

U.S. CONVERSIONS							
UNITS	GALLON	QUART	PINT	CUP	FLUID OUNCE	TABLESPOON	TEASPOON
1 Gal	1	4	8	16	128	256	768
1 qt	$\frac{1}{4}$	1	2	4	32	64	192
1 pt	$\frac{1}{8}$	$\frac{1}{2}$	1	2	16	32	96
1 cup	$\frac{1}{16}$	$\frac{1}{4}$	$\frac{1}{2}$	1	8	16	48
1 fl oz	$\frac{1}{128}$	$\frac{1}{32}$	$\frac{1}{16}$	$\frac{1}{8}$	1	2	6
1 Tbsp	$\frac{1}{256}$	$\frac{1}{256}$	$\frac{1}{32}$	$\frac{1}{16}$	$\frac{1}{2}$	1	3
1 tsp	$\frac{1}{768}$	$\frac{1}{192}$	$\frac{1}{96}$	$\frac{1}{48}$	$\frac{1}{6}$	$\frac{1}{3}$	1

METRIC CONVERSIONS			
UNITS	LITERS	CENTILITERS	MILLILITERS
1 L	1	100	1000
1 cl	$\frac{1}{100}$	1	10
1 ml	$\frac{1}{1000}$	$\frac{1}{10}$	1

U.S. to METRIC CONVERSIONS			
UNITS	LITERS	CENTILITERS	MILLILITERS
1 Gal	3.785	378.540	3785.400
1 qt	0.946	94.635	946.350
1 pt	0.473	47.318	473.176
1 cup	0.237	23.659	236.588
1 fl oz	0.029	2.957	29.573
1 Tbsp	0.015	1.479	14.789
1 tsp	0.005	0.493	4.929

METRIC to U.S. CONVERSIONS							
UNITS	GALLON	QUART	PINT	CUP	FLUID OUNCE	TABLESPOON	TEASPOON
1 L	0.264	1.057	2.113	4.227	33.814	67.616	202.848
1 cl	0.026	0.105	0.211	0.423	3.381	6.762	20.285
1 ml	0.003	0.001	0.002	0.004	0.034	0.068	2.028

ABBREVIATIONS		
milliliter	=	ml
centiliter	=	cl
liter	=	L
fluid ounce	=	fl oz
pint	=	pt
quart	=	qt
gallon	=	Gal
teaspoon	=	tsp
tablespoon	=	Tbsp
cup	=	cup