

Kitchen Measuring Guide



Use a **liquid measuring cup** to measure liquids. Set the cup on a flat surface. Fill to the measurement needed by looking at the cup from eye level.



Use a **dry measuring cup** for dry ingredients. Use the size of cup that holds exactly the amount you need. Fill it to just above the rim and level it off with the straight edge of a knife.



Use **measuring spoons** for small amounts of liquids or dry ingredients. Fill level with the top of the spoon.

Use the fewest number of measurements possible for best accuracy.

3 teaspoons = 1 Tablespoon

4 Tablespoons = 1/4 cup

5 Tablespoons + 1 teaspoon = 1/3 cup

16 Tablespoons = 1 cup = 8 fluid ounces = 1/2 pint

2 cups = 1 pint

16 ounces (weight) = 1 pound

2 pints = 1 quart



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