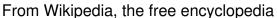
# Cup (unit)





A simple plastic measuring cup, capable of holding the volume one cup.

The **cup** is a customary <u>unit of measurement</u> mainly used in North America for volume, used in cooking to measure liquids ( <u>fluid</u> measurement) and bulk foods such as granulated sugar

(dry measurement). This measure is usually used as an informal unit in cooking recipes

rather than as a measure for the sale of foodstuffs; precision is rarely required.

Actual cups used in a household in any country may differ from the cup size used for recipes; standard <u>measuring cups</u>, often calibrated in fluid measure and weights of usual dry ingredients as well as in cups, are available.



*cup* in

Wiktionary , the free dictionary.

There is no internationally-agreed standard definition of the cup, whose modern volume ranges

between 200 and 284 <u>millilitres</u>. The cup sizes generally used in the many Commonwealth countries and the United States differ by up to 44 mL (1.5 <u>fl&n</u> <u>bsp;oz</u>).

No matter what size cup is used, the ingredients of a recipe measured with the same size cup will have their volumes in the same proportion to one another. The relative amounts to ingredients measured differently (by weight, or by different measures of volume such as <a href="teas">teas</a> <a href="poons">poons</a>

, etc.) may be affected by the definitions used.

Metric cup In Australia, Canada, New Zealand and South Africa and Lebanon one cup is commonly defined as 250 millilitres. 1 metric cup = 250

=	16⅔	international tablespoons (15 mL each)
=	12½	Australian tablespoons
	8.80	imperial fluid ounces
	8.45 United States customary cup United States	U.S. customary fluid ounces customary cup is defined as half a U.S. pint

#### gallon

=	1/4	U.S. customary	<u>quart</u>
=	1/2	U.S. customary pint	
=	8	U.S. customary	fluid ounces
=	16	U.S. customary	tablespoons
=	236.5882365	millilitres	
	15 <sup>2</sup> ⁄ <sub>3</sub>	international tablespoons	

### **Cup as a Measure in Recipes**

Written by W.J.Pais

	113⁄4	Australian tablespoons	
	0.833	imperial cups	
[] labeli	8.33 United States "legal" cup The cup currently ung is defined in United States law as 240 mL.		
=	16	international tablespoor	าร
=	12	Australian tablespoons	
	8.12	U.S. customary fluid ou	nces
found	8.45 Imperial cup The imperial cup, unofficially de today. It may still appear on older kitchen uter		
=	2	imperial	gills
=	10	imperial fluid ounces	
=	284	millilitres	
	19	international	tablespoons
	141/4	Australian tablespoons	
	1.20	U.S. customary cups	
	9.61 Japanese cup The Japanese cup is currently	U.S. customary fluid ou defined as 200 mL.	

					7.04	imperial fluid ounces
[]	Gō	The	traditional Japar	nese cup, the		U.S. customary fluid ounces is approximately 180 mL. 10 <i>gō</i> make one
Gō	are ty		flask size, appro Ily used for meas	-		
	•	sold	by both the cup	(180 mL) and	flask	(1.8 litre) sizes.
				180.	3907	millilitres
					6.35	imperial fluid ounces
					6.10	U.S. customary fluid ounces

## Using volume measures to estimate mass

In Europe, cooking recipes normally state any liquid volume larger than a few tablespoons in millilitres, the scale found on most measuring cups worldwide. Non-liquid ingredients are normally weighed in grams instead, using a kitchen—scale, rather than measured in cups. Most recipes in Europe use the millilitre or *decilitre* (1 dL = 100 mL) as a measure of volume. For example, where an American customary recipe might specify "1 cup of—sugar and 2 cups of milk", a European recipe might specify "200 g sugar—and 500 mL of milk" (or ½ litre or 5 decilitres).

Conversion between the two measures must take into account the density—of the ingredients. Many European measuring cups have additional scales—for common bulk ingredients like sugar, flour, or rice to make the process easier.

Volume to mass conversions for some common cooking ingredients ingredient density			
g/mL	metric cup	imperial cup	U.S. customary cup
g	OZ	g	OZ
water	1	249–250	8.8
granulated sugar	0.8	200	7.0
wheat flour	0.5–0.6	120–150	4.4–5.3
table salt	1.2	300	10.6

# For more information on conversions, click **HERE**