

# APPENDIX B

## *Resource Tables*

**Weight and Volume Conversions**

**Teaspoons to Tablespoons**

3 tsp = 1 Tbsp  
 1½ tsp = ½ Tbsp  
 1 tsp = ⅓ Tbsp

**Tablespoons to Cups**

16 Tbsp = 1 cup  
 12 Tbsp = ¾ cup  
 10⅔ Tbsp = ⅔ cup  
 8 Tbsp = ½ cup  
 5⅓ Tbsp = ⅓ cup  
 4 Tbsp = ¼ cup  
 2 Tbsp = ⅛ cup  
 1 Tbsp = ⅙ cup

**Ounces to Pounds**

16 oz = 1 lb (1.000 lb)  
 14 oz = 7⁄8 lb (0.875 lb)  
 12 oz = ¾ lb (0.750 lb)  
 10⅔ oz = ⅔ lb (0.667 lb)  
 10 oz = 5⁄8 lb (0.625 lb)  
 8 oz = ½ lb (0.500 lb)  
 6 oz = ¾ lb (0.375 lb)  
 5⅓ oz = ⅓ lb (0.333 lb)  
 4 oz = ¼ lb (0.250 lb)  
 2 oz = ⅛ lb (0.125 lb)  
 1 oz = ⅙ lb (0.063 lb)

**Cups to Quarts**

4 cups = 1 qt  
 3 cups = ¾ qt  
 2 cups = ½ qt  
 1 cup = ¼ qt

**Quarts to Gallons**

4 qt = 1 gal  
 3 qt = ¾ gal  
 2 qt = ½ gal  
 1 qt = ¼ gal

**Fluid Ounces to Volume Measure**

½ fl oz = 1 Tbsp  
 2 fl oz = ¼ cup  
 2.65 fl oz = ⅓ cup  
 4 fl oz = ½ cup  
 5.36 fl oz = ⅔ cup  
 6 fl oz = ¾ cup  
 8 fl oz = 1 cup  
 16 fl oz = 1 pt  
 32 fl oz = 1 qt  
 64 fl oz = 2 qt or ½ gal  
 96 fl oz = 3 qt or ¾ gal  
 128 fl oz = 1 gal

**Abbreviations Used in Standardized Recipes**

Measurement	Abbreviation
teaspoon	tsp
tablespoon	Tbsp
cup	cup
quart	qt
gallon	gal
ounce	oz
pound	lb
fluid ounces	fl oz

Source: USDA, FNS, Child Nutrition Programs, Alexandria, VA

Adapted from *USDA Quantity Recipes for School Foodservice, 1988*