

Measuring Equivalents

A 1+1=2 guide to measuring.

How To

This chart can be made into a magnet or a laminated card. You can find all the necessary materials at office-supply stores.

Measuring Equivalents

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1 tablespoon	3 teaspoons
1/8 cup	2 tablespoons
1/4 cup	4 tablespoons
1/3 cup	5 tablespoons + 1 teaspoon
1/2 cup	8 tablespoons
2/3 cup	10 tablespoons + 2 teaspoons
3/4 cup	12 tablespoons
1 cup	48 teaspoons
1 cup	16 tablespoons
8 fluid ounces	1 cup
1 pint	2 cups
1 quart	2 pints
4 cups	1 quart
1 gallon	4 quarts
16 ounces	1 pound

To make measuring and weight conversion even easier, you can find a Conversion Worksheet at:
http://realcoolstore.com/downloads/Weight_Volume_Conversion.xls