



Equivalents Guide

Weight & Measure Equivalents

DRY MEASURE CONVERSION FACTORS	
IMPERIAL	METRIC
1/4 teaspoon	1.25 mL
1/2 teaspoon	2.5 mL
1 teaspoon	5 mL
3 teaspoons = 1 tablespoon	15 mL
4 tablespoons = 1/4 cup	60 mL
5 tablespoons = 1/3 cup	75 mL
8 tablespoons = 1/2 cup	118 mL
10 tablespoons + 2 teaspoons = 3/4 cup	180 mL
12 tablespoons = 1 cup	190 mL
1 cup = 1/2 pint	240 mL
2 cups = 1 pint	490 mL
4 cups or 2 pints = 1 quart	945 mL
4 quarts or 2 half-gallons = 1 gallon	3.8 Liters

LIQUID MEASURE & DRY WEIGHT EQUIVALENTS	
IMPERIAL	METRIC
1 fluid ounce = 1/8 cup or 2 tablespoons	30 mL
2 fluid ounces = 1/4 cup or 4 tablespoons	60 mL
4 fluid ounces = 1/2 cup or 8 tablespoons	135 mL
6 fluid ounces = 3/4 cup or 12 tablespoons	180 mL
8 fluid ounces = 1 cup or 16 tablespoons	240 mL
16 fluid ounces = 2 cups or 1 pint	490 mL
32 fluid ounces = 2 pints or 1 quart	945 mL
64 fluid ounces = 2 quarts or 1 half-gallon	2 Liters
DRY WEIGHTS	
4 ounces = 1/4 pound	113 g
8 ounces = 1/2 pound	227 g
16 ounces = 1 pound	455 g

Preserving & Jar Size Equivalents

HEADSPACE MEASUREMENT EQUIVALENTS		
IMPREIAL	METRIC MILLIMETERS	METRIC CENTIMETERS
1/4 inch	6.35 mm	0.65 cm
1/2 inch	13 mm	1.25 cm
1 inch	25 mm	2.5 cm

JAR SIZE EQUIVALENTS			
JAR SIZE	IMPERIAL FLUID OUNCE	FLUID OUNCE	METRIC MILLILITER
Half-Pint Jar	8 ounces	8 ounces	240 mL
Pint Jar	16 ounces	16 ounces	490 mL
Pint and Half Jar	24 ounces	24 ounces	710 mL
Quart Jar	32 ounces	32 ounces	945 mL

Temperature Conversions

TEMPERATURE EQUIVALENTS: FAHRENHEIT (°F) = CELSIUS (°C)																										
Fahrenheit	-10°	0°	8°	20°	32°	40°	50°	60°	70°	80°	90°	100°	120°	139°	140°	160°	179°	180°	190°	200°	212°	220°	240°	350°	375°	450°
Celsius	-23°	-18°	-13°	-6.6°	0°	4°	10°	15°	20°	27°	32°	38°	50°	60°	60°	70°	80°	80°	90°	95°	100°	105°	115°	180°	190°	230°