



Dry

a pinch = 1/8 tablespoon

3 teaspoons = 1

tablespoon

2 tablespoons = 1/8 cup

4 tablespoons = 1/4 cup

8 tablespoons = 1/2 cup

16 tablespoons = 1 cup

2 cups = 1 pint

4 cups = 1 quart

4 quarts = 1 gallon

t=teaspoon

T = tablespoon

c = cup

pt = pint

qt = quart

gal = gallon



Liquids

1 fluid ounce = 2 tablespoons

4 fluid ounces = 1/2 cup

8 fluid ounces = 1 cup

16 fluid ounces = 1 pint

32 fluid ounces = 1 quart

16 ounces net weight = 1 pound



ltr = liter

oz = ounce

lb = pound

doz=dozen

pkg = package

env = envelope