



# The Goldring Center for Culinary Medicine

TULANE UNIVERSITY

## Cooking Abbreviations and Measurements

Find an interactive conversion tool online at [www.food.com/library/calc.zsp](http://www.food.com/library/calc.zsp)

Conversion apps are also available for your Android device or iPhone. Try “Cooking Conversions” for Android or “Convert Any Unit Free” for your iPhone.



Abbreviation	Measurement
t/tsp	teaspoon
T/Tbsp	tablespoon
fl	fluid
oz	ounce
pkg	package
C/c	cup
pt	pint
qt	quart
gal	gallon
lb	pound
sm	small
lg	large
ea/each	1 unit/piece

This Measurement	Equals This Measurement
Pinch or dash	less than 1/8 teaspoon
3 teaspoons	1 tablespoon
2 tablespoons	1 fluid ounce
4 tablespoons	¼ cup
5 Tbsp + 1 tsp	1/3 cup
8 Tbsp	½ cup
16 tablespoons	1 cup
1 jigger	1-1/2 fluid ounces
1 cup	8 fluid ounces
2 cups	1 pint or 16 fluid ounces
2 pints	1 quart or 32 fluid ounces
4 quarts	1 gallon or 64 fluid ounces
16 ounces	1 pound/pint