

# MEASURING EQUIVALENTS

## 1 gallon



4 quarts  
8 pints  
16 cups  
128 ounces  
3.8 liters

1 quart  
.....  
2 pints  
4 cups  
32 ounces  
.95 liters

## 1 tablespoon



3 teaspoons  
1/2 fluid ounce  
15 milliliters

## 1/4 cup

4 tablespoons  
12 teaspoons  
2 ounces  
60 milliliters

## 1 pint

2 cups  
16 ounces  
480 milliliters  
1 cup  
.....  
8 ounces  
240 milliliters