## Measuring your Food

Things can get a little confusing when it comes to reading and understanding
labels or deciding on portion sizes. Here are a few of the most common measurements for both dry foods and liquids. Hang this on your refrigerator or cabinet near where you prepare your meals.


1 tablespoon equals:
3 teaspoons
$1 / 2 \mathrm{fl} \mathrm{oz}$

$1 / 2$ cup equals:
8 tablespoons
24 teaspoons 4 fl oz 120 ml

1 cup equals:
8 fl oz 240 ml

## 1 pint equals:

2 cups
16 fl oz
480 ml
1 quart equals:
2 pints
4 cups
32 fl oz
Just under 1 liter

