

Fluid Ounces (Volume Measurement)

(approximate)

| Liquid (Volume) Measures | | | |
|--------------------------|-------------------------------|------------------------------|------------------------------|
| Unit of measure | Equivalent measurement | Equivalent measurement | Metric measurement |
| 1 teaspoon | - | 1/3 tablespoon | - 5 mL |
| 2 tablespoons | 1 fluid ounce | 1/8 cup or 6 teaspoons | - 30 mL |
| 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 | 1.0 quart | - 946 mL or 0.946 liters (L) |
| 8 pints | 1 gallon/ 128 fluid ounces | 4 quarts | - 3785 mL or 3.78 liters |
| 4 quarts | 1 gallon/ 128 fluid ounces | 8 pints | - 3785 ml or 3.78 liters |
| 1 liter | 1.057 quarts | - | - 1000 ml or 1L |
| 128 fluid ounces | 1 gallon | 4 quarts | - 3785 mL or 3.78 liters |

Dry Ounces (Weight Measurement)

(approximate)

| Dry (Weight) Measurements | | |
|----------------------------------|-------------------------------|---------------------------|
| Unit of measure | Equivalent measurement | Metric measurement |
| 1 ounce | 1/16 pound | 28.35 grams |
| 2 ounces | 1/8 pound | 55 grams |
| 3 ounces | 3/16 pound | 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 kilogram | 2.2 pounds | 1000 grams |