



Liquid Measures

1 QUART
EQUALS
2 PINTS OR 4 CUPS OR 32 OZ

1 PINT
EQUALS
2 CUPS
16 OUNCES
480 MILLILITERS

1 CUP
EQUALS
8 OZ
OR
240 MILLILITERS

t



DRY CUP MEASURES

1/4 CUP

EQUALS...

4 TABLESPOONS

12 TEASPOONS

2 OUNCES

60 MILLILITERS

t



SPOON MEASURES

1 TABLESPOON
EQUALS
3 TEASPOONS

1/2 FLUID OUNCE

15 MILLILITERS

t