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Kitchen Conversions Starter Sheet

A short free chart so you can cook dinner tonight. The $7.99 packs go further — scaling tables and mid-cook timers — but this page is yours either way.

- Everyday volume and weight
- Twelve ingredients in grams
- Oven Gas 4 = 350°F / 175°C
- No account required for the free tools at cookaids.com/tools

FREE STARTER — COOKAIDS.COM

Enough chart to finish dinner

This is the free email PDF. It is not the paid Kitchen Conversions Cheat Sheet. Share cookaids.com if a friend wants their own copy.

Volume you actually use

	Equals
3 teaspoons	1 tablespoon
16 tablespoons	1 cup
1 US cup	240 ml
2 cups	1 pint
4 cups	1 quart

Weight you actually use

	Equals
1 ounce	28 g
1 pound	16 oz / 454 g
1 kilogram	2.2 lb

Twelve ingredients, one cup

Ingredient	1 cup
All-purpose flour	120 g
Bread flour	127 g
Granulated sugar	200 g
Brown sugar, packed	220 g
Powdered sugar	120 g
Butter	227 g
Oil	216 g
Honey	340 g
Milk or water	240 g
Cocoa powder	85 g
Rolled oats	90 g
White rice, dry	185 g

THEN GO COOK

Oven, butter, and the rest of the library

Gas 4 is 350°F / 175°C. One US stick of butter is 113 g / 8 tablespoons / ½ cup.

Free interactive versions live at cookaids.com/tools — converter, scaler, cooking time, oven, pans, yeast. The $7.99 library is three print packs: conversions (this topic, longer), recipe scaling tables, and a mid-cook timer guide. Each pack is $7.99. All three together are also $7.99. That is not a fake discount. It is the same price.

Cooking on a tighter grocery budget after you convert the recipe? Sister site The Penny-Wise Palate — thepennywisepalate.com — is the food pair. CookAids is the mid-cook tools.

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