



Canadian - U.S. Comparison Charts

Cooking Measurements and Temperatures

Measurements

<i>Metric</i>	<i>Imperial / U.S.</i>
1 ml	$\frac{1}{4}$ teaspoon
2 ml	$\frac{1}{2}$ teaspoon
5 ml	1 teaspoon
15 ml	1 tablespoon / 3 teaspoons
60 ml	$\frac{1}{4}$ cup
80 ml	$\frac{1}{3}$ cup
125 ml	$\frac{1}{2}$ cup
250 ml	1 cup

Canadian Usage Notes

- North American recipes measure dry ingredients by volume rather than by weight.
- Canadian recipes generally include both imperial and metric measurements, and cooking temperatures.
- Most measuring utensils sold in Canada have markings for both imperial and metric amounts.
- While 1 cup is accurately expressed as 236 ml, a *metric cup* of 250 ml is used throughout Canada.

Oven Temperatures

<i>Metric</i>	<i>Imperial / U.S.</i>
120°C	250°F
150°C	300°F
170°C	325°F
180°C	350°F
190°C	375°F
200°C	400°F
220°C	425°F
230°C	450°F

Canadian Usage Notes

- Newer Canadian appliances can be set for either Celsius or Fahrenheit; older models may show Fahrenheit only.