

Food Measurement Equivalents

3 teaspoons = 1 tablespoon
4 tablespoons = 1/4 cup
5 tablespoons + 1 teaspoon = 1/3 cup
8 tablespoons = 1/2 cup
12 tablespoons = 3/4 cup
16 tablespoons = 1 cup (8 ounces)
2 cups = 1 pint (16 ounces)
4 cups (2 pints) = 1 quart (32 ounces)
8 cups (4 pints) = 1/2 gallon (64 ounces)
4 quarts = 1 gallon (128 ounces)



OSU EXTENSION
4-H YOUTH DEVELOPMENT