MEASURE YOUR FOODS
DRY FOOD AND LIQUIDS

1 tablespoon equals:
- 1/2 fluid ounce
- 15 milliliters
- 3 teaspoons

1 pint equals:
- 2 cups
- 16 ounces
- 480 milliliters

1 cup equals:
- 8 ounces
- 240 milliliters

1/4 cup equals:
- 2 ounces
- 60 milliliters
- 4 tablespoons
- 12 teaspoons

1 gallon equals:
- 4 quarts
- 8 pints
- 16 cups
- 128 ounces
- 3.8 liters

1 quart equals:
- 2 pints
- 4 cups
- 32 ounces
- .95 liters

Cut this out and put it on the wall or refrigerator near where you prepare your meals.