

Oven Temperature Guide

F = Fahrenheit C = Centigrade Degrees = (°)	
Low Heat	300°F = 150°C 325°F = 160°C
Medium Heat	350°F = 180°C 375°F = 190°C
HIGH	400°F = 200°C 425°F = 220°C
Very HIGH	450°F = 230°C 475°F = 240°C 500°F = 260°C Broil = Broil

Note:

For some ovens you can change your oven to F or C, whichever is easiest for you to use, or you will see either F or C on your oven dial. If the recipe you are making uses F and your oven dial only has C, use the guide above.