

Metric & Imperial

Kitchen

Weight and length conversions for the kitchen.

Practical rounding for cooking.

Imperial	Metric	Round to
1 oz	28.35 g	30 g
4 oz	113 g	115 g
8 oz	227 g	225 g
1 lb	454 g	450 g
2 lb	907 g	900 g
1 inch	2.54 cm	2.5 cm
1 fl oz (UK)	28.4 ml	30 ml
1 fl oz (US)	29.6 ml	30 ml

US and UK fluid ounces differ, and so do their pints: 16 US fl oz against 20 UK. Check which a recipe means.