

The kitchen work triangle principle:

- No leg of the triangle should be less than **4 feet (1.2 m)** or more than **9 feet (2.7 m)**.
- The sum of all three sides of the triangle should be between **13 feet (4.0 m)** and **26 feet (7.9 m)**.
- Cabinets or other obstacles should not intersect any leg of the triangle by more than 12 inches (30 cm).
- If possible, there should be no major traffic flow through the triangle.
- A full-height obstacle, such as a tall cabinet, should not come between any two points of the triangle.

Besides the work triangle itself, there are several rules of thumb to consider when planning a kitchen.^{[2][3]}

- As measured between countertops and cabinets or appliances, work aisles should be no less than 42 inches (110 cm) for one cook, or 48 inches (120 cm) for multiple cooks.
- A sink should have a clear counter area of at least 24 inches (61 cm) on one side, and at least 18 inches (46 cm) on the other side.
- A refrigerator should have a clear counter area of at least 15 inches (38 cm) on the handle side; or the same on either side of a side-by-side refrigerator; or the same area on a counter no more than 48 inches (120 cm) across from the refrigerator.
- A stove or cooktop should have a clear 15 inches (38 cm) area on one side, and at least 12 inches (30 cm) on the other side.
- At least 36 inches (91 cm) of food preparation area should be located next to the sink.
- In a seating area where no traffic passes behind the diner, allow 32 inches (81 cm) from the wall to the edge of the table or counter; if traffic passes behind the diner, allow 44 inches (110 cm) inches.



