

Quick & Simple *Kitchen Measurement Conversions*

1 tsp	=	8 dashes	=	16 pinches
1 Tbsp	=	3 tsp	=	½ fluid ounce
2 Tbsp	=	1/8 cup	=	1 fluid ounce
3 Tbsp	=	1½ fluid ounces	=	2 fluid ounces
4 Tbsp	=	1/4 cup	=	2 fluid ounces
6 Tbsp	=	3/8 cup	=	3 fluid ounces
12 Tbsp	=	3/4 cup	=	6 fluid ounces

1/4 cup	=	4 Tbsp	=	2 fluid ounces
1/3 cup	=	5 Tbsp plus 1 tsp		
3/8 cup	=	1/4 plus 2 Tbsp		
1/2 cup	=	8 Tbsp	=	4 fluid ounces = 1/4 pint
2/3 cup	=	10 Tbsp plus 2 tsp		
5/8 cup	=	½ cup plus 2 Tbsp		
3/4 cup	=	12 Tbsp	=	6 fluid ounces
7/8 cup	=	¾ cup plus 2 Tbsp		
1 cup	=	16 Tbsp	=	8 fluid ounces = 1/4 pint
2 cups	=	1 pint	=	16 fluid ounces
3 cups	=	1½ pints	=	24 fluid ounces
4 cups	=	1 quart	=	32 fluid ounces = 2 pints

1/2 gallon	=	2 quarts	=	64 fluid ounces	=	4 pints	=	8 cups
1 gallon	=	4 quarts	=	128 fluid ounces	=	8 pints	=	16 cups

1/4 pound	=	4 ounces
1/3 pound	=	6 ounces
1/2 pound	=	8 ounces
3/4 pound	=	12 ounces
1 pound	=	16 ounces



Measurement Abbreviations

tsp = Teaspoon	lb = Pound
Tbsp = Tablespoon	pt = Pint
c = Cups	qt = Quart
oz. = Fluid Ounces	gal = gallon
oz = Ounces	