



Measurement & Conversion Guide

Fluid Ounces = Volume Measurement

Dry Ounces = Weight Measurement

Liquid Measurements (approximate):

1 TSP		1/3 TBSP	5 ML
1 TBSP	1/2 fluid ounce	3 TSP	15 ML, 15CC
2 TBSP	1 fluid ounce	1/8 cup, 6 TSP	30 ML, 30CC
1/4 cup	2 fluid ounces	4 TBSP	59 ML
1/3 cup	2 2/3 fluid ounce	5 tbsp + 1 TSP	79 ML
1/2 cup	4 fluid ounces	8 TBSP	118 ML
2/3 cup	5 1/3 fluid ounces	10 TBSP + 2 TSP	158 ML
3/4 cup	6 fluid ounces	12 TBSP	177 ML
7/8 cup	7 fluid ounces	14 TBSP	207 ML
1 cup	8 fluid ounces/ 1/2 pint	16 TBSP	237 ML
2 cups	16 fluid ounces/ 1 pint	32 TBSP	473 ML
4 cups	32 fluid ounces	1 quart	946 MI
1 pint	16 fluid ounces/1 pint	32 TBSP	473 ML
2 pints	32 fluid ounces	1 quart	946 ml, 0.946 liters
8 pints	1 gallon/128 fluid ounces		3785 ml, 3.78 liters
4 quarts	1 gallon/128 fluid ounces		3785 ml. 3.78 liters
1 liter	1.057 quarts		1000 ML
1 gallon	128 fluid ounces		3785 ml, 3.78

Dry Measurements:

1 OZ		28 grams
2 OZ		57 grams
3 OZ		85 grams
4 OZ	1/4 LB	113 grams
8 OZ	1/2 LB	227 grams
12 OZ	3/4 LB	340 grams
16 OZ	1 LB	454 grams
32 OZ	2 LBS	907grams
1 kilogram	2.2 LB/35.2 OZ	1000 grams