

## Food Measurement Equivalents

3 teaspoons	1 tablespoon
2 tablespoons	1 fluid ounce
4 tablespoons	1/4 cup
5-1/3 tablespoons	1/3 cup
8 tablespoons	1/2 cup
16 tablespoons	1 cup
2 cups	1 pint
4 cups	1 quart
4 quarts	1 gallon
1/8 cup	2 tablespoons
1/3 cup	5 tablespoons + 1 teaspoon
2/3 cup	10 tablespoons + 2 teaspoon
3/4 cup	12 tablespoons