

## Teaspoons

Teaspoons	Drops	Ounces or Tablespoons	Milliliters*
¼ teaspoon	4 drop	0.05 fluid ounces	1.48 milliliters
½ teaspoon	7 drops	0.09 fluid ounce	2.66 milliliters
<b>1 teaspoon</b>	13 drops	0.17 fluid ounce	4.93 milliliters
1/2 teaspoon	30 drops	1/6 tablespoon	2.5 milliliters
1 teaspoon	60 drops	1/3 tablespoon	5 milliliters

## Tablespoons

Tablespoons	Teaspoons	Fluid Ounces	Milliliters*
1/2 tablespoon	1 1/2 teaspoons	1/4 fluid ounce	7.5 milliliters
<b>1 tablespoon</b>	3 teaspoons	1/2 fluid ounce	15 milliliters
2 tablespoons	1/8 cup	1 fluid ounce	30 milliliters
3 tablespoons	1/6 cup	1 1/2 fluid ounces	45 milliliters

## Cups

Cups	Tablespoons	Fluid Ounces	Milliliters*
1/4 cup	4 tablespoons = 12 t	2 fluid ounces	60 milliliters
1/3 cup	5 tbsp. + 1 tsp. = 16 teaspoons	2 1/3 fluid ounces	80 milliliters
3/8 cup	1/4 cup + 2 tbsp.	3 fluid ounces	90 milliliters
1/2 cup	8 tablespoons = 24 teaspoons	4 fluid ounces	120 milliliters
5/8 cup	1/2 cup + 2 tbsp.	5 fluid ounces	150 milliliters
2/3 cup	10 tbsp. + 2 tsp. = 32 t	5 1/3 fluid ounces	160 milliliters
3/4 cup	12 tablespoons	6 fluid ounces	177 milliliters
7/8 cup	3/4 cup + 2 tbsp.	7 fluid ounces	207 milliliters
1 cup	16 tablespoons = 48 t	8 fluid oz. (1/2 pint)	237 milliliters

## Pints on up

Pints	Cups	Fluid Ounces	Liters*
1 pint	2 cups	16 fluid ounces	.47 liters
1 quart	4 cups or 2 pints	32 fluid ounces	.95 liters
1 gallon	16 cups or 4 quarts	128 fluid ounces	3.8 liters