

Cooking Abbreviations and Measurements

Find an interactive conversion tool online at www.food.com/library/calc.zsp

Conversion apps are also available for your Android device or iPhone. Try “Cooking Conversions” for Android or “Convert Any Unit Free” for your iPhone.

Abbreviation	Measurement
t/tsp	teaspoon
T/Tbsp	tablespoon
fl	fluid
oz	ounce
pkg	package
C/c	cup
pt	pint
qt	quart
gal	gallon
lb	pound
sm	small
lg	large
ea/each	1 unit/piece
g	gram
Kg	kilogram
mL	millileter
dL	decaliter
L	liter

This Measurement	Equals This	Metric
Pinch or dash	less than 1/8 teaspoon	1/3 millileter
3 teaspoons	1 tablespoon	15 milliteres
2 tablespoons	1 fluid ounce	30 milliteres
4 tablespoons	1/4 cup	60 milliteres
5 Tbsp + 1 tsp	1/3 cup	78 milliteres
8 Tbsp	1/2 cup	120 milliteres
16 tablespoons	1 cup	240 milliteres
1 jigger	1-1/2 fluid ounces	44 milliteres
1 cup	8 fluid ounces	240 milliteres
2 cups	1 pint or 16 fluid ounces	480 milliteres
2 pints	1 quart	960 milliteres
16 fluid ounces	1 pint	480 milliteres
2 pints	32 fluid ounces	960 milliteres
4 quarts	128 fluid ounces	960 milliteres
4 quarts	1 gallon	~ 4 liters

