

Conversion Tables

Weight		
1 Imperial Ounce	=	28 gm
1 cup	=	227 gm
1 Imperial pound	=	454 gm

Volume		
1 teaspoon	=	4.93 ml
1 tbsp	=	15 ml
1 fl. Oz	=	28.4 ml
1 cup	=	284 ml
1 litre	=	35.2 fl. oz.
1 Imperial quart	=	1.136 litres