



How to Cook Like a Pro: New Official Conversion Chart

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Have you ever found yourself in the middle of cooking a delicious recipe only to realize that the measurements are in a different unit than what you're used to? It can be frustrating and confusing but don't worry; I've got your back!

I've compiled a handy conversion chart for cooking measurements into grams by country. Whether you're cooking a recipe from the United States and Canada, the United Kingdom, Australia, or New Zealand, this chart will make it easy to convert those pesky measurements into grams.

You won't have to worry about accidentally using too much or too few ingredients because you need to figure out the conversion. With this chart, you can confidently measure your ingredients and create delicious meals without confusion.

So go ahead and AirDrop this chart or print it out and keep it in your kitchen - it'll be a lifesaver next time you're cooking up a storm!

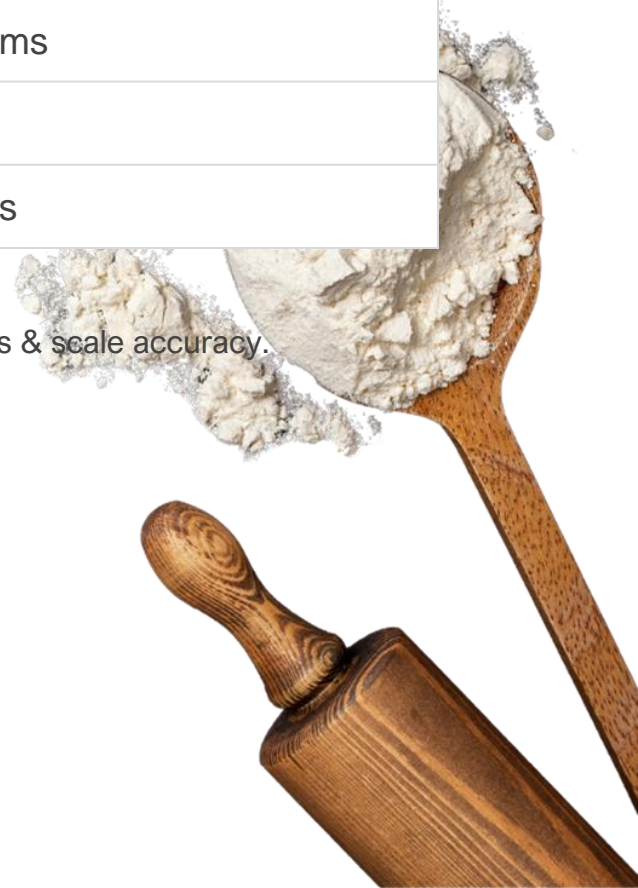


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United States & Canada

Unit of Measurement	Conversion to Grams
Teaspoon	5 grams
Tablespoon	15 grams
Fluid Ounce	30 grams
Cup	240 grams
Pint	480 grams
Quart	960 grams
Gallon	3,785 grams
Ounce	28 grams
Pound	453 grams

Note: Conversions may vary depending on ingredients & scale accuracy.

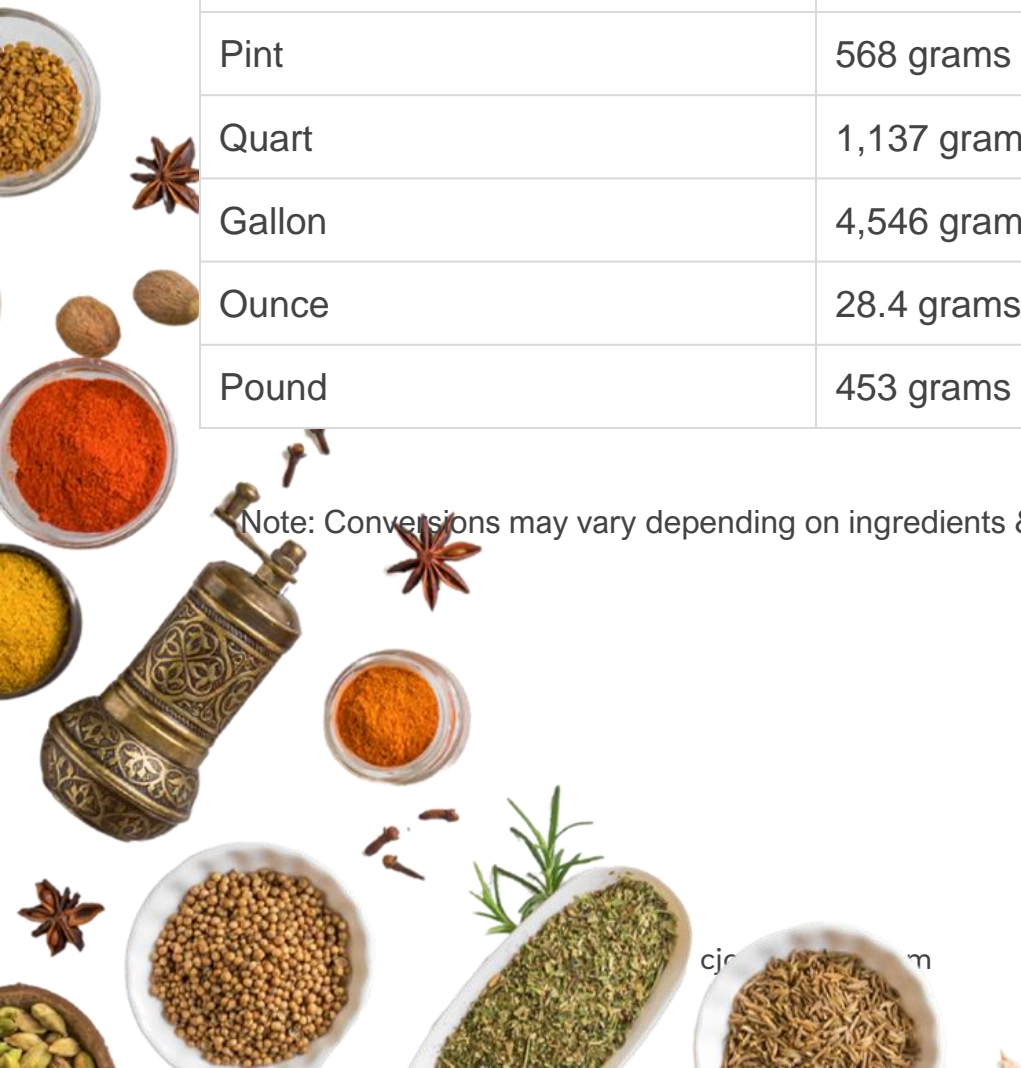


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United Kingdom

Unit of Measurement	Conversion to Grams
Teaspoon	5.9 grams
Tablespoon	17.7 grams
Fluid Ounce	28.4 grams
Cup	227 grams
Pint	568 grams
Quart	1,137 grams
Gallon	4,546 grams
Ounce	28.4 grams
Pound	453 grams

Note: Conversions may vary depending on ingredients & scale accuracy.



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Australia

Unit of Measurement	Conversion to Grams
Teaspoon	5 grams
Tablespoon	20 grams
Fluid Ounce	30 grams
Cup	250 grams
Pint	570 grams
Quart	1,140 grams
Gallon	4,540 grams
Ounce	28.4 grams
Pound	454 grams

Note: Conversions may vary depending on ingredients & scale accuracy.



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New Zealand

Unit of Measurement	Conversion to Grams
Teaspoon	4.7 grams
Tablespoon	14 grams
Fluid Ounce	28 grams
Cup	250 grams
Pint	600 grams
Quart	1,200 grams
Gallon	4,500 grams
Ounce	28.3 grams
Pound	454 grams

Note: Conversions may vary depending on ingredients & scale accuracy.

