

Measurement Abbreviations



Oz.	ounce
doz.	dozen
gal.	gallons
pt.	pint
qt.	quart
oz.	Ounce (s)
lb.	Pound (s)
tsp.	teaspoon
Tbsp/TN	tablespoon
C.	cup
fl oz.	Fluid ounce

METRIC	
mL	Milliliter
L	Liter
g	Gram
kg	Kilogram



LIQUID MEASUREMENTS

1 fluid ounce = 2 tablespoons

1 cup = 8 fluid ounces

1 pint = 2 cups or 16 fluid ounces

1 quart = 2 pints or 32 fluid ounces

1 gallon = 4 quarts or 128 fluid ounces



DRY MEASUREMENTS

1 tablespoon = 3 teaspoons

1/3 cup = 5 tablespoons + 1 teaspoon

1/2 cup = 8 tablespoons

cup = 16 tablespoons