

Liquid or Volume Measures

| Unit of Measure | Equivalent Measurement | Equivalent Measurement | Equivalent Measurement | Equivalent Measurement |
|-----------------|---------------------------|------------------------------|------------------------|------------------------|
| 1 teaspoon | | 1/3 tablespoon | .3333 tablespoons | 5 ml |
| 1 tablespoon | 1/2 fluid ounce | 3 teaspoons | .5 fluid ounce | 15 ml/15 cc |
| 2 tablespoons | 1 fluid ounce | 1/8 cup/6 teaspoons | .125 cup | 30ml/30cc |
| 1/4 cup | 2 fluid ounces | 4 tablespoons | .25 cup | 59 ml |
| 1/3 cup | 2 2/3 fluid ounces | 5 tablespoons & 1 teaspoon | .333 cup | 79 ml |
| 1/2 cup | 4 fluid ounces | 8 tablespoons | .5 cup | 118 ml |
| 2/3 cup | 5 1/3 fluid ounces | 10 tablespoons & 2 teaspoons | .6667 cup | 158 ml |
| 3/4 cup | 6 fluid ounces | 12 tablespoons | .75 cup | 177 ml |
| 7/8 cup | 6 fluid ounces | 14 tablespoons | .875 cup | 207 ml |
| 1 cup | 8 fluid ounces/1/2 pint | 16 tablespoons | 1.0 cup | 237 ml |
| 2 cups | 16 fluid ounces/1 pint | 32 tablespoons | 2.0 cup | 473 ml |
| 4 cups | 32 fluid ounces | 1 quart | 4.0 cup | 946 ml |
| 1 pint | 16 fluid ounces/1 pint | 32 tablespoons | 1.0 pint | 473 ml |
| 2 pints | 32 fluid ounces | 1.0 quart | 0.946 liters | 946 ml |
| 8 pints | 1 gallon/128 fluid ounces | 4 quarts | 3.78 liters | 3785 ml |
| 4 quarts | 1 gallon/128 fluid ounces | 8 pints | 3.78 liters | 3785 ml |

1 liter

1.057 quarts

1000 ml

128 fluid ounces

1 gallon

3.78 liters

3785 ml