### Quick Conversion Guide

#### Volume Equivalents for Liquids

- **1 Tbsp** = 3 tsp = ½ fl oz
- ¼ cup = 4 Tbsp = 2 fl oz
- 1 cup = 16 Tbsp = 8 fl oz
- 1 pint = 2 cups = 16 fl oz
- 1 quart = 2 pints = 4 cups
- ½ gallon = 2 quarts = 8 cups
- 1 gallon = 4 quarts = 16 cups

**Key**
- Tbsp = Tablespoon
- tsp = teaspoon
- fl oz = fluid ounce

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### Hawaii Child Care Nutrition Program

Spring 2009 GCC Workshops
Metric Equivalents by Weight

1 oz = 28 grams
1 pound 16 oz = 576 grams

Metric Equivalents by Volume

1 cup = 237 mL
1 quart = 946 mL
33.8 fl oz = 1 Liter

“Shopping Smart at the Grocery Mart”
Quick Conversion Guide

Hawaii Child Care Nutrition Program
Spring 2009 GCC Workshops

mL milliliters
oz ounces

*Key