

Kitchen Measurement Conversion Tables

Liquid or Volume Measures (approximate)

1 teaspoon		1/3 tablespoon	5 ml
1 tablespoon	1/2 fluid ounce	3 teaspoons	15 ml 15 cc
2 tablespoons	1 fluid ounce	1/8 cup, 6 teaspoons	30 ml, 30 cc
1/4 cup	2 fluid ounces	4 tablespoons	59 ml
1/3 cup	2 2/3 fluid ounces	5 tablespoons & 1 teaspoon	79 ml
1/2 cup	4 fluid ounces	8 tablespoons	118 ml
2/3 cup	5 1/3 fluid ounces	10 tablespoons & 2 teaspoons	158 ml
3/4 cup	6 fluid ounces	12 tablespoons	177 ml
7/8 cup	7 fluid ounces	14 tablespoons	207 ml
1 cup	8 fluid ounces/ 1/2 pint	16 tablespoons	237 ml
2 cups	16 fluid ounces/ 1 pint	32 tablespoons	473 ml
4 cups	32 fluid ounces	1 quart	946 ml
1 pint	16 fluid ounces/ 1 pint	32 tablespoons	473 ml
2 pints	32 fluid ounces	1 quart	946 ml 0.946 liters
8 pints	1 gallon/ 128 fluid ounces	4 quarts	3785 ml 3.78 liters
4 quarts	1 gallon/128 fluid ounces	1 gallon	3785 ml 3.78 liters
1 liter	1.057 quarts		1000 ml
1 gallon	4 quarts	128 fluid ounces	3785 ml 3.78 liters

Dry Or Weight Measurements (approximate)

1 ounce		30 grams (28.35 g)	
2 ounces		55 grams	
3 ounces		85 grams	
4 ounces	1/4 pound	125 grams	
8 ounces	1/2 pound	240 grams	
12 ounces	3/4 pound	375 grams	
16 ounces	1 pound	454 grams	
32 ounces	2 pounds	907 grams	
1/4 pound	4 ounces	125 grams	
1/2 pound	8 ounces	240 grams	
3/4 pound	12 ounces	375 grams	
1 pound	16 ounces	454 grams	
2 pounds	32 ounces	907 grams	
1 kilogram	2.2 pounds/ 35.2 ounces	1000 gram	