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Particle Size Cheat Sheet

Mesh to Micron (ASTM E11)

Mesh	Microns (µm)	Mesh	Microns (µm)
10	2000	140	106
20	850	170	90
30	600	200	75
40	425	230	63
60	250	270	53
80	180	325	45
100	150	400	38

Full interactive converter: nutrashore.com/learn/mesh-to-micron

Typical Particle Sizes of Common Ingredients

Granulated sugar	400 to 600 µm
Table salt	250 to 500 µm
Fine salt / baking soda	100 to 250 µm
All-purpose flour	50 to 150 µm
Powdered (confectioners) sugar	15 to 100 µm
Cocoa powder	15 to 30 µm
Refined chocolate (smooth)	18 to 25 µm
Talc / fine mineral powders	5 to 20 µm

Typical published ranges, for orientation only. Actual grades vary by supplier and specification.

Which Mill Suits Which Range

Mill type	Typical D50 range	At NutraShore
Hammer / pin mill	Coarse to medium, wide distribution	Not run by NutraShore
Air classifier mill	Roughly 15 to 75 µm, narrow and controllable	Run by NutraShore
Jet mill	Roughly 1 to 10 µm, very fine and narrow	We have a jet mill

See nutrashore.com/learn/mill-types-compared for how each mill works and how to choose.

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