

MEASUREMENT CONVERSION CHART

CUP =	FLUID OZ =	TBSP =	TSP =	MILLILITER
1 C	8 oz	16 Tbsp	48 tsp	237 ml
3/4 C	6 oz	12 Tbsp	36 tsp	177 ml
2/3 C	5 1/3 oz	10.6 Tbsp	32 tsp	158 ml
1/2 C	4 oz	8 Tbsp	24 tsp	118 ml
1/3 C	2 2/3 oz	5.3 Tbsp	16 tsp	79 ml
1/4 C	2 oz	4 Tbsp	12 tsp	59 ml
1/8 C	1 oz	2 bsp	6 tsp	30 ml
1/16 C	1/2 oz	1 Tbsp	3 tsp	15 ml