

Equivalent Measurements

TABLESPOONS	CUPS	TEASPOONS	MILLILITER
		1 teaspoon	4.9 ml
1 tablespoon	1/16 cup	3 teaspoons	15 ml
2 tablespoons	1/8 cup	6 teaspoons	
4 tablespoons	1/4 cup	12 teaspoons	60 ml
5 1/3 tablespoons	1/3 cup	16 teaspoons	79 ml
8 tablespoons	1/2 cup	24 teaspoons	118 ml
10 2/3 tablespoons	2/3 cup	32 teaspoons	
12 tablespoons	3/4 cup	36 teaspoons	
16 tablespoons	1 cup	48 teaspoons	237 ml
1/2 cup liquid	1 gill		
2 cups liquid	1 pint		
4 cups liquid	1 quart		
4 quarts liquid	1 gallon		
8 quarts	1 peck		
4 pecks	1 bushel		
16 ounces	1 pound		
32 ounces	1 quart		
1 fluid ounce	2 tablespoons		30 ml
8 fluid ounces	1 cup		237 ml
16 fluid ounces	2 cups or 1 pint		473 ml
32 fluid ounces	4 cups or 1 quart		946 ml
1.06 quarts	1 liter		1000 ml

CAN SIZE CONVERSION

CAN SIZE	CONTENTS	CUPS
8 ounce can	8 ounces	1 cup
No 1 picnic can	11 ounces	1 1/4 cups
No 300 can	14 to 16 ounces	1 3/4 cups
No 1 tall can	16 ounces	2 cups
No 303 can	16 to 17 ounces	2 cups
No 2 can	20 ounces	2 1/2 cups
No 2 1/2	27 to 29 ounces	3 1/2 cups
No 3 can	51 ounces	5 3/4 cups
No 10 can	109 ounces	12 to 13 cups