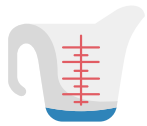


# QUICK KITCHEN CONVERSIONS



## Volume Equivalents



## Abbreviations

Tbsp = tablespoon

tsp = teaspoon

fl oz = fluid ounce

c = cup

pt = pint

qt = quart

gal = gallon

oz = ounce

lb = pound

g = gram

kg = kilogram

1 gallon = 16 cups = 128 fl oz = 4 quarts

1/2 gallon = 8 cups = 64 fl oz = 2 quarts

1 quart = 4 cups = 32 fl oz = 1/4 gallon

1 pint = 2 cups = 16 fl oz = 1/2 quart

1 cup = 16 Tbsp = 8 fl oz = 1/2 pint

7/8 cup = 14 Tbsp = 7 fl oz

3/4 cup = 12 Tbsp = 6 fl oz

2/3 cup = 10 Tbsp + 2 tsp = 5.3 fl oz

5/8 cup = 10 Tbsp = 5 fl oz

1/2 cup = 8 Tbsp = 4 fl oz

3/8 cup = 6 Tbsp = 3 fl oz

1/3 cup = 5 Tbsp + 1 tsp = 2.67 fl oz

1/4 cup = 4 Tbsp = 2 fl oz

1/8 cup = 2 Tbsp = 1 fl oz

1 Tbsp = 3 tsp = 0.5 fl oz

60 drops = 1 tsp = 1 tsp



## Scoop/Disher Capacity

#100 = 2 tsp

#70 = 2 + 3/4 tsp

#60 = 3 + 1/4 tsp

#50 = 3 + 3/4 tsp

#40 = 1 + 2/3 Tbsp

#30 = 2 Tbsp

#24 = 2 + 2/3 Tbsp

#20 = 3 + 1/3 Tbsp

#16 = 1/4 cup

#12 = 1/3 cup

#10 = 3/8 cup

#8 = 1/2 cup

#6 = 2/3 cup



## Weight Equivalents

16 oz = 1 lb = 1 lb = 454 g

12 oz = 3/4 lb = 0.75 lb = 340 g

8 oz = 1/2 lb = 0.5 lb = 227 g

4 oz = 1/4 lb = 0.25 lb = 113 g

1 oz = 1/16 lb = 0.063 lb = 28 g

Adapted from Institute of Child Nutrition

**ABCs**  
of school nutrition



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