

LIQUID MEASUREMENT CHART

Volume Basics

3 Teaspoons = 1 Tablespoon
2 Tablespoons = 1 Fluid Ounce
8 Fluid Ounces = 1 Cup

The Gallon Path

2 Cups = 1 Pint
2 Pints = 1 Quart
4 Quarts = 1 Gallon

UNIT	OUNCES (FL OZ)	CUPS	MILLILITERS (APPROX)
1 Tablespoon	0.5 oz	1/16 cup	15 ml
1/4 Cup	2 oz	0.25 cup	59 ml
1/2 Cup	4 oz	0.5 cup	118 ml
1 Cup	8 oz	1 cup	237 ml
1 Pint	16 oz	2 cups	473 ml
1 Quart	32 oz	4 cups	946 ml
1 Gallon	128 oz	16 cups	3.78 Liters

1 Gallon = 4 Quarts = 8 Pints = 16 Cups = 128 Fluid Ounces