

KITCHEN CONVERSION CHART

Liquid measurements

Gallons	Quarts	Pints	Cups	US fl. oz.	Imperial fl. oz.	Litres
1 gal	4 qt	8 pt	16 cups	128 fl. oz.	160 fl. oz.	3.785 L
1/2 gal	2 qt	4 pt	8 cups	64 fl. oz.	80 fl. oz.	1.893 L
1/4 gal	1 qt	2 pt	4 cups	32 fl. oz.	40 fl. oz.	0.946 L
1/8 gal	1/2 qt	1 pt	2 cups	16 fl. oz.	20 fl. oz.	0.473 L
1/16 gal	1/4 qt	1/2 pt	1 cups	8 fl. oz.	10 fl. oz.	0.236 L
1/32 gal	1/8 qt	1/4 pt	1/2 cups	4 fl. oz.	5 fl. oz.	0.118 L
1/64 gal	1/16 qt	1/8 pt	1/4 cups	2 fl. oz.	2.5 fl. oz.	0.059 L

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	0.5 oz.	0.03 lbs.	2 tbsp.	6 tsp.