Cooking Measuring Tips

LIQUID MEASURES
1 gallon = 4 quarts = 8 pints = 16 cups
2 quarts = 4 pints = 8 cups = 64 fl oz
1 quart = 2 pints = 4 cups = 32 fl oz
1 pint = 2 cups = 16 fl oz
½ pint = 1 cup = 8 fl oz

DRY MEASURES
1 cup = 16 Tbsp = 48 tsp
¾ cup = 12 Tbsp = 36 tsp
½ cup = 8 Tbsp = 24 tsp
¼ cup = 4 Tbsp = 12 tsp
1 Tablespoon = 3 teaspoon

ABBREVIATIONS
qt = quart
c = cup
T = Tbsp = tablespoon
oz = ounce
min = minute
°F = degrees Fahrenheit
gal = gallon
pt = pint
fl oz = fluid ounce
t = tsp = teaspoon
ml = milliliter
# = lb = pound