**MEASUREMENT & CONVERSION GUIDE**

|  |  |  |  |
| --- | --- | --- | --- |
|  | **Fluid Ounces** = Volume Measurement | **Dry Ounces** = Weight Measurement |  |
|  |  |  |  | **Liquid Measurements (approximate):** |  |  |
|  |  |  |  |  |  |  |  |  |
|  | 1 TSP |  |  |  | 1/3 TBSP |  |  | 5 ML |  |
|  |  |  |  |  |  |  |  |  |  |
|  | 1 TBSP |  | 1/2 fluid ounce | 3 TSP |  |  | 15 ML, 15CC |  |
|  |  |  |  |  |  |  |  |  |  |
|  | 2 TBSP |  | 1 fluid ounce | 1/8 cup, 6 TSP |  |  | 30 ML,30CC |  |
|  |  |  |  |  |  |  |  |  |  |
|  | 1/4 cup |  | 2 fluid ounces | 4 TBSP |  |  | 59 ML |  |
|  |  |  |  |  |  |  |  |  |  |
|  | 1/3 cup |  | 2 2/3 fluid ounce | 5 tbsp + 1 TSP |  |  | 79 ML |  |
|  |  |  |  |  |  |  |  |  |  |
|  | 1/2 cup |  | 4 fluid ounces | 8 TBSP |  |  | 118 ML |  |
|  |  |  |  |  |  |  |  |  |  |
|  | 2/3 cup |  | 5 1/3 fluid ounces | 10 TBSP + 2 TSP |  |  | 158 ML |  |
|  |  |  |  |  |  |  |  |  |  |
|  | 3/4 cup |  | 6 fluid ounces | 12 TBSP |  |  | 177 ML |  |
|  |  |  |  |  |  |  |  |  |  |
|  | 7/8 cup |  | 7 fluid ounces | 14 TBSP |  |  | 207 ML |  |
|  |  |  |  |  |  |  |  |  |  |
|  | 1 cup |  | 8 fluid ounces/ 1/2 pint | 16 TBSP |  |  | 237 ML |  |
|  |  |  |  |  |  |  |  |  |  |
|  | 2 cups |  | 16 fluid ounces/ 1 pint | 32 TBSP |  |  | 473 ML |  |
|  |  |  |  |  |  |  |  |  |  |
|  | 4 cups |  | 32 fluid ounces | 1 quart |  |  | 946 Ml |  |
|  |  |  |  |  |  |  |  |  |  |
|  | 1 pint |  | 16 fluid ounces/1 pint | 32 TBSP |  |  | 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 |  |
|  |  |  |  |  |  |  |  |  |  |
|  |  |  |  | **Dry Measurements:** |  |  |
|  |  |  |  |  |  |  |  |  |
|  | 1 OZ |  |  |  |  |  | 28 grams |  |
|  |  |  |  |  |  |  |  |  |
|  | 2 OZ |  |  |  |  |  | 57 grams |  |
|  |  |  |  |  |  |  |  |  |
|  | 3 OZ |  |  |  |  |  | 85 grams |  |
|  |  |  |  |  |  |  |  |
|  | 4 OZ |  |  | 1/4 LB |  | 113 grams |  |
|  |  |  |  |  |  |  |  |
|  | 8 OZ |  |  | 1/2 LB |  | 227 grams |  |
|  |  |  |  |  |  |  |  |
|  | 12 OZ |  |  | 3/4 LB |  | 340 grams |  |
|  |  |  |  |  |  |  |  |
|  | 16 OZ |  |  | 1 LB |  | 454 grams |  |
|  |  |  |  |  |  |  |  |
|  | 32 OZ |  |  | 2 LBS |  | 907grams |  |
|  |  |  |  |  |  |  |
|  | 1 kilogram |  | 2.2 LB/35.2 OZ |  | 1000 grams |  |
|  |  |  |  |  |  |  |  |  |  |