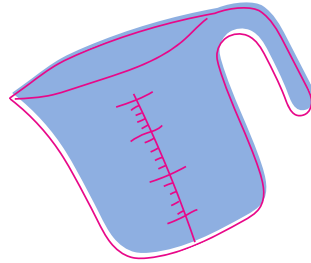


Measurement Conversions

1 quart =

- 4 cups
- 2 pints
- 32 fluid ounces

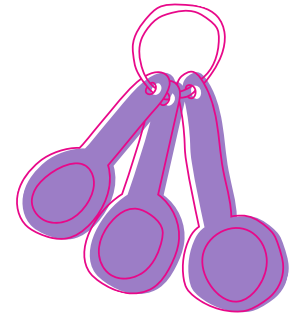


1 cup =

- 16 tablespoons
- 8 fluid ounces
- 1/2 pint

Tablespoons

- 1 tablespoon = 3 teaspoons
- 2 tablespoons = 1 fluid ounce
- 4 tablespoons = 1/4 cup
- 8 tablespoons = 1/2 cup



Helpful Measures Halved



- 3/4 cup → 6 tablespoons
- 2/3 cup → 1/3 cup
- 1/2 cup → 1/4 cup
- 1/3 cup → 2 tablespoons + 2 teaspoons
- 1/4 cup → 2 tablespoons
- 1 tablespoon → 1 1/2 teaspoons
- 1 teaspoon → 1/2 teaspoon

