HOORVIA ? PORTION GUIDE

Quick Reference Cheat Sheet · US Letter & A4 Printable

Kitchen & Cooking · Sheet #100

Reference Standard	Primary Metric (SI / US)	Secondary Metric Equivalent	Standard Conversion Factor / Benchmark
Portion Guide Benchmark 1	1.000 Unit Baseline	Standard Nominal Rating	Primary baseline reference specification
Portion Guide Metric Ratio	1,000 Metric Units (kilo-)	SI Standard (BIPM / NIST)	Conforms to International System of Units (SI)
Portion Guide US Customary	US Standard Measure	Calibrated Equivalency	Tested according to ASTM / ANSI commercial standards
Portion Guide High-Precision	Tolerance: ±0.05%	Calibrated Lab Standard	Derived from authoritative physical metrology tables