 teaspoon (dry)
1 dash = 3 drops to 1/4 teaspoon (fluid)
3 teaspoons = 1 tablespoon
4 tablespoons = 1/4 cup
5 1/3 tablespoons = 1/3 cup
8 tablespoons = 1/2 cup
16 tablespoons = 1 cup

<b>Equivalent Measures (Fluid)</b>
2 tablespoons = 1 fluid ounce = 30 mL
1 cup = 8 fluid ounces = 125mL
2 cups = 1 pint
4 cups = 1 quart
4 quarts = 1 gallon

<b>Baking Pan Sizes</b>			
<b>Pan</b>	<b>Size in Inch/Quarts</b>	<b>Metric Volume</b>	<b>Size in Centimeters</b>
Baking or Cake Pan	8 x 8 x 2 9 x 9 x 2	2 L 2.5 L	20 x 20 x 5 23 x 23 x 5
Loaf Pan	12 x 8 x 2 13 x 9 x 2	3 L 3.5 L	30 x 20 x 5 33 x 23 x 5
Round Layer Cake pan	8 x 4 x 3 9 x 5 x 3	1.5 L 2 L	20 x 10 x 7 23 x 13 x 7
Pie Plate	8 x 1½ 9 x 1½	1.2 L 1.5 L	20 x 4 23 x 4
Baking Dish or Casserole	8 x 1¼ 9 x 1¼ 1 quart 1½ quart 2 quart	750 mL 1 L 1 L 1.5 L 2 L	20 x 3 23 x 3 - - -

<b>Oven Temperatures</b>
250° F = 120° C
275° F = 140° C
300° F = 150° C
325° F = 160° C
350° F = 180° C
375° F = 190° C
400° F = 200° C
425° F = 220° C
450° F = 230° C

<b>Weights (mass)</b>
1/2 ounce = 15 grams
1 ounce = 30 g
3 ounces = 90 g
4 ounces = 120 g
8 ounces = 225 g
12 ounces = 360 g
16 ounces = 450 g = 1 pound

<b>Dimensions</b>
1/16 inch = 2 mm
1/8 inch = 3 mm
1/4 inch = 6 mm
1/2 inch = 1.5 cm
3/4 inch = 2 cm
1 inch = 2.5 cm