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 teaspoon equals:

(2) ½ teaspoons 5 ml

1 tablespoon equals:

3 teaspoons 1/2 fl oz 15 ml

1/4 cup equals:

4 tablespoons 12 teaspoons 2 fl oz 60 ml

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

