

Measurement Conversions

Dry (Weight) Measurements (approximate):

1 ounce		30 grams (28.35 g)
2 ounces		55 grams
3 ounces		85 grams
4 ounces	1/4 pound	125 grams
8 ounces	1/2 pound	240 grams
12 ounces	3/4 pound	375 grams
16 ounces	1 pound	454 grams
32 ounces	2 pounds	907 grams

Liquid (Fluid or Volume) Measurements (approximate):

1 teaspoon equals		1/3 tablespoon	5 ml
1 tablespoon	1/2 fluid ounce	3 teaspoons	15 ml or 15 cc
2 tablespoons	1 fluid ounce	1/8 cup, 6 teaspoons	30 ml or 30 cc
1/4 cup	2 fluid ounces	4 tablespoons	59 ml
1/3 cup	2 2/3 fluid ounces	5 tablespoons + 1 teaspoon	79 ml
1/2 cup	4 fluid ounces	8 tablespoons	118 ml
2/3 cup	5 1/3 fluid ounces	10 tablespoons + 2 teaspoons	158 ml
3/4 cup	6 fluid ounces	12 tablespoons	177 ml
7/8 cup	7 fluid ounces	14 tablespoons	207 ml
1 cup	8 fluid ounces/ 1/2 pint	16 tablespoons	237 ml
2 cups	16 fluid ounces/ 1 pint	32 tablespoons	473 ml
4 cups	32 fluid ounces	1 quart	946 ml
1 pint	16 fluid ounces/ 1 pint	32 tablespoons	473 ml
2 pints	32 fluid ounces	1 quart	946 ml or 0.946 liters
8 pints	1 gallon/ 128 fluid ounces		3785 ml or 3.78 liters
4 quarts	1 gallon/ 128 fluid ounces		3785 ml or 3.78 liters
1 liter	1.057 quarts		1000 ml
1 gallon	128 fluid ounces		3785 ml or 3.78 liters