

MEASURING CONVERSIONS

Imperial → Metric

$\frac{1}{4}$ tsp	1 ml
$\frac{1}{2}$ tsp	2 ml
1 tsp	5 ml
1 T	15 ml
$\frac{1}{4}$ c	60 ml
$\frac{1}{3}$ c	80 ml
$\frac{1}{2}$ c	125 ml
1 c	250 ml
4 c	1 litre

Adjusting Imperial Amounts

Reduce (1/2)	Original	Increase (x2)
$\frac{1}{2}$ c	1 c	2 c
$\frac{1}{4}$ c	$\frac{1}{2}$ c	1 c
2 T + 2 t	$\frac{1}{3}$ c	$\frac{2}{3}$ c
2 T	$\frac{1}{4}$ c	$\frac{1}{2}$ c
1 $\frac{1}{2}$ t	1 T	2 T
$\frac{1}{2}$ t	1 t	2 t
$\frac{1}{4}$ t	$\frac{1}{2}$ t	1 t
f.g.	$\frac{1}{4}$ t	$\frac{1}{2}$ t