



## Dry Measure

cups =	fluid oz. =	Tbsp. =	tsp. =	ml
1 cup	8 fluid oz.	16 Tbsp.	48 tsp.	237 ml
3/4 cup	6 fluid oz.	12 Tbsp.	36 tsp.	177 ml
2/3 cup	5 1/3 fluid oz.	10 2/3 Tbsp.	32 tsp.	158 ml
1/2 cup	4 fluid oz.	8 Tbsp.	24 tsp.	118 ml
1/3 cup	2 2/3 fluid oz.	5 1/3 Tbsp.	16 tsp.	79 ml
1/4 cup	2 fluid oz.	4 Tbsp.	12 tsp.	59 ml
1/8 cup	1 fluid oz.	2 Tbsp.	6 tsp.	30 ml
1/16 cup	1/2 fluid oz.	1 Tbsp.	3 tsp.	15 ml
1/48 cup	1/8 fluid oz.	1/3 Tbsp.	1 tsp.	5 ml

### Conversion Factors

- ounces to milliliters: multiply ounce figure by 30 to get number of milliliters
- cups to liters: multiply cup figure by 0.24 to get number of liters