

Kitchen Measurement Abbreviations (Standard and Metric)

Abbreviation	Measurement
Tbsp, Tb, T	tablespoon
tsp, t	teaspoon
oz	ounce
fl. oz	fluid ounce
c	cup
qt	quart
pt	pint
gal	gallon
lb	pound
mL	milliliter
g	grams
kg	kilogram
l	liter

1 Cup Equals...

- 1 cup = 8 fluid ounces
- 1 cup = 16 tablespoons
- 1 cup = 48 teaspoons
- 1 cup = $\frac{1}{2}$ pint (2 cups in a pint)
- 1 cup = $\frac{1}{4}$ quart (4 cups in a quart)
- 1 cup = $\frac{1}{16}$ gallon (16 cups in a gallon)
- 1 cup = 240 ml (for metric measurements)

Dry Measurements Conversion Chart

Teaspoons	Tablespoons	Cups
3 tsp	1 tbsp	1/16 c
6 tsp	2 tbsp	1/8 c
12 tsp	4 tbsp	1/4 c
24 tsp	8 tbsp	1/2 c
36 tsp	12 tbsp	3/4 c
48 tsp	16 tbsp	1 c

Liquid Measurements Conversion Chart

Fluid Ounces	Cups	Pints	Quarts	Gallons
8 fl. oz	1 c	1/2 pt	1/4 qt	1/16 gal
16 fl. oz	2 c	1 pt	1/2 qt	1/8 gal
32 fl. oz	4 c	2 pt	1 qt	1/4 gal
64 fl. oz	8 c	4 pt	2 qt	1/2 gal
128 fl. oz	16 c	8 pt	4 qt	1 gal

Butter Measurements Chart

Sticks	Cups	Tablespoons	Ounces	Grams
1/2 stick	1/4 c	4 tbsp	2 oz	57.5 g
1 stick	1/2 c	8 tbsp	4 oz	115 g
2 sticks	1 c	16 tbsp	8 oz	230 g