

# Medical Medium

## Ingredient Conversion Charts

The following charts are provided to help cooks outside the U.S. successfully use the recipes in the Life-Changing Foods, Thyroid Healing and Liver Rescue books by Medical Medium, Anthony William. These equivalents are approximate when converting liquid and dry or solid ingredients (teaspoons, tablespoons, and cups) from United States measurements.

Standard Cup	Fine Powder (e.g., flour)	Grain (e.g., rice)	Granular (e.g., sugar)	Liquic Solids (i.e., butter)	Liquid (e.g., milk)
1	140 g	150 g	190 g	200 g	240 ml
$\frac{3}{4}$	105 g	113 g	143 g	150 g	180 ml
$\frac{2}{3}$	93 g	100 g	125 g	133 g	160 ml
$\frac{1}{2}$	70 g	75 g	95 g	100 g	120 ml
$\frac{1}{3}$	47 g	50 g	63 g	67 g	80 ml
$\frac{1}{4}$	35 g	38 g	48 g	50 g	60 ml
$\frac{1}{8}$	18 g	19 g	24 g	25 g	30 ml

Useful Equivalents for Liquid Ingredients by Volume					
$\frac{1}{4}$ tsp				1 ml	
$\frac{1}{2}$ tsp				2 ml	
1 tsp				5 ml	
3 tsp	1 tbsp		$\frac{1}{2}$ fl oz	15 ml	
	2 tbsp	$\frac{1}{8}$ cup	1 fl oz	30 ml	
	4 tbsp	$\frac{1}{4}$ cup	2 fl oz	60 ml	
	5 $\frac{1}{2}$ tbsp	$\frac{1}{3}$ cup	3 fl oz	80 ml	
	8 tbsp	$\frac{1}{2}$ cup	4 fl oz	120 ml	
	10 $\frac{2}{3}$ tbsp	$\frac{2}{3}$ cup	5 fl oz	160 ml	
	12 tbsp	$\frac{3}{4}$ cup	6 fl oz	180 ml	
	16 tbsp	1 cup	8 fl oz	240 ml	
	1 pt	2 cup	16 fl oz	480 ml	
	1 qt	4 cup	32 fl oz	960 ml	
			33 fl oz	1000 ml	1 ltr

### Useful Equivalents for Dry Ingredients by Weight

To convert ounces to grams, multiply the number of ounces by 30.

1 oz	$\frac{1}{16}$ lb	30 g
4 oz	$\frac{1}{4}$ lb	120 g
8 oz	$\frac{1}{2}$ lb	240 g
12 oz	$\frac{3}{4}$ lb	360 g
16 oz	1 lb	480 g

### Useful Equivalents for Cooking/Oven Temperatures

PROCESS	FAHRENHEIT	CELSIUS	GAS MARK
Freeze Water	32° F	0° C	
Room Temp	68° F	20° C	
Boil Water	212° F	100° C	
Bake	325° F	160° C	3
	350° F	180° C	4
	375° F	190° C	5
	400° F	200° C	6
	425° F	220° C	7
	450° F	230° C	8
Broil			Grill

### Useful Equivalents for Length

1 in			2.5 cm
6 in	$\frac{1}{2}$ ft		15 cm
12 in	1 ft		30 cm