

<b>Measurement</b>	<b>Equivalent</b>
1/16 teaspoon	dash
1/8 teaspoon	a pinch
3 teaspoons	1 Tablespoon
1/8 Cup	2 Tablespoons
1/4 Cup	4 Tablespoons
1/3 Cup	5 Tablespoons plus 1 teaspoon
1/2 Cup	8 Tablespoons
3/4 Cup	12 Tablespoons
1 Cup	16 Tablespoons
8 Fluid ounces	1 Cup
1 Pint	2 Cups (16 Fluid ounces)
1 Quart	2 Pints (4 cups)
1 Gallon	4 Quarts (16 cups)
34 Fluid ounces	1 Liter