



LIQUID MEASUREMENT CHEAT SHEET

It seems the older Betty gets, the more her memory disintegrates, especially when it comes to remembering liquid measurements. She spends way too much time rifling through her library of 50+ cookbooks in search of conversion rates. She finally had enough and created a handy Misfit Cheat Sheet for Liquid Measurements. She suggests printing, laminating and posting this quick reference card to your refrigerator door.

To Convert FLUID OUNCES to MILLILITERS:

1. Multiply fluid ounces by 29.5735 to determine milliliters.

To Convert MILLILITERS to FLUID OUNCES:

1. Divide milliliters by 29.58 to determine fluid ounces.

To Convert MILLILITERS to LITERS:

1. Divide milliliters by 1000 to determine liters.

LIQUID EQUIVALENCY CHART

**Metric values have been rounded*

1 teaspoon				.17 fl oz	5 ml (*Metric)
2 teaspoons				.34 fl oz	10 ml (*Metric)
3 teaspoons	1 tablespoon			.5 fl oz	15 ml (*Metric)
1/8 cup	2 tablespoons			1 fl oz	29.57 ml (*Metric)
1/4 cup				2 fl oz	59 ml (*Metric)
1/3 cup				2 2/3 fl oz	79 ml (*Metric)
1/2 cup				4 fl oz	118 ml (*Metric)
2/3 cup				5 1/3 fl oz	158 ml (*Metric)
3/4 cup				6 fl oz	177 ml (*Metric)
7/8 cup				7 fl oz	207 ml (*Metric)
1 cup	1/2 pint			8 fl oz	237 ml (*Metric)
2 cups	1 pint			16 fl oz	473 ml (*Metric)
4 cups	2 pints	1 quart		32 fl oz	946 ml (*Metric)
8 cups	4 pints	2 quarts	1/2 gallon	64 fl oz	1.9 liters (*Metric)
16 cups	8 pints	4 quarts	1 gallon	128 fl oz	3.8 liters (*Metric)
8 quarts	1 peck			256 fl oz	7.6 liters (*Metric)
4 pecks	1 bushel			1024 fl oz	30 liters (*Metric)