



KITCHEN CONVERSIONS SHEET



DRY MEASUREMENTS

CUPS	GRAMS	OUNCES	POUNDS	TABLESPOONS	TEASPOONS
1 cup	128 g	4.5 oz.	0.28 lbs	16 tbsp	48 tsp
3/4 cup	96 g	3.38 oz.	0.21 lbs	12 tbsp	36 tsp
2/3 cup	85 g	3 oz.	0.19 lbs	10 tbsp	32 tsp
1/2 cup	64 g	2.25 oz.	0.14 lbs	8 tbsp	24 tsp
1/3 cup	43 g	1.5 oz.	0.09 lbs	5 tbsp	16 tsp
1/4 cup	32 g	1.13 oz.	0.07 lbs	4 tbsp	12 tsp
1/8 cup	16 g	0.6 oz.	0.04 lbs	2 tbsp	6 tsp
1/16 cup	8 g	0.3 oz.	0.02 lbs	1 tbsp	3 tsp

LIQUID MEASUREMENTS

GALLONS	QUARTS	PINTS	CUPS	FLUID OZ
1 gal	4 qt	8 pt	16 cup	128 fl. oz.
1/2 gal	2 qt	4 pt	8 cup	64 fl. oz.
1/4 gal	1 qt	2 pt	4 cup	32 fl. oz.
1/8 gal	1/2 qt	1 pt	2 cup	16 fl. oz.
1/16 gal	1/4 qt	1/2 pt	1 cup	8 fl. oz.
1/32 gal	1/8 qt	1/4 pt	1/2 cup	4 fl. oz.
1/64 gal	1/16 qt	1/8 pt	1/4 cup	2 fl. oz.