

## Conversion chart

MEASURE	EQUIVALENT
1/16 teaspoon	dash
1/8 teaspoon	a pinch
3 teaspoons	1 Tablespoon
1/8 cup	2 tablespoons (= 1 standard coffee scoop)
1/4 cup	4 Tablespoons
1/3 cup	5 Tablespoons plus 1 teaspoon
1/2 cup	8 Tablespoons
3/4 cup	12 Tablespoons
1 cup	16 Tablespoons
1 Pound	16 ounces
<b>US liquid volume measurements</b>	
8 Fluid ounces	1 Cup
1 Pint	2 Cups (= 16 fluid ounces)
1 Quart	2 Pints (= 4 cups)
1 Gallon	4 Quarts (= 16 cups)
<b>US to Metric Conversions</b>	
1/5 teaspoon	1 ml (ml stands for milliliter, one thousandth of a liter)
1 teaspoon	5 ml
1 tablespoon	15 ml
1 fluid oz.	30 ml
1/5 cup	50 ml
1 cup	240 ml
2 cups (1 pint)	470 ml
4 cups (1 quart)	.95 liter
4 quarts (1 gal.)	3.8 liters
1 oz.	28 grams
1 pound	454 grams