

U.S. Measurement Equivalents

A few grains/pinch/dash, etc. (dry)	=	Less than 1/8 tsp
A dash (liquid)	=	A few drops
3 teaspoons	=	1 tablespoon
1/2 tablespoon	=	1-1/2 teaspoons
1 tablespoon	=	3 teaspoons
2 tablespoons	=	1 fluid ounce
4 tablespoons	=	1/4 cup
5-1/3 tablespoons	=	1/3 cup
8 tablespoons	=	1/2 cup
8 tablespoons	=	4 fluid ounces
10-2/3 tablespoons	=	2/3 cup
12 tablespoons	=	3/4 cup
16 tablespoons	=	1 cup
16 tablespoons	=	8 fluid ounces
1/8 cup	=	2 tablespoons
1/4 cup	=	4 tablespoons
1/4 cup	=	2 fluid ounces
1/3 cup	=	5 tablespoons plus 1 teaspoon
1/2 cup	=	8 tablespoons
1 cup	=	16 tablespoons
1 cup	=	8 fluid ounces
1 cup	=	1/2 pint
2 cups	=	1 pint
2 pints	=	1 quart
4 quarts (liquid)	=	1 gallon
8 quarts (dry)	=	1 peck
4 pecks (dry)	=	1 bushel
1 kilogram	=	approximately 2 pounds
1 liter	=	approximately 4 cups or 1 quart