



*When you need to convert measurements – both liquid and dry – this quick reference guide really comes in handy!
Add this to your cooking library for easy access.*

LIQUID Measures

1 gallon = 4 quarts = 8 pints = 16 cups = 128 fluid ounces

$\frac{1}{2}$ gallon = 2 quarts = 4 pints = 8 cups = 64 fluid ounces

$\frac{1}{4}$ gallon = 1 quart = 2 pints = 4 cups = 32 fluid ounces

$\frac{1}{8}$ gallon = $\frac{1}{2}$ quart = 1 pint = 2 cups = 16 fluid ounces

$\frac{1}{16}$ gallon = $\frac{1}{4}$ quart = $\frac{1}{2}$ pint = 1 cup = 8 fluid ounces

DRY Measures

1 cup = 16 tbsp = 48 tsp = 229 grams

$\frac{3}{4}$ cup = 12 tbsp = 36 tsp = 171 grams

$\frac{2}{3}$ cup = 10 $\frac{2}{3}$ tbsp = 32 tsp = 152 grams

$\frac{1}{2}$ cup = 8 tbsp = 24 tsp = 114 grams

$\frac{1}{3}$ cup = 5 $\frac{1}{3}$ tbsp = 16 tsp = 76 grams

$\frac{1}{4}$ cup = 4 tbsp = 12 tsp = 57 grams

$\frac{1}{8}$ cup = 2 tbsp = 6 tsp = 29 grams

$\frac{1}{16}$ cup = 1 tbsp = 3 tsp = 14 grams

Pinch or Dash = less than $\frac{1}{8}$ tsp