MEASURE YOUR FOODS
DRY FOOD AND LIQUIDS

1 tablespoon equals:
1/2 fluid ounce
15 milliliters
3 teaspoons

1 pint equals:
2 cups
16 ounces
480 milliliters

1 cup equals:
8 ounces
240 milliliters

1/4 cup equals:
2 ounces
60 milliliters
4 tablespoons
12 teaspoons

1 gallon equals:
4 quarts
8 pints
16 cups
128 ounces
3.8 liters

1 quart equals:
2 pints
4 cups
32 ounces
.95 liters

Cut this out and put it on the wall or refrigerator near where you prepare your meals.