

Weight of cups of Flour (in oz)

Cups	All Purpose Flour	Whole Wheat Flour	Bread Flour	Rye Flour
1	4.375	4.25	4.5	3.625
1 1/4	5.5 oz	5.3 oz	5.6 oz	4.5 oz
1 1/4	5.5 oz	5.3 oz	5.6 oz	4.5 oz
1 1/3	5.8 oz	5.7 oz	6.0 oz	4.8 oz
1 2/3	7.3 oz	7.1 oz	7.5 oz	6.1 oz
1 3/4	7.7 oz	7.4 oz	7.9 oz	6.3 oz
2	8.8 oz	8.5 oz	9.0 oz	7.3 oz
2 1/4	9.8 oz	9.6 oz	10.1 oz	8.2 oz
2 1/4	9.8 oz	9.6 oz	10.1 oz	8.2 oz
2 1/3	10.2 oz	9.9 oz	10.5 oz	8.5 oz
2 2/3	11.7 oz	11.3 oz	12.0 oz	9.7 oz
2 3/4	12.0 oz	11.7 oz	12.4 oz	10.0 oz
3	13.1 oz	12.8 oz	13.5 oz	10.9 oz
3 1/4	14.2 oz	13.8 oz	14.6 oz	11.8 oz
3 1/4	14.2 oz	13.8 oz	14.6 oz	11.8 oz
3 1/3	14.6 oz	14.2 oz	15.0 oz	12.1 oz
3 2/3	16.1 oz	15.6 oz	16.5 oz	13.3 oz
3 3/4	16.4 oz	15.9 oz	16.9 oz	13.6 oz
4	17.5 oz	17.0 oz	18.0 oz	14.5 oz
4 1/4	18.6 oz	18.1 oz	19.1 oz	15.4 oz
4 1/4	18.6 oz	18.1 oz	19.1 oz	15.4 oz
4 1/3	19.0 oz	18.4 oz	19.5 oz	15.7 oz
4 2/3	20.4 oz	19.8 oz	21.0 oz	16.9 oz
4 3/4	20.8 oz	20.2 oz	21.4 oz	17.2 oz
5	21.9 oz	21.3 oz	22.5 oz	18.1 oz
5 1/4	23.0 oz	22.3 oz	23.6 oz	19.0 oz
5 1/4	23.0 oz	22.3 oz	23.6 oz	19.0 oz
5 1/3	23.3 oz	22.7 oz	24.0 oz	19.3 oz
5 2/3	24.8 oz	24.1 oz	25.5 oz	20.6 oz
5 3/4	25.2 oz	24.4 oz	25.9 oz	20.8 oz
6	26.3 oz	25.5 oz	27.0 oz	21.8 oz

Weight of cups of Flour in Lb - Oz

All Purpose Flour	Whole Wheat Flour	Bread Flour	Rye Flour
4.375	4.25	4.5	3.625
5.5 oz	5.3 oz	5.6 oz	4.5 oz
5.5 oz	5.3 oz	5.6 oz	4.5 oz
5.8 oz	5.7 oz	6.0 oz	4.8 oz
7.3 oz	7.1 oz	7.5 oz	6.1 oz
7.7 oz	7.4 oz	7.9 oz	6.3 oz
8.8 oz	8.5 oz	9.0 oz	7.2 oz
9.8 oz	9.6 oz	10.1 oz	8.2 oz
9.8 oz	9.6 oz	10.1 oz	8.2 oz
10.2 oz	9.9 oz	10.5 oz	8.5 oz
11.7 oz	11.3 oz	12.0 oz	9.7 oz
12.0 oz	11.7 oz	12.4 oz	10.0 oz
13.1 oz	12.8 oz	13.5 oz	10.9 oz
14.2 oz	13.8 oz	14.6 oz	11.8 oz
14.2 oz	13.8 oz	14.6 oz	11.8 oz
14.6 oz	14.2 oz	15.0 oz	12.1 oz
1lb 0.1 oz	15.6 oz	1lb 0.5 oz	13.3 oz
1lb 0.4 oz	15.9 oz	1lb 0.9 oz	13.6 oz
1lb 1.5 oz	1lb 1 oz	1lb 2 oz	14.5 oz
1lb 2.6 oz	1lb 2.1 oz	1lb 3.1 oz	15.4 oz
1lb 2.6 oz	1lb 2.1 oz	1lb 3.1 oz	15.4 oz
1lb 3 oz	1lb 2.4 oz	1lb 3.5 oz	15.7 oz
1lb 4.4 oz	1lb 3.8 oz	1lb 5 oz	1lb 0.9 oz
1lb 4.8 oz	1lb 4.2 oz	1lb 5.4 oz	1lb 1.2 oz
1lb 5.9 oz	1lb 5.2 oz	1lb 6.5 oz	1lb 2.1 oz
1lb 7 oz	1lb 6.3 oz	1lb 7.6 oz	1lb 3 oz
1lb 7 oz	1lb 6.3 oz	1lb 7.6 oz	1lb 3 oz
1lb 7.3 oz	1lb 6.7 oz	1lb 8 oz	1lb 3.3 oz
1lb 8.8 oz	1lb 8.1 oz	1lb 9.5 oz	1lb 4.6 oz
1lb 9.2 oz	1lb 8.4 oz	1lb 9.9 oz	1lb 4.8 oz
1lb 10.2 oz	1lb 9.5 oz	1lb 11 oz	1lb 5.8 oz

Water

Water	Water (lb-oz)	Cups
8.345819	8.345819	1
10.4 oz	10.4 oz	1 1/3
10.4 oz	10.4 oz	1 1/4
11.1 oz	11.1 oz	1 1/2
13.9 oz	13.9 oz	1 2/3
14.6 oz	14.6 oz	1 3/4
16.7 oz	1lb 0.7 oz	2
18.8 oz	1lb 2.8 oz	2 1/3
18.8 oz	1lb 2.8 oz	2 1/4
19.5 oz	1lb 3.5 oz	2 1/2
22.3 oz	1lb 6.3 oz	2 2/3
23.0 oz	1lb 7 oz	2 3/4
25.0 oz	1lb 9 oz	3
27.1 oz	1lb 11.1 oz	3 1/3
27.1 oz	1lb 11.1 oz	3 1/4
27.8 oz	1lb 11.8 oz	3 1/2
30.6 oz	1lb 14.6 oz	3 2/3
31.3 oz	1lb 15.3 oz	3 3/4
33.4 oz	2lb 1.4 oz	4
35.5 oz	2lb 3.5 oz	4 1/3
35.5 oz	2lb 3.5 oz	4 1/4
36.2 oz	2lb 4.2 oz	4 1/2
39.0 oz	2lb 7 oz	4 2/3
39.6 oz	2lb 7.6 oz	4 3/4
41.7 oz	2lb 9.7 oz	5
43.8 oz	2lb 11.8 oz	5 1/3
43.8 oz	2lb 11.8 oz	5 1/4
44.5 oz	2lb 12.5 oz	5 1/2
47.3 oz	2lb 15.3 oz	5 2/3
48.0 oz	2lb 16 oz	5 3/4
50.1 oz	3lb 2.1 oz	6