

# Cheat Sheet

## KITCHEN CONVERSIONS

### *Spoons & Cups*

TSP	TBSP	FL OZ	CUP	PINT	QUART	GALLON
3	1	1/2	1/16	1/32	●	●
6	2	1	1/8	1/16	1/32	●
12	4	2	1/4	1/8	1/16	●
18	6	3	3/8	●	●	●
24	8	4	1/2	1/4	1/8	1/32
36	12	6	3/4	●	●	●
48	16	8	1	1/2	1/4	1/16
96	32	16	3	1	1/2	1/8
●	64	32	4	2	1	1/4
●	256	128	16	8	4	1

### *Milliliters*

TSP	ML	OZ	ML	CUP	ML
1/2	2.5	2	60	1/4	60
1	5	4	115	1/2	120
		6	150	2/3	160
		8	230	3/4	180
TBSP	ML	10	285	1	240
1	15	12	340		

### *Grams*

OZ	G	LB
2	58	●
4	114	●
6	170	●
8	226	1/2
12	340	●
16	454	1