

Cooking Measurement Conversion Chart

Your go-to guide for teaspoons, tablespoons, cups, ounces & gallons

📊 Volume Conversions

Teaspoons (tsp)

1 tsp = 1/3 tbsp
3 tsp = 1 tbsp
48 tsp = 1 cup
768 tsp = 1 gallon

Tablespoons (tbsp)

1 tbsp = 3 tsp
16 tbsp = 1 cup
256 tbsp = 1 gallon

Cups (c)

1 cup = 16 tbsp
1 cup = 48 tsp
1 cup = 8 fl oz
16 cups = 1 gallon

Fluid Ounces (fl oz)

1 fl oz = 2 tbsp
1 fl oz = 6 tsp
8 fl oz = 1 cup
128 fl oz = 1 gallon

📋 Quick Reference: From → To

From	To	Multiply By
Teaspoons	Tablespoons	÷ 3
Tablespoons	Teaspoons	× 3
Tablespoons	Cups	÷ 16
Cups	Tablespoons	× 16
Cups	Fluid Ounces	× 8
Fluid Ounces	Cups	÷ 8

From	To	Multiply By
Gallons	Fluid Ounces	× 128

💡 Pro Tips

- 🔹 **3 tsp** = 1 tbsp
- 🔹 **8 fl oz** = 1 cup
- 🔹 **1 tbsp** fresh herbs = **1 tsp** dried
- 🔹 **16 tbsp** = 1 cup
- 🔹 **128 fl oz** = 1 gallon
- 🔹 Use **liquid cups** for fluids, **dry cups** for solids

⚖️ Common Ingredient Weights (1 Cup)

🥖 All-purpose flour: 120g / 4.2 oz

🍥 Granulated sugar: 200g / 7 oz

🧈 Butter: 227g / 8 oz

🥛 Milk: 240g / 8.5 oz

🍯 Honey: 340g / 12 oz

🟤 Brown sugar (packed): 220g / 7.7 oz

📍 FoodAtWorld.com – Your Kitchen Conversion Companion | Print this chart and keep it on your fridge!

🖨️ Print This Chart

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