FolarraStudio

Kitchen Conversion Charts

measure · convert · cook

PRINTABLE · MEASURES, TEMPS & SWAPS

These Charts Belong To

for organized, happy homes

NAME _____

HOME _____

MOVED IN _____

STARTED ON _____

GOAL _____

How to use these charts

- Print the whole planner once, then print extra copies of the pages you use most, such as the Volume and Weight pages.
- Print at 100% / Actual size on A4 or US Letter paper. The printable pages have a white background to save ink.
- Hole-punch the pages and keep them in a binder, so you can add pages any time.
- Every page is undated, so you can start in any month of any year.
- Print and stick inside a cabinet door, or keep the digital copy on your tablet.
- Digital planner: open the hyperlinked PDF in any PDF annotation app and tap the tabs to jump between sections.

My kitchen word

Why I love to cook

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Volume Conversions

US cups and spoons

US	TABLESPOONS	FLUID OZ	MILLILITERS
1 cup	16 tbsp	8 fl oz	240 ml
3/4 cup	12 tbsp	6 fl oz	180 ml
2/3 cup	10 2/3 tbsp	5.3 fl oz	160 ml
1/2 cup	8 tbsp	4 fl oz	120 ml
1/3 cup	5 1/3 tbsp	2.7 fl oz	80 ml
1/4 cup	4 tbsp	2 fl oz	60 ml
1 tbsp	3 tsp	0.5 fl oz	15 ml
1 tsp	1/3 tbsp	0.17 fl oz	5 ml

Weight Conversions

ounces and grams

OUNCES	GRAMS	POUNDS	KILOGRAMS
1 oz	28 g	1/16 lb	0.03 kg
4 oz	113 g	1/4 lb	0.11 kg
8 oz	227 g	1/2 lb	0.23 kg
12 oz	340 g	3/4 lb	0.34 kg
16 oz	454 g	1 lb	0.45 kg
32 oz	907 g	2 lb	0.91 kg
35 oz	1000 g	2.2 lb	1 kg

Oven Temperatures

F, C and gas

FAHRENHEIT	CELSIUS	GAS MARK	USE
250 F	120 C	1/2	Slow cooking
300 F	150 C	2	Low
325 F	165 C	3	Cakes
350 F	180 C	4	Most baking
375 F	190 C	5	Cookies
400 F	200 C	6	Roasting
425 F	220 C	7	Bread
450 F	230 C	8	Pizza

Ingredient Swaps

when you run out

INSTEAD OF	USE
1 cup buttermilk	1 cup milk + 1 tbsp lemon juice
1 egg	1 tbsp ground flax + 3 tbsp water
1 tsp baking powder	1/4 tsp baking soda + 1/2 tsp cream of tartar
1 cup brown sugar	1 cup sugar + 1 tbsp molasses
1 cup sour cream	1 cup plain yogurt
1 tbsp fresh herbs	1 tsp dried herbs
1 cup cake flour	1 cup flour minus 2 tbsp + 2 tbsp cornstarch

Pan Sizes

swap pans

PAN	VOLUME	SWAP WITH
8 in round	4 cups	8 x 4 loaf pan
9 in round	6 cups	8 in square
8 in square	8 cups	9 in round x 2
9 x 13 in	14 cups	Two 9 in rounds
9 x 5 loaf	8 cups	8 in square
Bundt 10 in	12 cups	9 x 13 in
Muffin tin 12	6 cups	9 in round

My Conversions

your own notes

INGREDIENT	MEASURE	EQUALS

Notes



FolarraStudio

Thank you!

Thank you for choosing FolarraStudio. I hope these charts makes everyday life a little calmer and more organized. If you enjoy it, tell a friend about folarrastudio.com.

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