



KITCHEN CONVERSIONS

SPOONS & CUPS

| TSP | TBSP | FL OZ | CUP | PINT | QUART | GALLON |
|-----|------|-------|------|------|-------|--------|
| 3 | 1 | 1/2 | 1/16 | 1/32 | | |
| 6 | 2 | 1 | 1/8 | 1/16 | 1/32 | |
| 12 | 4 | 2 | 1/4 | 1/8 | 1/16 | |
| 18 | 6 | 3 | 3/8 | | | |
| 24 | 8 | 4 | 1/2 | 1/4 | 1/8 | 1/32 |
| 36 | 12 | 6 | 3/4 | | | |
| 48 | 16 | 8 | 1 | 1/2 | 1/4 | 1/16 |
| 96 | 32 | 16 | 2 | 1 | 1/2 | 1/8 |
| | 64 | 32 | 4 | 2 | 1 | 1/4 |
| | 256 | 128 | 16 | 8 | 4 | 1 |

MILLILITRES

| TSP | ML | TBSP | ML | OZ | ML | CUP | ML |
|-----|-----|------|----|----|-----|-----|-----|
| 1/2 | 2.5 | 1 | 15 | 2 | 60 | 1/4 | 60 |
| 1 | 5 | 2 | 30 | 4 | 115 | 1/2 | 120 |
| 2 | 10 | | | 6 | 150 | 2/3 | 160 |
| | | | | 8 | 230 | 3/4 | 180 |
| | | | | 10 | 285 | 1 | 240 |
| | | | | 12 | 340 | | |

GRAMS

| OZ | G | LB |
|----|-----|-----|
| 2 | 58 | |
| 4 | 114 | |
| 6 | 170 | |
| 8 | 226 | 1/2 |
| 12 | 340 | |
| 16 | 454 | 1 |