

Smart Choices

A Community Nutrition Education Program



Fix It Fast

Measurement Conversions



This chart helps you convert ounces to teaspoons, teaspoons to tablespoons, cups to pints or quarts, etc.

Measurements in the Same Row Are Equivalent to One Another

Gallons	Quarts	Pints	Milliliters	Cups	Fluid Ounces	Tablespoons	Teaspoons
					1/2 fl oz	1 tbsp	3 tsp
			30 ml	1/8 cup	1 fl oz	2 tbsp	6 tsp
			60 ml	1/4 cup	2 fl oz	4 tbsp	12 tsp
			125 ml	1/2 cup	4 fl oz	8 tbsp	24 tsp
	1/4 qt	1/2 pt	237 ml	1 cup	8 fl oz	16 tbsp	48 tsp
	1/2 qt	1 pt	474 ml	2 cups	16 fl oz	32 tbsp	96 tsp
1/4 gal	1 qt	2 pt	946 ml	4 cups	32 fl oz		
1/2 gal	2 qt	4 pt	1.9 L	8 cups	64 fl oz		
1 gal	4 qt	8 pt	3.8 L	16 cups	128 fl oz		

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