

**Fractions - Decimals - Millimeters**

1/8	0.125	3.175
1/4	0.25	6.35
3/8	0.375	9.525
1/2	0.5	12.7
5/8	0.625	15.875
3/4	0.75	19.05
7/8	0.875	22.225
1	1.0	25.4

MEAS01

**Dog Chart**

Canine Age	Human Age
2 Months	14 Months
6 Months	5 Years
8 Months	9 Years
1 Year	15 Years
2 Years	24 Years
3 Years	28 Years
4 Years	32 Years
5 Years	37 Years
6 Years	42 Years
7 Years	47 Years
8 Years	52 Years
9 Years	57 Years
10 Years	62 Years
11 Years	67 Years
12 Years	72 Years
13 Years	77 Years
14 Years	82 Years

MEAS02

**Size of Dog**

Age of Dog	Small	Medium	Large
1 Year	15	15	15
2	24	24	24
3	28	28	28
4	32	32	32
5	36	36	36
6	40	42	45
7	44	47	50
8	48	51	55
9	52	56	61
10	56	60	66
11	60	65	72
12	64	69	77
13	68	74	82
14	72	78	88
15	76	83	93
16	80	87	100

MEAS03

**Volume Conversions**

1/8 cup	2 Tbsp; 1 fl oz
1/4 cup	4 Tbsp; 2 fl oz
1/3 cup	5 Tbsp + 1 tsp
1/2 cup	8 Tbsp; 4 fl oz
2/3 cup	10 Tbsp + 2 tsp
3/4 cup	12 Tbsp; 6 fl oz
7/8 cup	3/4 cup + 2 Tbsp
1 cup	16 Tbsp; 8 fl oz; 1/2 pint
2 cups	1 pint; 16 fl oz
4 cups	2 pints; 1 quart; 32 fl oz

MEAS04

**Cat Age Chart**

Cat's Age	Relative Human Age
1 month	5-6 months
2 months	9-10 months
3 months	2-3 years
4 months	5-6 years
5 months	8-9 years
6 months	14 years
7 months	15 years
8 months	16 years
1 year	18 years
2 years	25 years
3 years	30 years
4 years	35 years
5 years	38-40 years
6 years	42-44 years
7 years	45 years
8 years	48 years
9 years	55 years
10 years	60 years
11 years	62 years
12 years	65 years
13 years	68 years
14 years	72 years
15 years	74 years
16 years	76 years
17 years	78 years

MEAS05

**Ounces to Grams**

1/4	7
1/2	15
1	30
2	55
3	85
4	115
5	140
6	170
7	200
8	225
9	255
10	285
11	310
12	340
13	370
14	395
15	425
16	455

MEAS06

**Sugar and Honey**

1/8 cup	1 TBS
1/4 cup	2 TBS
1/2 cup	1/4 cup
3/4 cup	3/8 cup
1 cup	1/2 cup
2 cups	1 cup
3 cups	1-1/2 cups

MEAS07

**Kitchen Conversion Chart**

tsp	Tbsp	fl oz	cup	pint	quart	gallon
3	1	1/2	1/16	1/32	-	-
6	2	1	1/8	1/16	1/32	-
12	4	2	1/4	1/8	1/16	-
18	6	3	3/8	-	-	-
24	8	4	1/2	1/4	1/8	1/32
36	12	6	3/4	-	-	-
48	16	8	1	1/2	1/4	1/16
96	32	16	2	1	1/2	1/8
-	64	32	4	2	1	1/4
-	256	128	16	8	4	1

MEAS08

**Baking Conversions**

<b>Powdered Sugar:</b>
1 Cup granulated sugar
1 TBL spoon corn starch
<b>Brown Sugar:</b>
1 Cup granulated sugar
1 TBL spoon Molasses
<b>Dark brown Sugar</b>
1 Cup granulated sugar
2 TBL spoons Molasses

MEAS09

**CROCK-POT CONVERSIONS**

<b>LOW</b>	<b>HIGH</b>
7 hours	3 hours
8 hours	4 hours
9 hours	5 hours
10 hours	6 hours
11 hours	7 hours
12 hours	8 hours

MEAS10

**Temperature Conversions**

°F	°C
32.0	0
33.8	1
35.6	2
37.4	3
39.2	4
41.0	5
42.8	6
44.6	7
46.4	8
48.2	9
50.0	10
51.8	11
53.6	12

MEAS11

**kitchen conversions**

weights	volume
1/2 oz = 14.17 g	2 fl oz = 56.68 ml
1 oz = 28.35 g	4 fl oz = 113.37 ml
2 oz = 56.70 g	8 fl oz = 226.74 ml
4 oz = 113.40 g	16 fl oz = 453.48 ml
8 oz = 226.80 g	32 fl oz = 906.96 ml
1 lb = 453.60 g	64 fl oz = 1813.92 ml
2 lb = 907.20 g	128 fl oz = 3627.84 ml

MEAS12

**OVENTEMP CHEATSHEET**

*FAHRENHEIT	*CELSIUS
225°F	110°C
250°F	130°C
275°F	140°C
300°F	150°C
325°F	165°C
350°F	177°C
375°F	190°C
400°F	200°C
425°F	220°C
450°F	230°C
475°F	245°C
500°F	260°C
550°F	290°C

MEAS13

**CONVERSIONS**

CUPS	TBSP	TSP	OZ
1/16	1	3	1/2
1/8	2	6	1
1/4	4	12	2
1/3	6 1/2	16	2 1/2
1/2	8	24	4
2/3	10 2/3	32	5 1/3
3/4	12	36	6
1	16	48	8

MEAS14

**Essential Oil Conversion**

1 ml = 20 drops 1/5 tsp = 1/15 TBSP  
 1 tsp = 100 drops 1 tsp = 1/3 TBSP  
 1 TBSP = 300 drops 3 tsp = 1 TBSP  
 1 fl. oz. = 600 drops 6 tsp = 2 TBSP

MEAS15

**Essential Oil Conversion**

1 ml = 20 drops 1/5 tsp = 1/15 TBSP  
 1 tsp = 100 drops 1 tsp = 1/3 TBSP  
 1 TBSP = 300 drops 3 tsp = 1 TBSP  
 1 fl. oz. = 600 drops 6 tsp = 2 TBSP

MEAS16

**Volume Conversions**

1 TBSP = 3 tsp  
 1/8 cup = 2 TBSP  
 1/4 cup = 4 TBSP  
 1/3 cup = 5 TBSP + 1 tsp  
 1/2 cup = 8 TBSP  
 2/3 cup = 10 TBSP + 2 tsp  
 3/4 cup = 12 TBSP  
 1 cup = 48 tsp  
 1 cup = 16 TBSP

MEAS17

**Volume Conversions**

8 fl. oz. = 1 cup  
 2 cups = 1 pint  
 2 pints = 1 quart  
 4 cups = 1 quart  
 4 quarts = 1 gallon  
 16 oz. = 1 pound  
 1 gallon = 8 pounds

MEAS18

**Volume Conversions**

1 TBSP = 15 ml  
 1/4 cup = 60 ml  
 1 cup = 240 ml  
 1 pint = 480 ml  
 1 quart = .95 liters  
 1 gallon = 3.7 liters

MEAS19