



Weights and Measures

MEASUREMENT	EQUIVALENT
3 teaspoons	1 Tablespoon
4 Tablespoons	1/4 cup
5-1/3 Tablespoons	1/3 cup
8 Tablespoons	1/2 cup
10-2/3 Tablespoons	2/3 cup
12 Tablespoons	3/4 cup
16 Tablespoons	1 cup
1 Tablespoon	1/2 fluid ounce
1 cup	8 fluid ounces
1 cup	1/2 pint
2 cups	1 pint
4 cups	1 quart
2 pints	1 quart
4 quarts	1 gallon