



$\frac{1}{4}$ cup = (1 $\frac{1}{4}$ oz/40g)
 $\frac{1}{3}$ cup = (1 $\frac{1}{2}$ oz/50g)
 $\frac{1}{2}$ cup = (2 $\frac{1}{2}$ oz/75g)
 $\frac{2}{3}$ cup = (3 $\frac{1}{3}$ oz/100g)
 $\frac{3}{4}$ cup = (3 $\frac{3}{4}$ oz/110g)
 1 cup = (5oz/150g)



$\frac{1}{4}$ cup = (2 oz/60g)
 $\frac{1}{3}$ cup = (2 $\frac{1}{2}$ oz/75g)
 $\frac{1}{2}$ cup = (4 oz/120g)
 $\frac{2}{3}$ cup = (5 oz/150g)
 $\frac{3}{4}$ cup = (6 oz/180g)
 1 cup = (8 oz/240g)



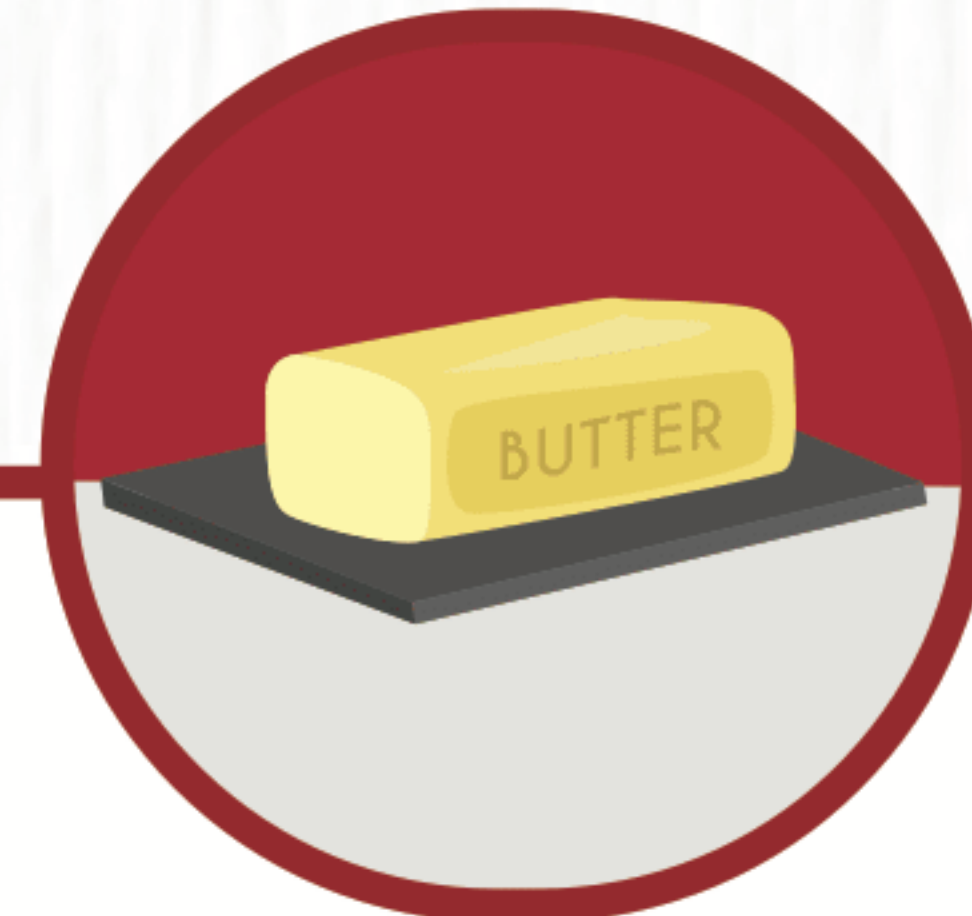
$\frac{1}{4}$ cup = (1oz/30g)
 $\frac{1}{3}$ cup = (1 $\frac{1}{3}$ oz/40g)
 $\frac{1}{2}$ cup = (2 oz/60g)
 $\frac{2}{3}$ cup = (2 $\frac{2}{3}$ oz/80g)
 $\frac{3}{4}$ cup = (3oz/90g)
 1 cup = (4oz/120g)



$\frac{1}{4}$ cup = (1 $\frac{1}{2}$ oz/45g)
 $\frac{1}{3}$ cup = (2 oz/60g)
 $\frac{1}{2}$ cup = (3 oz/90g)
 $\frac{2}{3}$ cup = (4 oz/120g)
 $\frac{3}{4}$ cup = (4 $\frac{1}{2}$ oz/135g)
 1 cup = (6oz/180g)



$\frac{1}{4}$ cup = (1oz/30g)
 $\frac{1}{3}$ cup = (1 $\frac{1}{3}$ oz /40g)
 $\frac{1}{2}$ cup = (2oz /60g)
 $\frac{2}{3}$ cup = (2 $\frac{2}{3}$ oz/80g)
 $\frac{3}{4}$ cup = (3 oz /90g)
 1 cup = (4 oz /120g)



$\frac{1}{4}$ cup = (2oz/60g)
 $\frac{1}{3}$ cup = (2 $\frac{1}{2}$ oz/75g)
 $\frac{1}{2}$ cup = (4 oz/120g)
 $\frac{2}{3}$ cup = (5oz/150g)
 $\frac{3}{4}$ cup = (6oz/170g)
 1 cup = (8oz/225g)



$\frac{1}{4}$ cup = (2floz/60ml)
 $\frac{1}{3}$ cup = (2 $\frac{1}{2}$ floz/75ml)
 $\frac{1}{2}$ cup = (4floz/120ml)

$\frac{2}{3}$ cup = (5floz/150ml)
 $\frac{3}{4}$ cup = (6floz/180ml)
 1 cup = (8floz/240ml)