







 1 tablespoon  3 teaspoons 

 1/8 cup  2 tablespoons 




 1/4 cup  4 tablespoons 

 1/3 cup  5 tablespoons + 1 teaspoon 

 1/2 cup  8 tablespoons 

 2/3 cup  10 tablespoons + 2 teaspoons 

 1 cup  8 fluid ounces 

 1 pint  2 cups 

 1 quart  2 pints 

 1 quart  4 cups 

 1 gallon  4 quarts 

 1 pound  16 ounces 