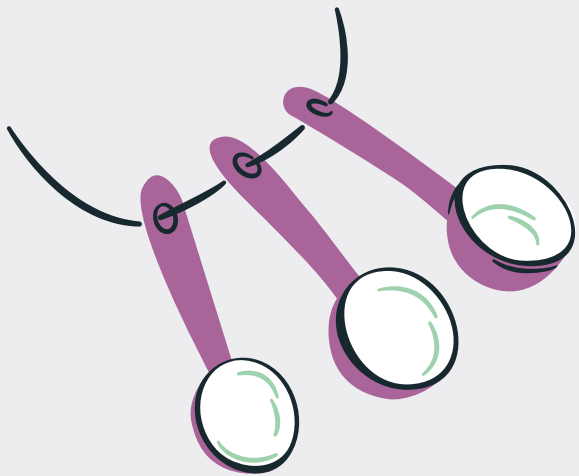


# Slimming EATS

## Recipe Conversion Chart

### Measuring Spoons and Cups



*metric*

*spoon*

1.25 ml

1/4 teaspoon

2.5 ml

1/2 teaspoon

5 ml

1 teaspoon

15 ml

1 tablespoon

*metric*

*cup*

60 ml

1/4 cup

80 ml

1/3 cup

120 ml

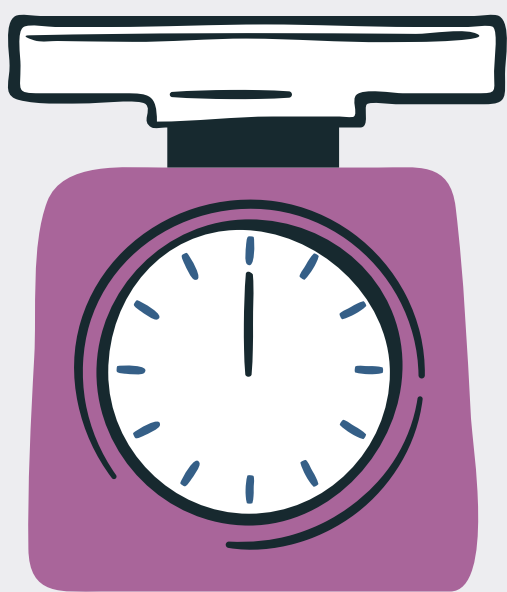
1/2 cup

240 ml

1 cup



### Grams to Ounces



*metric*

*imperial*

7 grams

1/4 ounce

14 grams

1/2 ounce

28 grams

1 ounce

57 grams

2 ounces

113 grams

4 ounces (1/4 lb)

170 grams

6 ounces

227 grams

8 ounces (1/2 lb)

454 grams

16 ounces (1 lb)

907 grams

32 ounces (2 lb)

### Oven Temperatures

*celsius    fahrenheit    gas mark*

140°

275°

1

150°

300°

2

160°

325°

3

180°

350°

4

190°

375°

5

200°

400°

6

220°

425°

7

230°

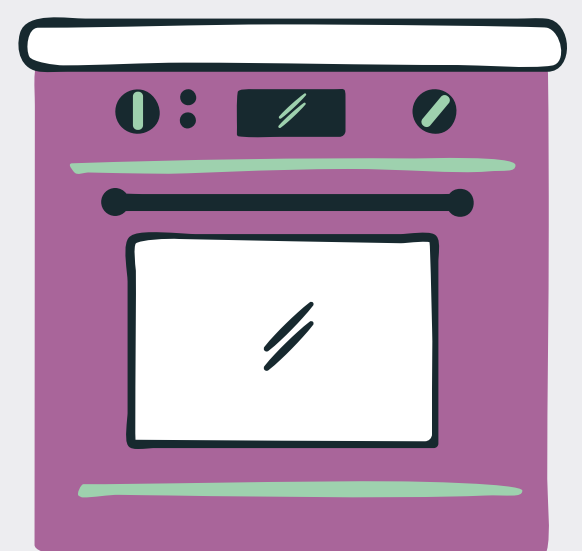
450°

8

240°

475°

9



\*Reduce by 20°C for fan-forced ovens.