

LIQUID measures



1 gal =	4 qt =	8 pt =	16 cup =	128 fl oz
1/2 gal =	2 qt =	4 pt =	8 cup =	64 fl oz
1/4 gal =	1 qt =	2 pt =	4 cup =	32 fl oz
1/8 gal =	1/2 qt =	1 pt =	2 cup =	16 fl oz
1/16 gal =	1/4 qt =	1/2 pt =	1 cup =	8 fl oz

DRY measures



1 cup =	16 tbsp =	48 tsp =	229 g
3/4 cup =	12 tbsp =	36 tsp =	171 g
2/3 cup =	10 2/3 tbsp =	32 tsp =	152 g
1/2 cup =	8 tbsp =	24 tsp =	114 g
1/3 cup =	5 1/3 tbsp =	16 tsp =	76 g
1/4 cup =	4 tbsp =	12 tsp =	57 g
1/8 cup =	2 tbsp =	6 tsp =	29 g
1/16 cup =	1 tbsp =	3 tsp =	14 g

Pinch or dash = less than 1/8 tsp

