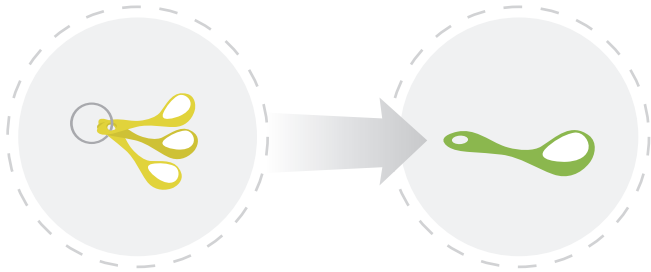


Basic Kitchen Measurements

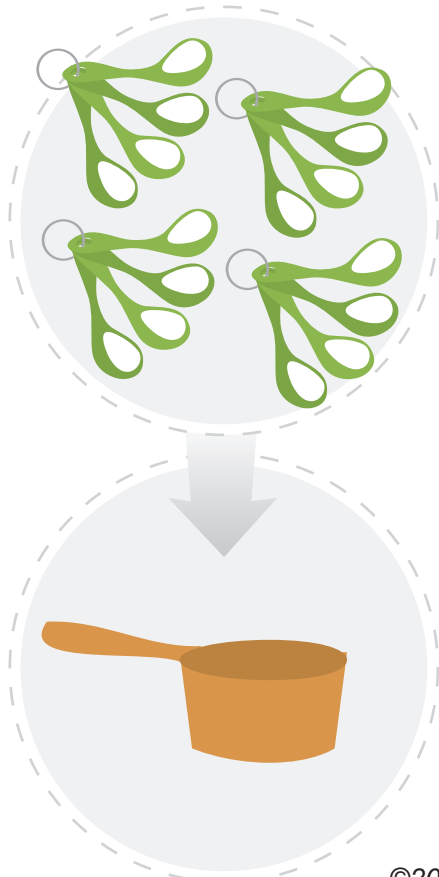
3 teaspoons = 1 Tablespoon



4 Tablespoons = 1/4 cup



16 Tablespoons = 1 cup



LIQUID MEASUREMENTS

NOTE: Technically liquid measurements are not supposed to be measured with dry measuring cups. The illustration below is simply for comparison.

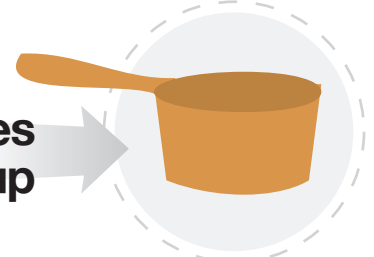
1/2 ounce



2 ounces



**8 ounces
OR 1 cup**



**16 ounces
OR 2 cups
OR 1 pint**



SYMBOL KEY

