

Kitchen Measurement Quick Reference

U.S. Customary Measurements, Abbreviations & Metric Conversions

Common Abbreviations

tsp or t	teaspoon
Tbsp or T	tablespoon
c	cup
pt	pint
qt	quart
gal	gallon
fl oz	fluid ounce
oz	ounce(weight)
lb or #	pound
g	gram
kg	kilogram
mL	milliliter
L	liter
F / C	Fahrenheit / Celsius

Weight Equivalents

Ounces	Fraction	Decimal
1 oz	1/16 lb	0.063 lb
4 oz	1/4 lb	0.250 lb
8 oz	1/2 lb	0.500 lb
12 oz	3/4 lb	0.750 lb
16 oz	1 lb	1.000 lb

Volume Equivalents

Measure	Equivalent	Fluid Oz
60 drops	1 tsp	--
1 Tbsp	3 tsp	0.5 fl oz
1/8 cup	2 Tbsp	1 fl oz
1/4 cup	4 Tbsp	2 fl oz
1/3 cup	5 Tbsp + 1 tsp	2.65 fl oz
3/8 cup	6 Tbsp	3 fl oz
1/2 cup	8 Tbsp	4 fl oz
5/8 cup	10 Tbsp	5 fl oz
2/3 cup	10 Tbsp + 2 tsp	5.3 fl oz
3/4 cup	12 Tbsp	6 fl oz
7/8 cup	14 Tbsp	7 fl oz
1 cup	16 Tbsp	8 fl oz
1/2 pint	1 cup 2	8 fl oz
1 pint	cups 2	16 fl oz
1 quart	pints 4	32 fl oz
1 gallon	quarts	128 fl oz

Metric to U.S. Volume

1.25 mL	= 1/4 teaspoon
2.5 mL	= 1/2 teaspoon
5 mL	= 1 teaspoon
15 mL	= 1 tablespoon
60 mL	= 1/4 cup
80 mL	= 1/3 cup
125 mL	= 1/2 cup
250 mL	= 1 cup

Metric to U.S. Weight

10 g	= about 1/3 oz
15 g	= about 1/2 oz
30 g	= about 1 oz
250 g	= about 9 oz (over 1/2 lb)
500 g	= about 1.1 lb
1 kg	= about 2.2 lb

