

Conversion Charts

These conversions are approximate. Always use the same measurements, either metric or imperial - never mix the two in one recipe

Weights	
Metric	Imperial
15g	½ oz
30g	1 oz
45g	1½ oz
60g	2 oz
75g	2½ oz
100g	4 oz
150g	5 oz
175g	6 oz
200g	7 oz
225g	8 oz
250g	9 oz
275g	10 oz
300g	11 oz
350g	12 oz
375g	13 oz
400g	14 oz
425g	15 oz
450g	1lb
550g	1¼ lb
675g	1½ lb
800g	1¾ lb
900g	2lb
1 kg	2¼ lb



Upbeat - Heart Support In West Suffolk

Charity No 1087415

Upbeat Is Affiliated To The British Heart Foundation and Arrhythmia Alliance The Heart Rhythm Charity.

1.5 kg	3¼ lb
2 kg	4½ lb
