### Liquid Fluid or Volume
- $\frac{1}{8}$ teaspoon = 0.5 mL
- $\frac{1}{4}$ teaspoon = 1.2 mL
- $\frac{1}{2}$ teaspoon = 2.5 mL
- $\frac{3}{4}$ teaspoon = 3.7 mL
- 1 teaspoon = $\frac{1}{3}$ tablespoon = 5 mL
- 1 tablespoon = $\frac{1}{2}$ fluid ounce = 3 teaspoons = 15 mL
- $\frac{1}{8}$ cup = 1 fluid ounce = 2 tablespoons = 6 teaspoons = 30 mL
- $\frac{1}{4}$ cup = 2 fluid ounces = 4 tablespoons = 59 mL
- $\frac{1}{3}$ cup = 2 $\frac{2}{3}$ fluid ounces = 5 tablespoons + 1 teaspoon = 79 mL
- $\frac{1}{2}$ cup = 4 fluid ounces = 8 tablespoons = 118 mL
- $\frac{2}{3}$ cup = 5 $\frac{1}{3}$ fluid ounces = 10 tablespoons + 2 teaspoons = 158 mL
- $\frac{3}{4}$ cup = 6 fluid ounces = 12 tablespoons = 177 mL
- 1 cup = 8 fluid ounces = $\frac{1}{2}$ pint = 16 tablespoons = 237 mL
- 1 $\frac{1}{2}$ cups = 12 fluid ounces = 24 tablespoons = 355 mL
- 2 cups = 16 fluid ounces = 1 pint = 32 tablespoons = 474 mL
- 3 cups = 24 fluid ounces = 1.5 pints = 38 tablespoons = 700 mL
- 4 cups = 32 fluid ounces = 1 quart = 54 tablespoons = 946 mL = 1 L
- 8 cups = 64 fluid ounces = $\frac{1}{2}$ gallon = 108 tablespoons = 1,892 mL = 2 L
- 1 gallon = 128 fluid ounces = 8 pints = 4 quarts = 216 tablespoons = 3785 mL = 4 L

### Dry Weight Conversions
- $\frac{1}{8}$ ounce = 3.75 grams
- $\frac{1}{4}$ ounce = 7.5 grams
- $\frac{1}{2}$ ounce = 15 grams
- 1 ounce = 30 grams
- 2 ounces = 60 grams
- 3 ounces = 85 grams
- 4 ounces = $\frac{1}{4}$ pound = 115 grams
- 8 ounces = $\frac{1}{2}$ pound = 225 grams
- 12 ounces = $\frac{3}{4}$ pound = 340 grams
- 16 ounces = 1 pound = 455 grams

### General Baking Conversions
- 3 teaspoons = 1 tbsp
- $\frac{1}{8}$ cup = 2 tbsp
- $\frac{1}{4}$ cup = 4 tbsp
- $\frac{1}{3}$ cup = 5 $\frac{1}{3}$ tbsp
- 1/2 cup = 8 tbsp = 1 stick butter
- $\frac{3}{4}$ cup = 12 tbsp
- 1 cup = 16 tbsp
- 2 cups = 32 tbsp
- 4 cups = 64 tbsp