

Dry/Weight Measure:

		Ounces	Pounds	Metric
1/8 teaspoon or less	a pinch or 6 drops			.5 ml
1/4 teaspoon	15 drops			1 ml
1/2 teaspoon	30 drops			2 ml
1 teaspoon	1/3 tablespoon	1/6 ounce		5 ml
3 teaspoons	1 tablespoon	1/2 ounce		14 grams
1 tablespoon	3 teaspoons	1/2 ounce		14 grams
2 tablespoons	1/8 cup	1 ounce		28 grams
4 tablespoons	1/4 cup	2 ounces		56.7 grams
5 tablespoons plus 1 teaspoon	1/3 cup	2.6 ounces		75.6 grams
8 tablespoons	1/2 cup	4 ounces	1/4 pound	113 grams
10 tablespoons plus 2 teaspoons	2/3 cup	5.2 ounces		151 grams
12 tablespoons	3/4 cup	6 ounces	.375 pound	170 grams
16 tablespoons	1 cup	8 ounces	500 or 1/2 pound	225 grams
32 tablespoons	2 cups		1 pound	454 grams
64 tablespoons	4 cups or 1 quart	32 ounces	2 pounds	907 grams

Liquid or Volume Measurements:

Measure	Fluid ounces		tablespoons/cups	M/litre Litre
1 cup	8 fluid ounces	1/2 pint	16 tablespoons	237 ml
2 cups	16 fluid ounces	1 pint	32 tablespoons	474 ml
4 cups	32 fluid ounces	1 quart	64 tablespoons	946 .4
2 pints	32 fluid ounces	1 quart	4 cups	946
4 quarts	128 fluid ounces	1 gallon	16 cups	3.785 liters
8 quarts	256 fluid ounces or one peck	2 gallons	32 cups	7.57 liters

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