

Cooking Measurements

Abbreviations:
teaspoon = tsp
tablespoon = Tbsp
pound = lb

ounce = oz
pint =pt
quart = qt
gallon = gal

3 teaspoons = 1 tablespoon
2 tablespoons = 1/8 cup
4 tablespoons = 1/4 cup
5 Tbsp + 1 tsp = 1/3 cup
8 tablespoons = 1/2 cup
16 tablespoons = 1 cup
2 cups = 1 pint
4 cups = 1 quart
4 quarts = 1 gallon
16 ounces = 1 pound

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This material was funded by USDA's Food Stamp Program.

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