



## Common Household Measurement Equivalents

Measurement	Equivalent
Less than 1/8 of a teaspoon	Dash or pinch
1 1/2 teaspoon	1/2 tablespoon
3 teaspoons	1 tablespoon
2 tablespoons	1 fluid ounce
3 tablespoons	1 jigger
1/4 cup	4 tablespoons
1/4 cup	2 fluid ounces
1/3 cup	5 1/3 tablespoons
1/2 cup	8 tablespoons
1/2 cup	1/4 pint
1/2 cup	4 fluid ounces (120 ml)
2/3 cup	10 2/3 tablespoons
1 cup	16 tablespoons
1 cup	1/2 pint
1 cup	8 fluid ounces (240 ml)
2 cups	1 pint
4 cups	1 quart

