

# LIQUID MEASUREMENT CONVERSION

Standard Kitchen Reference Chart

## US IMPERIAL

## METRIC (APPROX)

1/4 Teaspoon	1.25 ml
1/2 Teaspoon	2.5 ml
1 Teaspoon	5 ml
1 Tablespoon	15 ml
1 Fluid Ounce	30 ml
1/4 Cup	60 ml
1/3 Cup	80 ml
1/2 Cup	120 ml

## US IMPERIAL

## METRIC (APPROX)

1 Cup	240 ml
2 Cups (1 Pint)	475 ml
4 Cups (1 Quart)	950 ml
1 Liter	1000 ml
1 Gallon	3.8 Liters

## QUICK EQUIVALENTS

3 Teaspoons

1 Tablespoon

## QUICK EQUIVALENTS

2 Tablespoons

1 Fluid Ounce

16 Tablespoons

1 Cup

8 Fluid Ounces

1 Cup