

Cook.  
Eat.  
World.



# Kitchen Conversions

The ultimate guide to converting weight, temperature  
and more for the international home cook

## Liquid Measurement Conversions



tsp

tbsp

floz

cup

pint





quart

gallon

gram

3	1	1/2	-	-	-	-	14
6	2	1	-	-	-	-	29
12	4	2	1/4	-	-	-	57
18	6	3	3/8	-	-	-	86
24	8	4	1/2	1/4	1/8	-	114
36	12	6	3/4	-	-	-	171
48	16	8	1	1/2	1/4	-	229
-	-	32	4	2	1	1/4	946
-	-	128	16	8	4	1	3,800

## Dry Measurement Conversions

						
tsp	tbsp	oz	cup	lb	g	kg
3	1	1/2	-	-	14.2	-
6	2	1	1/8	-	28	-
12	4	2	1/4	-	57	-
24	8	4	1/2	1/4	113	0.11
36	12	6	3/4	0.375	170	0.17
48	16	8	1	1/2	227	0.23
-	32	16	3	1	680	0.68

## Oven Temperature Conversions

225°f 110°c	250°f 120°c	275°f 140°c	300°f 150°c
300°f 150°c	325°f 165°c	350°f 177°c	375°f 190°c
400°f 200°c	425°f 220°c	450°f 230°c	475°f 245°c

## Meat Cooking Temperatures



**Beef**

**Rare**  
120°F/125°F  
49°C/52°C

**Medium-rare**  
130°F/135°F  
54°C/57°C

**Medium**  
140°F/145°F  
60°C/63°C

**Cooked**  
150°F/155°F  
66°C/68°C

**Well done**  
+155°F  
+68°C

**Ground (burger)**  
+160°F  
+71°C



**Poultry**

**Cooked**  
165°F  
74°C

**Ground (burger)**  
165°F  
74°C



**Pork**

**Medium**  
140-145°F  
60-63°C

**Cooked**  
150-155°F  
66-68°C

**Well done**  
+155°F  
+68°C

**Ground (burger)**  
+160°F  
+71°C



**Lamb**

**Rare**  
115-120°F  
46-49°C

**Medium-rare**  
125°F  
51°C

**Medium**  
130-140°F  
54-60°C

**Well done**  
+150°F  
+65°C

**Ground (burger)**  
+160°F  
+71°C



**Seafood**

**Fish**  
145°F  
63°C

**Sushi**  
41°F  
5°C

**Lobster**  
140°F  
60°C

**Scallops**  
125-130°F  
51-54°C