

KITCHEN CONVERSION GUIDE

VOLUME UNIT

EQUIVALENT

1 Tablespoon	3 Teaspoons
1/8 Cup	2 Tablespoons
1/4 Cup	4 Tablespoons
1/3 Cup	5 Tbsp + 1 Tsp
1/2 Cup	8 Tablespoons
1 Cup	16 Tablespoons

LIQUID VOLUME

EQUIVALENT

1 Cup	8 Fluid Ounces
1 Pint	2 Cups / 16 oz
1 Quart	2 Pints / 4 Cups
1 Gallon	4 Quarts / 128 oz
1 Liter	1.05 Quarts
Dash/Pinch	1/8 Teaspoon

1 GALLON = 4 QUARTS = 8 PINTS = 16 CUPS