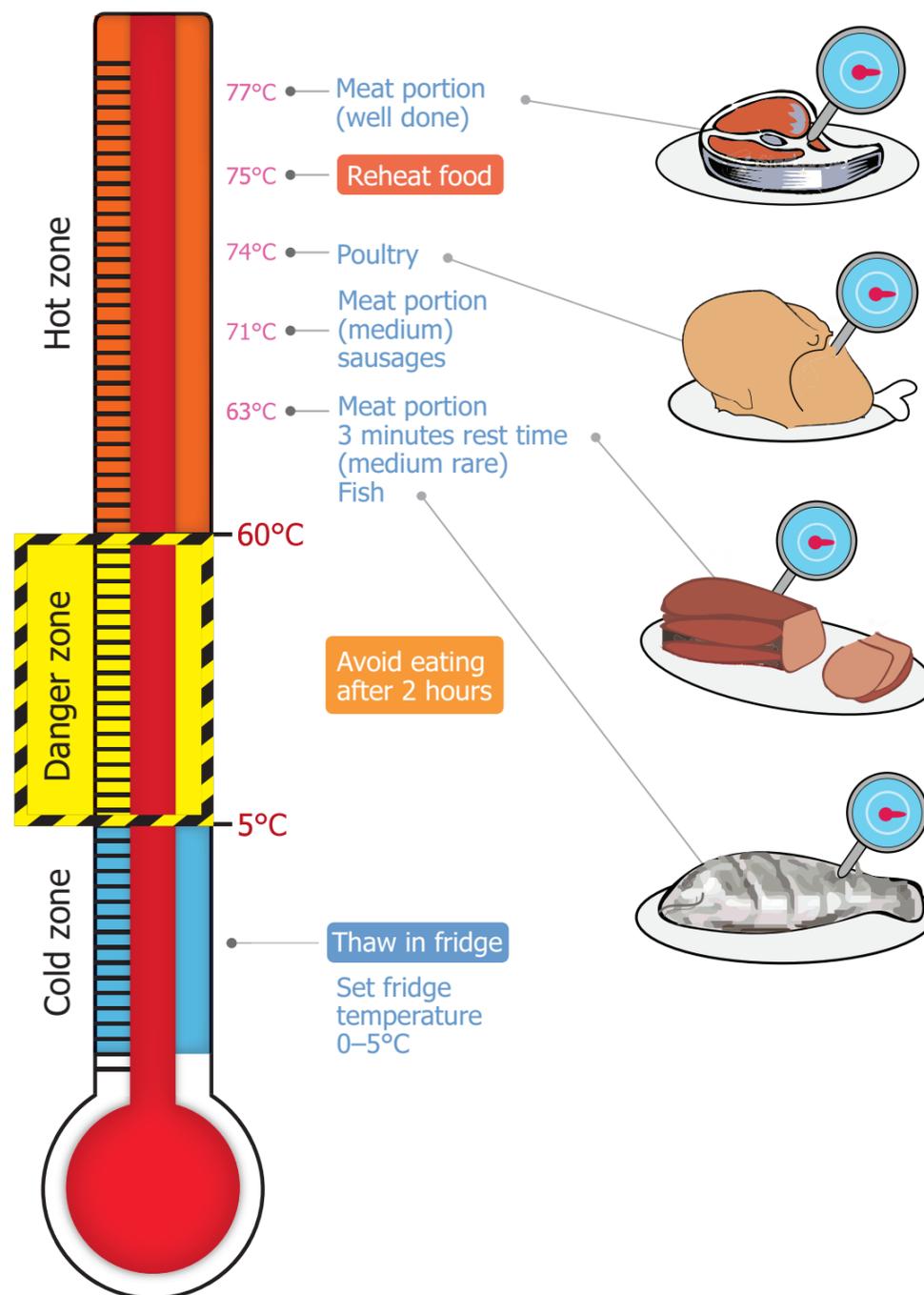


# Food at home

## Safe temperatures

Use a meat thermometer to be sure when foods are safely cooked



For more food safety tips see:  
[www.foodauthority.nsw.gov.au](http://www.foodauthority.nsw.gov.au)



**NSW Food Authority**  
 safer food, clearer choices

NSWFA/CE043/101.4

## Recipe measures

### Weights

1 2/3 oz	50 g	0.11 lb
7 oz	200 g	0.441 lb
8 oz	250 g	0.551 lb
16 oz	500 g	1.102 lb
26 oz	750 g	1.653 lb
35 oz	1 kg	2.205 lb

1 lb = 0.45kg    1 kg = 2.2 lb

### Fluids

1/4 tsp	1.25 ml	0.04 fl. oz
1/2 tsp	2.5 ml	0.09 fl. oz
1 tsp	5 ml	0.18 fl. oz
1 tbls	20 ml	0.7 fl. oz
1 cup	250 ml	8.8 fl. oz
1 pint	568 ml	20 fl. oz

100ml = 3.52 fl. oz (UK)  
 1 fl. oz = 28.4 ml

### Oven Temperatures

120-135° C	250-275° F
150-160° C	300-320° F
175° C	350° F
190° C	375° F
205-230° C	400-450° F
245-260° C	475-500° F