

# Common Measures and Conversions

## APPENDIX



# B

1 teaspoon (tsp)		5 mL	
1 tablespoon (tbsp)	3 teaspoons	15 mL	$\frac{1}{2}$ ounce (oz)
2 tablespoons	6 teaspoons	30 mL	1 oz
$\frac{1}{2}$ cup	8 tablespoons	120 mL	4 oz
1 cup	16 tablespoons	240 mL	8 oz
1 pint	2 cups	473–480 mL	16 oz
1 quart	2 pints	960–1000 mL	32 oz
1 gallon	4 quarts	3985–4000 mL	128 oz
2.2 pounds (lbs)	1 kg		
1 pound (lb)	454 g		
1 ounce (oz)	30 g		
4 ounces (oz)	120 g		
8 ounces (oz)	240 g		
1 inch (in.)	2.54 cm		
1 grain (gr)	60–65 mg		
1 gram (g)	1000 mg	1,000,000 mcg	
1 milligram (mg)		1000 mcg	
1 liter (L)	1000 mL	1,000,000 mcL	
1 milliliter (mL)	1 cubic centimeter (cc)		

