

Temperatures	Metrics
Fahrenheit & Celsius	Linear
$^{\circ}\text{C} = (^{\circ}\text{F} - 32) \times 5/9$ $^{\circ}\text{F} = (^{\circ}\text{C} \times 9/5) + 32$	1 inch = 2.54 cm 1 cm = 0.39 inch 1 meter = 39.37 in 1 yard = 0.914 m 1 mile = 1.61 km 1 km = .62 miles
Table of Measures	Kitchen
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3 teaspoons = 1 tablespoon 2 tbsp. = 1/8 cup or 1 fluid ounce 4 tbsp. = 1/4 cup or 2 fluid ounces 5 tbsp. + 1 tsp. = 1/3 cup 8 tbsp. = 1/2 cup or 4 fluid ounces 10 tbsp. + 2 tsp. = 2/3 cup 12 tbsp. = 3/4 cup or 6 fluid ounces 14 tbsp. = 7/8 cup 16 tbsp. = 1 cup or 8 fluid ounces 1 cup = 8 oz (1/2 pint) 2 cups = 1 pint or 16 fluid ounces 2 pints (4 cups) = 1 quart or 32 fluid ounces 4 quarts (16 cups) = 1 gallon or 128 fluid ounces	1/2 teaspoon = 30 drops or 2 mL 1 teaspoon = 60 drops or 5 mL 1 tablespoon = 15 mL 1/4 cup = 60 mL 1/3 cup = 75 mL 1/2 cup = 125 mL 2/3 cup = 150 mL 3/4 cup = 175 mL 1 cup = 250 mL 1 liter = 1.057 US liquid quarts 1 US liquid quarts = 0.946 liters 1 US liquid gallon = 3.78 liters 1 gram = .035 oz 1 ounce = 2 tablespoons or 28.349 grams 1 kilogram = 2.2 lbs 1 pound = 16 ounces or .45 kilograms

Stuffing Tubes & Casing Sizes	
Stuffing Tube Size	Casing Size
3/8" or 9.5 mm	16mm - 18 mm
7/16" or 11.1 mm	19mm - 22 mm
1/2" or 12.7 mm	23mm - 27mm
9/16" or 14.3 mm	28mm - 33 mm
3/4" or 19 mm	34 mm & Beyond

Live Weights & Edible Meat Calculator		
Live Weight [lbs.]	Field Dressed [lbs.]	Edible Meat [lbs.]
60	42	29
80	61	35
100	79	42
200	165	92
350	280	155

LIVE WEIGHT/EDIBLE MEAT Conversion Formula		
Field Dressed [lbs.]	Live Weight x .30	(70% of Live Weight)
Edible Meat [lbs.]	LiveWeight x .64	(45 - 47% of Live Weight)

Relative % of Fat Types within the Muscle* Tissues of Various Species of Mammals			
% of Fatty Acids			
Species	%Saturated	%Monounsaturated	%Polyunsaturated
Cow	46.3	45.5	8.2

White Tail Deer	45.6	30.6	23.9
Mule Deer	48	31.8	20.2
Elk	48.4	26.6	24.9
Antelope	41.2	27.1	31.6
Buffalo	43.2	45	11.8
Moose	36.6	24.3	39.1

*Longissimus Muscle

Source: Research from North Dakota State University

Comparative Nutritive Value

Type of Meat	Calories	Fat (g)	Protein (mg)
Venison, loin	150	3.3	25
Chicken, breast	159	3.42	31
Turkey, light meat	154	3.45	29
Salmon, pink	138	5.75	20
Lamb, leg-roast	178	7.62	25
Beef, bottom round	214	9.76	31
Veal, cutlet	213	10.35	26
Pork, shoulder	219	10.64	29
Scallops, breaded	215	11	17
Ground beef, lean	265	18.4	24

[Based on 100-gram portions (3.6oz)]

Source: U.S. Dept. of Agriculture

**This Information and more can be found in: "The Venison Sausage CookBook"
Published by STACKPOLE BOOKS**