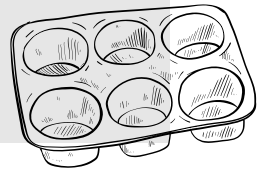
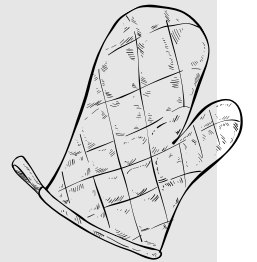
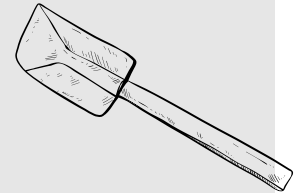
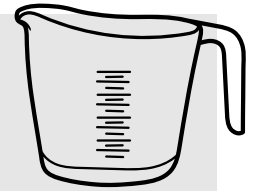


KITCHEN CONVERSIONS

Wet Measuring

- 1 tablespoon = $\frac{1}{2}$ fluid ounce = 15 mL
- 2 tablespoons = 1 fluid ounce = 30 mL
- $\frac{1}{4}$ cup = 2 fluid ounces = 59 mL
- $\frac{1}{3}$ cup = 2 $\frac{2}{3}$ fluid ounces = 79 mL
- $\frac{1}{2}$ cup = 4 fluid ounces = 118 mL
- $\frac{2}{3}$ cup = 5 $\frac{1}{3}$ fluid ounces = 158 mL
- $\frac{3}{4}$ cup = 6 fluid ounces = 177 mL
- 1 cup = 8 fluid ounces = 237 mL
- 1 $\frac{1}{2}$ cups = 12 fluid ounces = 355 mL
- 2 cups = 16 fluid ounces = 473 mL
- 3 cup = 24 fluid ounces = 700 mL
- 4 cups = 32 fluid ounces = 946 mL = 1 L
- 8 cups = 64 fluid ounces = 1893 mL = 2 L
- 1 gallon = 128 fluid ounces- 3785 mL- 4 L



Dry Measuring

- $\frac{1}{2}$ ounce = 15 grams
- 1 ounce = 30 grams
- 2 ounces = 60 grams
- 3 ounces = 85 grams
- 4 ounces = $\frac{1}{4}$ pound = 115 grams
- 8 ounces = $\frac{1}{2}$ pound = 225 grams
- 12 ounces = $\frac{3}{4}$ pound = 340 grams
- 16 ounces = 1 pound = 455 grams

