

## Quick Measure

30ml = 1 fl oz  
28.35g = 1 fl oz  
1lb = 16 oz = 454g  
2.2lb = 1kg  
2 pints - 1 quart

## Dry Measurement

1cup=16Tbsp=8tsp=250ml  
3/4cup=12Tbsp=36tsp=175ml  
2/3cup=10 2/3Tbsp=32tsp=150ml  
1/2cup=8Tbsp=24tsp=125ml  
1/3cup=5 1/3Tbsp=16tsp=75ml  
1/4cup=4Tbsp=12tsp=50ml  
1/8cup=2Tbsp=6tsp=30ml  
1Tbsp=3tsp=15ml

## Liquid Measure

128 fl oz=16cups=8pts=4qts=1 gal  
64 fl oz=8cups=4pts=2qts=1/2 gal  
32 fl oz=4cups=2pts=1qt=1/4 gal  
16 fl oz=2cups=1pt=1/2 qt  
8 fl oz=1cup=1/2pt=1/4 qt

## USA

## Canada

1/4 tsp	1.25 ml
1/2 tsp	2.5 ml
1 tsp	5 ml
1 Tbsp	15 ml
1/4 cup	50 ml
1/3 cup	75 ml
1/2 cup	125 ml
2/3 cup	150 ml
3/4 cup	175 ml
1 cup	250 ml
1 quart	1 liter

*Estimated*

# Kitchen Measures

