

# MEASUREMENT CHEAT SHEET



1 TSP  
8 PINCHES  
60 DROPS



1 TBSP  
1/2 OUNCES  
3 TSP



1/4 CUP  
2 OUNCES  
4 TBSP  
12 TSP



1 CUP  
8 PINTS  
16 CUPS



1 GALLON  
4 QUARTS  
8 PINTS  
16 CUPS  
128 OUNCES



1 QUART  
2 PINTS  
4 CUPS  
32 OUNCES



1 PINT  
2 CUPS  
16 OUNCES