

CONVERSIONS

Volumes

3 teaspoons = 1 tablespoon

4 tablespoons = 1/4 cup

16 tablespoons = 1 cup

1 quart = 4 cups

1 liter = 4.2 cups

1 gallon = 4 quarts

1 cup = 8 fluid ounces

1 pint = 16 fluid ounces

1 quart = 32 fluid ounces

1 liter = 33.76 fluid ounces

1 gallon = 128 fluid ounces

Weights

1 ounce = 28.35 grams

1 pound = 16 ounces

1 kilogram = 2.2 pounds