



1 Gallon =
4 Quarts
8 Pints
16 Cups
128 Ounces

1 Quart =
2 pints
4 Cups
32 Ounces

1 Pint =
2 Cups
16 Ounces



1 Cup =
16 Tbs
1/2 Pint
8 Oz

1/2 cup =
8 Tbs
24 tsp
4 oz

1/4 Cup =
4 Tbs
12 tsp
2 Oz

To Halve measurements:
Amount to Half

1 C	1/2 C
3/4 C	6 Tbs
2/3 C	1/3 C
1/2 C	1/4 C
1/3 C	2 Tbs + 2 tsp
1/4 C	2 Tbs
1 Tbs	1 1/2 tsp
1 tsp	1/2 tsp
1/2 tsp	1/4 tsp

1/16 tsp = dash

1/8 tsp = pinch

3 tsp = 1 Tb

1/8 C = 2 Tbs

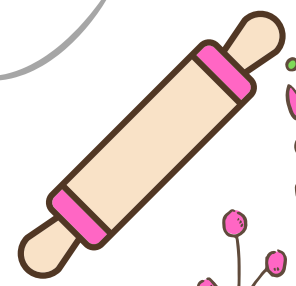
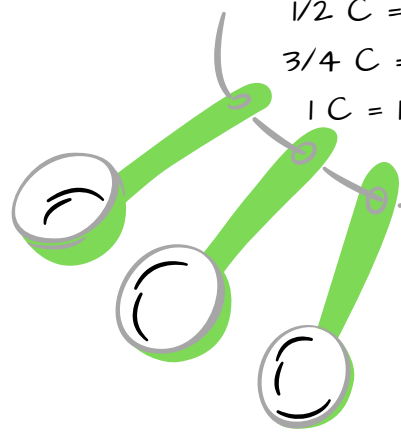
1/4 C = 4 Tbs

1/3 C = 5 Tbs + 1 tsp

1/2 C = 8 Tbs

3/4 C = 12 Tbs

1 C = 16 Tbs



Tbs = Tablespoon, tsp = teaspoon, C = Cup

