

FOOD CONVERSIONS

Mini Measurements			
Measure	Reality	Conversion	
Hint	A trace		
Drop	1/60 tsp	60 drops	1 tsp
Smidgen	1/32 tsp		
Pinch	1/24 tsp	8 pinches	1 tsp
Dash	1/16 tsp	16 dashes	1 tsp
Tad	1/8 tsp		



Fractions to Decimals	
1/16	0.060
1/8	0.125
1/4	0.250
1/3	0.330
3/8	0.375
1/2	0.500
5/8	0.625
2/3	0.660
3/4	0.750
7/8	0.875

Recipe Abbreviations	
approx.	approximate
tsp or t	teaspoon
Tbsp or T	tablespoon
c	cup
pt	pint
qt	quart
gal	gallon
wt	weight
oz	ounce
lb or #	pound (ie: #3)
g	gram
kg	kilogram
vol	volume
mL	milliliter
L	liter
fl oz	fluid ounce
No. or #	number (ie: #3)
in. or “	inches (ie: 12”)
°F	degree Fahrenheit
°C	degree Celsius or centigrade

To reach:	You need:
1 Gallon	2 half gallons
	4 quarts
	8 pints
	16 cups
1 Cup	2 half cups
	4 quarter cups
	8 eighth cups
	16 tbsp
1 Cup of Eggs	6 Small eggs
	5 Medium eggs
	5 Large eggs
	4 Ex Large eggs
	4 Jumbo eggs

Slow Cooker Conversions			
Stovetop/Oven	Low	High	
15 – 30 min	4 – 6 hrs	1 1/2 – 2 1/2 hrs	
35 – 45 min	6 – 8 hrs	3 – 4 hrs	
50 min – 2 1/2 hrs	8 – 10 hrs	4 – 6 hrs	
3+ hours	10 – 12 hrs	6 – 8 hrs	



Liquid						
Teaspoons	Tablespoons	Fluid Ounces	Cups	Pints	Quarts	Gallons
3 tsp	1 tbsp	1/2 fl oz				
6 tsp	2 tbsp	1 fl oz	1/8 cup			
12 tsp	4 tbsp	2 fl oz	1/4 cup			
15.9 tsp	5 tbsp and 1 tsp	2 2/3 fl oz	1/3 cup			
18 tsp	6 tbsp	3 fl oz	3/8 cup			
24 tsp	8 tbsp	4 fl oz	1/2 cup			
30 tsp	10 tbsp	5 fl oz	5/8 cup			
36 tsp	12 tbsp	6 fl oz	3/4 cup			
42 tsp	14 tbsp	7 fl oz	7/8 cup			
48 tsp	16 tbsp	8 fl oz	1 cup	1/2 pint		
96 tsp	32 tbsp	16 fl oz	2 cups	1 pint		
192 tsp	64 tbsp	32 fl oz	4 cups	2 pints	1 quart	
768 tsp	256 tbsp	128 fl oz	16 cups	8 pints	4 quarts	1 gallon

Verbal Measurements	
Dash/Pinch	<1/8 tsp
Splash	1 – 5 drops
Scant	Just barely, slightly less than
Heaping	Filled over the top
Level	Even with the top, filled and leveled with a straight edge

Solids		
Ounces	Cups	Pounds
1 oz	1/8 cup	1/16 lb
2 oz	1/4 cup	1/8 lb
3 oz	3/8 cup	3/16 lb
4 oz	1/2 cup	1/4 lb
6 oz	3/4 cup	1/3 lb
8 oz	1 cup	1/2 lb
12 oz	1 1/2 cup	3/4 lb
16 oz	2 cups	1 lb
32 oz	4 cups	2 lbs



	To reach:	Gallons	Quarts	Pints	Half Pints (school milk carton)	Cups	Fluid Ounces	Tablespoons	Teaspoons
Solids (dry produce)	1 Bushel (equal to 4 pecks)	8 gallons (dry produce)	32 quarts (dry produce)	64 pints (dry produce)					
	1 gallon		4 quarts	8 pints	16 half pints	16 cups	128 fl oz	256 tbsp	768 tsp
Liquids	1 quart			2 pints	8 half pints	4 cups	32 fl oz	64 tbsp	192 tsp
	1 pint				2 half pints	2 cups	16 fl oz	32 tbsp	96 tsp
	1 cup				1 half pint		8 fl oz	16 tbsp	48 tsp
	1 fl oz							2 tbsp	6 tsp
	1 tbs								3 tsp

Cutting Recipe in Half	
Recipe	Half
3/4 cup	6 tbsp
2/3 cup	1/3 cup
1/2 cup	1/4 cup
1/3 cup	2 tbsp & 2 tsp
1/4 cup	2 tbsp
1 tbsp	1 1/2 tsp
1 tsp	1/2 tsp
1/2 tsp	1/4 tsp