

QUICK KITCHEN CONVERSIONS



Volume Equivalents

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		



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



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



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