

Measurement Conversion Chart

Tablespoon/Teaspoon Conversion

- 3 teaspoons = 1 Tablespoon
- 1/2 Tablespoon = 1 and 1/2 teaspoons
- 1 Tablespoon = 3 teaspoons
- 1.2 teaspoon (US) = 1 teaspoon (UK)
- 1.2 Tablespoon (US) = 1 Tablespoon (UK)

Tablespoon/Cup Conversion

- 4 Tablespoons = 1/4 cup
- 5 and 1/3 Tablespoons = 1/3 cup
- 8 Tablespoons = 1/2 cup
- 10 and 2/3 Tablespoons = 2/3 cup
- 12 Tablespoons = 3/4 cup
- 16 Tablespoons = 1 cup
- 1/8 cup = 2 Tablespoons
- 1/4 cup = 4 Tablespoons
- 1/3 cup = 5 Tablespoons plus 1 teaspoon
- 1/2 cup = 8 Tablespoons
- 1 cup = 16 Tablespoons

Measurement Conversion Chart

Ounce Conversion

- 1 teaspoon = 1/6 ounce
- 1 Tablespoon = 0.5 ounce
- 2 Tablespoons = 1 fluid ounce
- 8 Tablespoons = 4 fluid ounces
- 16 Tablespoons = 8 fluid ounces
- 1/4 cup = 2 fluid ounces
- 1 cup = 8 fluid ounces

Pint/Quart Conversion

- 1 cup = 1/2 pint
- 2 cups = 1 pint
- 2 pints = 1 quart
- 4 quarts (liquid) = 1 gallon

Print on magnetic paper, cut out, and post on your refrigerator for easy access.

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