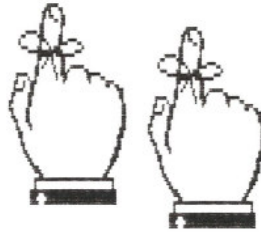


Handy Equivalents



& Substitutions

COOKING MEASUREMENT EQUIVALENTS

1 tablespoon (tbsp) =	3 teaspoons (tsp)
$\frac{1}{16}$ cup =	1 tablespoon
$\frac{1}{8}$ cup =	2 tablespoons
$\frac{1}{6}$ cup =	2 tablespoons + 2 teaspoons
$\frac{1}{4}$ cup =	4 tablespoons
$\frac{1}{3}$ cup =	5 tablespoons + 1 teaspoon
$\frac{3}{8}$ cup =	6 tablespoons
$\frac{1}{2}$ cup =	8 tablespoons
$\frac{2}{3}$ cup =	10 tablespoons + 2 teaspoons
$\frac{3}{4}$ cup =	12 tablespoons
1 cup =	48 teaspoons
1 cup =	16 tablespoons
8 fluid ounces (fl oz) =	1 cup
1 pint (pt) =	2 cups
1 quart (qt) =	2 pints
4 cups =	1 quart
1 gallon (gal) =	4 quarts
16 ounces (oz) =	1 pound (lb)
1 milliliter (ml) =	1 cubic centimeter (cc)
1 inch (in) =	2.54 centimeters (cm)

2 tablespoons = 1 fluid ounce

1 gill = $\frac{1}{2}$ cup

$\frac{1}{2}$ pint = 1 cup

3 quarts = 96 ounces or 8 pints