

WONDERMAMAS CONVERSION CHART

Weight Conversion

oz	kg	g	lb
1	0.028	28.35	0.063
2	0.057	57	0.125
5	0.142	142	0.313
6	0.17	170	0.375
10	0.28	284	0.625
12	0.34	340	0.75
14	0.4	397	0.875
16	0.45	454	1 lb

Measurement Conversion

Cups	Tbsp
1 tbsp	3 tsp
¼ cup	4 tbsp
½ cup	8 tbsp
¾ cup	12 tbsp
1 cup	16 tbsp

Temperature Conversion

Fahrenheit	Celsius
350°F	177°C
375°F	191°C
400°F	205°C
425°F	218°C

Liquid Conversion

Cups	Fluid Oz	Milliliters
¼ cup	2	59
1/3 cup	2.7	79
½ cup	4	118
¾ cup	6	177
1 cup	8	237
1 tbsp	0.5	15