

Kitchen Measurement Conversion Chart: A Simple Cooking Guide

Cooking and baking are a lot easier when you know your measurements. This chart helps you quickly convert common kitchen units, from teaspoons to gallons, and also shows their metric equivalents. No more guessing when a recipe calls for a different unit!

MEASUREMENT (US CUSTOMARY) ↑↓	EQUALS (OTHER US UNITS) ↑↓	EQUALS (METRIC) ↑↓
1 Teaspoon (tsp)	1/3 Tablespoon	5 milliliters (ml)
1 Tablespoon (tbsp)	3 Teaspoons, 1/2 Fluid Ounce	15 milliliters (ml)
1 Fluid Ounce (fl oz)	2 Tablespoons	30 milliliters (ml)
1/4 Cup (c)	4 Tablespoons, 2 Fluid Ounces	60 milliliters (ml)
1/3 Cup (c)	5 Tablespoons + 1 Teaspoon, ~2.67 Fluid Ounces	80 milliliters (ml)
1/2 Cup (c)	8 Tablespoons, 4 Fluid Ounces	120 milliliters (ml)
2/3 Cup (c)	10 Tablespoons + 2 Teaspoons, ~5.33 Fluid Ounces	160 milliliters (ml)
3/4 Cup (c)	12 Tablespoons, 6 Fluid Ounces	180 milliliters (ml)
1 Cup (c)	16 Tablespoons, 8 Fluid Ounces, 1/2 Pint	240 milliliters (ml)
1 Pint (pt)	2 Cups, 16 Fluid Ounces	480 milliliters (ml)
1 Quart (qt)	2 Pints, 4 Cups, 32 Fluid Ounces	960 milliliters (ml) or 0.96 Liters
1 Gallon (gal)	4 Quarts, 16 Cups, 128 Fluid Ounces	3.8 Liters (L)
1 Ounce (oz) [dry weight]	1/16 Pound	28.35 grams (g)
1 Pound (lb) [dry weight]	16 Ounces	453.6 grams (g)

14 rows