

Weights and Measures Equivalents and Metric Conversions

Weights and Measures Equivalents

3 teaspoons = 1 tablespoon (1/2 fluid ounce)
2 tablespoons = 1/8 cup (1 fluid ounce)
4 tablespoons = 1/4 cup (2 fluid ounces)
5 1/3 tablespoons = 1/3 cup (2 2/3 fluid ounces)
8 tablespoons = 1/2 cup (4 fluid ounces)
10 2/3 tablespoons = 2/3 cup (5 1/3 fluid ounces)
12 tablespoons = 3/4 cup (6 fluid ounces)
14 tablespoons = 7/8 cup (7 fluid ounces)
16 tablespoons = 1 cup (8 fluid ounces)
2 cups = 1 pint
2 pints = 1 quart
4 quarts = 1 gallon
1 gram = 0.035 ounces
1 ounce = 28.38 grams
16 ounces = 1 pound
1 pound = 454 grams
1 kilogram = 2.21 pounds

Metric Conversions

To change	To	Multiply by
ounces (oz.)	grams (g)	28.38
pounds (lb.)	kilograms (kg)	0.45
teaspoons (tsp.)	milliliters (ml)	4.93
tablespoons (tbsp.)	milliliters (ml)	14.79
fluid ounces (fl. oz.)	milliliters (ml)	29.58
cups (cup)	liters (L)	0.24
pints (pt.)	liters (L)	0.47
quarts (qt.)	liters (L)	0.946
gallons (gal.)	liters (L)	3.8

From L.W.Y. Cheung, H. Dart, S. Kalin, B. Otis, and S.L. Gortmaker, 2016, *Eat Well & Keep Moving*, 3rd ed. (Champaign, IL: Human Kinetics).