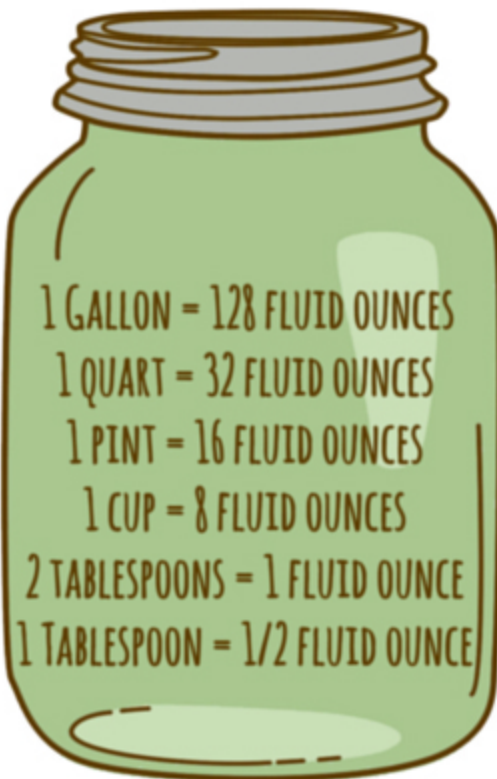




KITCHEN
MEASUREMENT
EQUIVALENTS



1 GALLON = 4 QUARTS = 8 PINTS = 16 CUPS = 256 TABLESPOONS = 768 TEASPOONS

1 CUP = 16 TABLESPOONS = 48 TEASPOON
3/4 CUP = 12 TABLESPOONS = 36 TEASPOONS
2/3 CUP = 10 TABLESPOONS + 2 TEASPOONS = 32 TEASPOONS
1/2 CUP = 8 TABLESPOONS = 24 TEASPOONS
1/3 CUP = 5 TABLESPOONS + 1 TEASPOON = 16 TEASPOONS
1/4 CUP = 4 TABLESPOONS = 12 TEASPOONS
1 TABLESPOON = 3 TEASPOONS