

# Conversion Chart

## Liquid Volumes

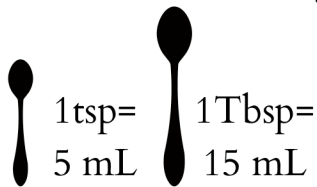
1 oz	6 tsp	2 Tbsp	30 mL	1/8 C	-	-
2 oz	12 tsp	4 Tbsp	60 mL	1/4 C	-	-
2 2/3 oz	16 tsp	5 Tbsp	80 mL	1/3 C	-	-
4 oz	24 tsp	8 Tbsp	120 mL	1/2 C	-	-
5 1/3 oz	32 tsp	11 Tbsp	160 mL	2/3 C	-	-
6 oz	36 tsp	12 Tbsp	177 mL	3/4 C	-	-
8 oz	48 tsp	16 Tbsp	240 mL	1 C	1/2 pt	1/4 qt
16 oz	96 tsp	32 Tbsp	470 mL	2 C	1 pt	1/2 qt
32 oz	192 tsp	64 Tbsp	950 mL	4 C	2 pt	1 qt



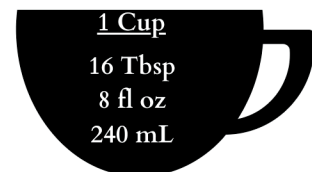
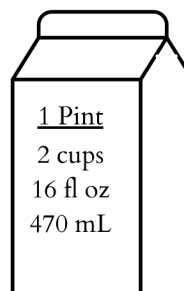
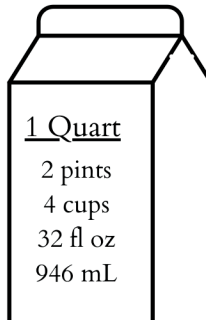
Dash = 1/16 tsp  
Pinch = 1/8 tsp

## Dry Weights

1/2 oz	1 Tbsp	1/16 C	15 g	-
1 oz	2 Tbsp	1/8 C	28 g	-
2 oz	4 Tbsp	1/4 C	57 g	-
3 oz	6 Tbsp	1/3 C	85 g	-
4 oz	8 Tbsp	1/2 C	115 g	1/4 lb
8 oz	16 Tbsp	1 C	227 g	1/2 lb
12 oz	24 Tbsp	1 1/2 C	340 g	3/4 lb
16 oz	32 Tbsp	2 C	455 g	1 lb



Conversions NOT intended for fruits & veggies



**REAL FOOD**

Please note: Some conversions were rounded off for ease of use.