**A HANDY CONVERSION CHART**

**Be Careful....**Always remember to double check your recipe. There is a*big difference*between Fluid Ounces and Dry Ounces.

**Fluid Ounces** = Volume Measurement

**Dry Ounces** = Weight Measurement

**Liquid (Fluid or Volume) Measurements (approximate):**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| 1 teaspoon equals |  |  |  | 1/3 tablespoon |  | 5 ml |
|  |  |  |  |  |  |  |  |  |
| 1 tablespoon |  | 1/2 fluid ounce |  | 3 teaspoons |  | 15 ml, 15 cc |
|  |  |  |  |  |  |  |  |  |
| 2 tablespoons |  | 1 fluid ounce |  | 1/8 cup, 6 teaspoons |  | 30 ml, 30 cc |
|  |  |  |  |  |  |  |  |  |
| 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 quart |  | 946 ml, 0.946 liters |
|  |  |  |  |  |  |  |  |  |
| 8 pints |  | 1 gallon/ 128 fluid ounces |  |  |  | 3785 ml, 3.78 liters |
|  |  |  |  |  |  |  |  |  |
| 4 quarts |  | 1 gallon/ 128 fluid ounces |  |  |  | 3785 ml, 3.78 liters |
|  |  |  |  |  |  |  |  |  |
| 1 liter |  | 1.057 quarts |  |  |  | 1000 ml |
|  |  |  |  |  |  |  |  |  |
| 1 gallon |  | 128 fluid ounces |  |  |  | 3785 ml, 3.78 liters |
|  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  | **Dry (Weight) Measurements (approximate):** |  |  |
|  |  |  |  |  |  |  |  |  |
| 1 ounce |  |  |  |  |  | 30 grams (28.35 g) |  |  |
|  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
| 2 ounces |  |  |  |  |  | 55 grams |  |  |
|  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
| 3 ounces |  |  |  |  |  | 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 |  |  |
|  |  |  |  |  |  |  |  |  |