

U.S. Weights and Measures

1 pinch =	less than 1/8 teaspoon (dry)
1 dash =	3 drops to 1/4 teaspoon (liquid)
3 teaspoons =	1 tablespoon = 1/2 ounce (liquid and dry)
2 tablespoons =	1 ounce (liquid and dry)
4 tablespoons =	2 ounces (liquid and dry) = 1/4 cup
5 1/3 tablespoons =	1/3 cup
16 tablespoons =	8 ounces = 1 cup = 1/2 pound
16 tablespoons =	48 teaspoons
32 tablespoons =	16 ounces = 2 cups = 1 pound
64 tablespoons =	32 ounces = 1 quart = 2 pounds
1 cup =	8 ounces (liquid) = 1/2 pint
2 cups =	16 ounces (liquid) = 1 pint
4 cups =	32 ounces (liquid) = 2 pints = 1 quart
16 cups =	128 ounces (liquid) = 4 quarts = 1 gallon
1 quart =	2 pints (dry)
8 quarts =	1 peck (dry)
4 pecks =	1 bushel (dry)

Approximate Equivalents

1 quart (liquid) =	about 1 liter
8 tablespoons =	4 ounces = 1/2 cup = 1 stick butter
1 cup all-purpose pre-sifted flour =	5 ounces
1 cup stoneground yellow cornmeal =	4 1/2 ounces
1 cup granulated sugar =	8 ounces
1 cup brown sugar =	6 ounces
1 cup confectioners' sugar =	4 1/2 ounces
1 large egg =	2 ounces = 1/4 cup = 4 tablespoons
1 egg yolk =	1 tablespoon + 1 teaspoon
1 egg white =	2 tablespoons + 2 teaspoons

If you need to convert measurements into their equivalents in another system, here's how to do it:

ounces to grams:	multiply ounce figure by 28.3 to get number of grams
grams to ounces:	multiply gram figure by .0353 to get number of ounces
pounds to grams:	multiply pound figure by 453.59 to get number of grams
pounds to kilograms:	multiply pounds by 0.45 to get number of kilograms
ounces to milliliters:	multiply ounce figure by 30 to get number of milliliters
cups to liters:	multiply cup figure by 0.24 to get number of liters
Fahrenheit to Celsius:	subtract 32 from the Fahrenheit figure, multiply by 5, then divide by 9 to get Celsius figure
Celsius to Fahrenheit:	multiply Celsius figure by 9, divide by 5, then add 32 to get Fahrenheit figure
inches to centimeters:	multiply inches by 2.54 to get number of centimeters
centimeters to inches:	multiply centimeter figure by .39 to get number of inches

Cooking Equivalents and Substitutions

Spaghetti	8 ounces uncooked = 4 cups cooked
Macaroni	1 cup uncooked = 2 1/2 cups cooked
Rice	1 cup uncooked = 3 cups cooked
Crumbs	1 slice bread = 1/2 cup crumbs
Popcorn	1/4 cup unpopped = 5 cups popped
Cheese	4 ounces = 1 cup shredded
Herbs	1 teaspoon dried = 1 tablespoon fresh
1 square chocolate	3 tablespoons cocoa + 1 tablespoon butter
1 tablespoon cornstarch	2 tablespoons flour (for thickening)
1 cup buttermilk	1 cup yogurt
1 cup milk	1/2 cup evaporated milk + 1/2 cup water
1 cup sour milk	1 cup milk + 1 tablespoon lemon juice or vinegar
1 cup cake flour	1 cup all-purpose less 2 tablespoons
1 teaspoon baking powder	1/4 teaspoon baking soda + 1/2 teaspoon cream of tartar
1 cup sugar	1 cup honey (use 1/2 cup less liquid in recipe)
1 cup brown sugar	1 cup granulated sugar
1 cup oil	1/2 pound butter
1 tablespoon prepared mustard	1 teaspoon dry mustard