

## KITCHEN CONVERSIONS

Struggling to figure out QUARTS and CUPS??  
How do you measure when you don't have what the  
recipe asks for ?? It can be so confusing!

***Not anymore!!***

1 TABLESPOON

APPROX. 2 1/2 TEASPOON

WHAT IS A "PINCH"?

FOR MEASURING HERBS OR  
SALTS- AMOUNT GRABBED  
BETWEEN THE THUMB &  
FOREFINGER

TABLESPOONS IN A CUP?

16 TABLESPOONS IN A CUP

1 POUND- DRY

16 OUNCES-DRY

1 CUP-LIQUID

8 FLUID OUNCES

1 PINT- LIQUID

2 CUPS OR 16 OUNCES

1 QUART- LIQUID

4 CUPS OR 32 OUNCES

1 GALLON- LIQUID

4 QUARTS OR 128 OUNCES

\*\* It is important to note that you will need separate measuring cups  
designed for liquid and solid ingredient measuring. There is about a one  
ounce difference in volume between a liquid and solid cup