

## CONVERSION TABLE FOR MEASURING PORTION SIZES

Liquid and Volume (approximate)					
Teaspoon (t)	Tablespoon (T)	Cups (c)	Pints (Pt.)	Fluid ounce (fl oz)	Millilitre (ml)
1/4 t					1 ml
1/2 t					2 ml
1 t	1/3 T				5 ml
3 t	1 T	1/16 c		1/2 fl oz	15 ml
6 t	2 T	1/8 c		1 fl oz	50 ml
12 t	4 T	1/4 c		2 fl oz	60 ml
16 t	5 1/3 T	1/3 c		2 2/3 fl oz	75 ml
24 t	8 T	1/2 c		4 fl oz	125 ml
32 t	10 2/3 T	2/3 c		5 fl oz	150 ml
36 t	12 T	3/4 c		6 fl oz	175 ml
48 t	16 T	1 c	1/2 pt	8 fl oz	237 ml
		2 c	1 pt	16 fl oz	473 ml
		3 c		24 fl oz	710 ml
		4 1/4 c		34 fl oz	946 ml

Dry or Weight (approximate)			
Ounces (oz)	Pounds (lb)	Grams (g)	Kilograms (kg)
1 oz		30 g	
2 oz		55 g	
3 oz		85 g	
4 oz	1/4 lb	125 g	
8 oz	1/2 lb	250 g	
12 oz	3/4 lb	375 g	
16 oz	1 lb	454 g	A bit less than 1/2 kg
32 oz	2 lb	907 g	A bit less than 1 kg
35 oz	2.2 lb	1000 g	1 kg