

## MEASUREMENT CONVERSION LIST

### MEASURES

|                                  |                            |
|----------------------------------|----------------------------|
| 1 teaspoon =                     | 5 milliliters              |
| 3 teaspoons =                    | 1 Tablespoon               |
| 4 Tablespoons =                  | 1/4 cup                    |
| 5 Tablespoons and 1 teaspoon =   | 1/3 cup                    |
| 8 Tablespoons =                  | 1/2 cup = 4 liquid ounces  |
| 10 Tablespoons and 2 teaspoons = | 2/3 cup                    |
| 12 Tablespoons =                 | 3/4 cup                    |
| 16 Tablespoons =                 | 1 cup                      |
| 2 Tablespoons =                  | 1 liquid ounce             |
| 1 cup =                          | 1/2 pint = 8 liquid ounces |
| 2 cups =                         | 1 pint                     |
| 4 cups =                         | 1 quart = 32 liquid ounces |
| 4 quarts =                       | 1 gallon                   |

### EQUIVALENTS

|  |                                |
|--|--------------------------------|
| 1 lb. Sifted all-purpose flour =           | 4 cups                         |
| 1 medium lemon rind, grated =              | 1 Tablespoon                   |
| 1 medium lemon, juiced =                   | 3 Tablespoons                  |
| 4 oz. firm cheese (Cheddar, Jack, Swiss) = | 1 cup shredded, lightly packed |
| 3 oz. hard cheese (Parmesan, Romano) =     | 1/2 cup grated                 |
| 4 oz. almonds or walnut meats =            | 1 cup chopped                  |
| 28 squares saltine (soda) crackers =       | 1/4 cup crumbs                 |
| 16 squares graham crackers =               | 1 cup crumbs                   |
| 1 package dry yeast =                      | 1 Tablespoon                   |

### METRIC CONVERSIONS

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| Ounces to grams: multiply ounces by 28.3 for number of grams   |
| Grams to ounces: multiply grams by 0.0353 for number of ounces   |
| Liquid ounces to milliliters: multiply liquid ounces by 30 for number of milliliters                                   |
| Cups to liters: multiply cups by 0.24 for number of liters   |
| Pounds to grams: multiply pounds by 453.59 for number of grams   |
| Pounds to kilograms: multiply pounds by 0.45 for number of kilograms   |
| Fahrenheit to Celsius: subtract 32 from the Fahrenheit degrees, multiply by 5, then divide by 9 for degrees in Celsius |
| Celsius to Fahrenheit: multiply Celsius degrees by 9, divide by 5, then add 32 for degrees in Fahrenheit               |
| Inches to centimeters: multiply inches by 2.54 for number of centimeters   |
| Centimeters to inches: multiply centimeters by 0.39 to get number of inches  |