

Measurement *Equivalents*

3 teaspoons	= 1 Tablespoon
4 Tablespoons	= 1/4 cup
5 1/3 Tablespoons	= 1/3 cup
8 Tablespoons	= 1/2 cup
10 2/3 Tablespoons	= 2/3 cup
12 Tablespoons	= 3/4 cup
16 Tablespoons	= 1 cup
16 ounces	= 1 pound
2 Tablespoons	= 1 fluid ounce
1 cup	= 8 fluid ounces
1 cup	= 1/2 pint
2 cups	= 1 pint
4 cups	= 1 quart
2 quarts	= 1/2 gallon (64 oz.)
4 quarts	= 1 gallon
1 pint	= 16 ounces
1 quart	= 32 ounces
1 gallon	= 128 ounces
1 liter	= 34 ounces
2 liter	= 68 ounces

Abbreviations

Tbsp. = Tablespoon

tsp. = teaspoon

oz. = ounce

lb. = pound

c. = cup

pt. = pint

qt. = quart

l. = liter

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