

LIQUID MEASURES

Gallon (gal)	Quarts (qt)	Pints (pt)	Cups (c or C)	Fluid Ozs (fl oz)
1	4	8	16	128
$\frac{1}{2}$	2	4	8	64
$\frac{1}{4}$	1	2	4	32
	$\frac{1}{2}$	1	2	16
	$\frac{1}{4}$	$\frac{1}{2}$	1	8

DRY MEASURES

Cup (c or C)	Tablespoon (T or Tbl)	Teaspoon (t or tsp)	Milliliter (mL)
1	16	48	250
$\frac{3}{4}$	12	36	175
$\frac{2}{3}$	$10\frac{2}{3}$	32	150
$\frac{1}{2}$	8	24	125
$\frac{1}{3}$	$5\frac{1}{3}$	16	75
$\frac{1}{4}$	4	12	50
$\frac{1}{8}$	2	6	30
	1	3	15

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U.S.				Canadian	
Teaspoon	Tablespoon	Cup	Quart	mL	Liter
$\frac{1}{4}$				1.25	
$\frac{1}{2}$				2.5	
1				5	
	1			15	
		$\frac{1}{4}$		50	
		$\frac{1}{3}$		75	
		$\frac{1}{2}$		125	
		$\frac{2}{3}$		150	
		$\frac{3}{4}$		175	
		1		250	
			1		1

QUICK GUIDE

Cup (US)	Ounce (oz)	Pound (lb)	Grams (g)	Kilograms (kg)	Fluid Ounce (fl oz)	Milliliter (mL)
	1		28.35			
	16	1	454			
1	8		225		1	30

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