Kitchen Conversion Chart

Handy U.S. cooking measurements to keep near your recipes.

SPOONS, CUPS & FLUID OUNCES

MEASURE	EQUIVALENT
1 tablespoon (tbsp)	3 teaspoons (tsp)
1 fluid ounce (fl oz)	2 tablespoons (tbsp)
1/4 cup	4 tablespoons = 2 fl oz
1/3 cup	5 tbsp + 1 tsp = 2 2/3 fl oz
1/2 cup	8 tablespoons = 4 fl oz
1 cup	16 tablespoons = 8 fl oz

LARGER LIQUID MEASURES

MEASURE	EQUIVALENT
1 pint (pt)	2 cups = 16 fl oz
1 quart (qt)	4 cups = 2 pints
1 gallon (gal)	16 cups = 4 quarts

QUICK RECIPE NOTES

Recipe / ingredient: _____

Amount to convert: _____

Converted amount: _____

U.S. customary volume measures. Dry ingredient weights vary by ingredient.
Use a kitchen scale for precise weight conversions.