

Measurement Basics at a Glance

Recipe Abbreviations

teaspoon	= Tsp or t
tablespoon	= Tbsp or T
cup	= C
pint	= Pt
quart	= Qt
gallon	= Gal
weight	= Wt
ounce	= Oz
pound	= Lb or #
fluid ounce	= Fl oz

Equivalents

1 T	= 3 tsp
1/8 cup	= 2 Tbsp
1/4 cup	= 4 Tbsp
1/2 cup	= 8 Tbsp
3/4 cup	= 12 Tbsp
1 cup	= 16 Tbsp
1 cup	= 1/2 pint



1 T	= 0.5 fl oz
1/8 cup	= 1 fl oz
1/4 cup	= 2 fl oz
1/2 cup	= 4 fl oz
3/4 cup	= 6 fl oz
1 cup	= 8 fl oz
2 cups	= 1 pint
1 quart	= 2 pint
1 gallon	= 4 quarts



Fraction to Decimal Equivalents

1/8	= 0.125
1/4	= 0.250
1/3	= 0.333
3/8	= 0.375
1/2	= 0.500
2/3	= 0.666
3/4	= 0.750

