

Measurement Conversion Chart

Gallons	Half Gallons	Quarts	Pints	Cups	Fluid Ounces	Tablespoons	Teaspoons
1 gallon	2 half gallons	4 quarts	8 pints	16 cups	128 oz	256 tablespoons	768 teaspoons
	1 half gallon	2 quarts	4 pints	8 cups	64 oz	128 tablespoons	384 teaspoons
		1 quart	2 pints	4 cups	32 oz	64 tablespoons	192 teaspoons
			1 pint	2 cups	16 oz	32 tablespoons	96 teaspoons
			1/2 pint	1 cup	8 oz	16 tablespoons	48 teaspoons
				1/2 cup	4 oz	8 tablespoons	24 teaspoons
				1/3 cup		5 tablespoons + 1 teaspoon	16 teaspoons
				1/4 cup	2 oz	4 tablespoons	12 teaspoons
				1/6 cup		2 tablespoons + 2 teaspoons	8 teaspoons
				1/8 cup	1 oz	2 tablespoons	6 teaspoons
				1/16 cup		1 tablespoon	3 teaspoons
					1/2 oz	1 tablespoon	3 teaspoons

Pinch = 1/8 teaspoon

Dash = 1/16 teaspoon (1/2 pinch)