

Kitchen Conversions

1 Tablespoon	1/8 Cup	1/4 Cup	1/3 Cup	1/2 Cup
3 teaspoons 1/2 Fluid Ounce 15 Milliliters	2 Tablespoons 1 Ounce	4 Tablespoons 12 Teaspoons 2 Ounces 60 Milliliters	5 Tablespoons + 1 tsp	8 Tablespoons 4 Ounces

1 Cup	1 Pint	1 Pound	1 Quart	1 Gallon
8 Ounces 237 Milliliters	2 Cups 16 Ounces 480 Milliliters	16 Ounces	2 Pints 4 Cups 32 Ounces .95 Liters	4 Quarts 8 Pints 16 Cups 128 Ounce 3.8 Liters

FIT *but fun*
with Christine 

