

Liquid Measurement Equivalents Quick Reference Cheat Sheet

3 teaspoons = 1 tablespoon

2 tablespoons = 1 fluid ounce

8 fluid ounces = 1 cup
16 tablespoons
1/2 pint

2 cups = 1 pint
16 fluid ounces
32 tablespoons

2 pints = 1 quart
4 cups
32 fluid ounces
64 tablespoons

2 quarts = 1/2 gallon
4 pints
8 cups
64 fluid ounces
128 tablespoons

4 quarts = 1 gallon
8 pints
16 cups
128 fluid ounces
256 tablespoons