

Cup (unit)

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A simple plastic [measuring cup](#) , capable of holding the volume one cup.

The **cup** is a customary [unit of measurement](#) mainly used in North America for volume, used in cooking to measure liquids ([fluid 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 [measuring cups](#) , often calibrated in fluid measure and weights of usual dry ingredients as well as in cups, are available.



Look up

[cup](#) in

[Wiktionary](#) , the free dictionary.

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

Cup as a Measure in Recipes

Written by W.J.Pais

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

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 [teas](#)
[poons](#)
, 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	U.S. customary fluid ounces		
United States customary cup United States customary cup is defined as half a U.S. pint				
.				

[gallon](#)

=	¼	U.S. customary	quart
=	½	U.S. customary	pint
=	8	U.S. customary	fluid ounces
=	16	U.S. customary	tablespoons
=	236.5882365	millilitres	
□	15⅔	international tablespoons	

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	11¾	Australian tablespoons
	0.833	imperial cups
	8.33	imperial fluid ounces
United States "legal" cup The cup currently used in the United States for nutrition labeling is defined in United States law as 240 mL.		
	1 U.S. "legal" cup	=
=	16	international tablespoons
=	12	Australian tablespoons
	8.12	U.S. customary fluid ounces
	8.45	imperial fluid ounces
Imperial cup The imperial cup, unofficially defined as half an imperial pint , is rarely found today. It may still appear on older kitchen utensils and in older recipe books.		
=	2	imperial gills
=	10	imperial fluid ounces
=	284	millilitres
	19	international tablespoons
	14¼	Australian tablespoons
	1.20	U.S. customary cups
	9.61	U.S. customary fluid ounces
Japanese cup The Japanese cup is currently defined as 200 mL.		
	1 Japanese cup	=

□ 7.04 imperial fluid ounces

□ 6.76 U.S. customary fluid ounces

Gō The [traditional Japanese](#) cup, the *gō*, is approximately 180 mL. 10 *gō* make one *s*
hō
, the traditional flask size, approximately 1.8 litres.
Gō
cups are typically used for measuring rice, and
[sake](#)
is typically 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.

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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](#)