

Liquid Measurements

Gallons	Quarts	Pints	Cups	Fluid ounces
1 gal	4 qt	8 pt	16 cup	128 fl oz
$\frac{1}{2}$ gal	2 qt	4 pt	8 cup	64 fl oz
$\frac{1}{4}$ gal	1 qt	2 pt	4 cup	32 fl oz
$\frac{1}{8}$ gal	$\frac{1}{2}$ qt	1 pt	2 cup	16 fl oz
$\frac{1}{16}$ gal	$\frac{1}{4}$ qt	$\frac{1}{2}$ pt	1 cup	8 fl oz

Dry Measurements

Cups	Tablespoons	Teaspoons
1 cup	16 tbsp	48 tsp
$\frac{3}{4}$ cup	12 tbsp	36 tsp
$\frac{2}{3}$ cup	$10\frac{2}{3}$ tbsp	32 tsp
$\frac{1}{2}$ cup	8 tbsp	24 tsp
$\frac{1}{3}$ cup	$5\frac{1}{3}$ tbsp	16 tsp
$\frac{1}{4}$ cup	4 tbsp	12 tsp
$\frac{1}{8}$ cup	2 tbsp	6 tsp
$\frac{1}{16}$ cup	1 tbsp	3 pt

How to calculate ingredient density

Each ingredient is unique, and so is its ingredient density. To convert measurements from grams to cups, you need to understand the importance of ingredient density. To find out what the ingredient density of an item is, you need to divide the mass of the object by its volume.

Ingredients	 Wheat Flour	 Milk	 Sugar	 Salt	 Butter
Density (Grams)	0.58g	1.03g	0.95g	1.28g	0.91g

Butter

This is an essential ingredient in many dishes, but especially for baking.

Cups <small>(cup)</small>	1/4	1/3	1/2	2/3	3/4	1
Grams <small>(g)</small>	57	76	113	151	170	227
Ounces <small>(oz)</small>	2	2.7	4	5.3	6	8

Milk

This conversion chart features whole milk. If you're looking for recipes to put these conversion charts to use, check out our [15 Delicious Low-Carb Breakfast Ideas to Try](#).

Cups <small>(cup)</small>	1/4	1/3	1/2	2/3	3/4	1
Grams <small>(g)</small>	62	83	125	166	187	249

Flour

Different types of flour have varying densities, and this conversion chart is based on all-purpose flour. For example, two and a half cups of flour convert to approximately 313 grams, highlighting the importance of understanding ingredient density and measurement standards.

Cups (cup)	1/4	1/3	1/2	2/3	3/4	1
Grams (g)	31	42	63	83	94	125
Ounces (oz)	1.1	1.5	2.2	3	3.3	4.4

Sugar

For this chart, the type of white sugar featured is of granulated nature.

Note that brown sugar is a bit heavier than white sugar (1 cup of brown sugar = 213g). However, in your baking recipes, you can replace white sugar with brown sugar in equal amounts.

Cups (cup)	1/4	1/3	1/2	2/3	3/4	1
Grams (g)	50	67	100	134	150	200
Ounces (oz)	1.8	2.4	3.6	4.7	5.3	7.1

Liquid sweeteners

This conversion chart for liquid sweeteners includes natural and artificial sweeteners like honey, syrup, and molasses.

Cups (cup)	1/4	1/3	1/2	2/3	3/4	1
Grams (g)	85	113	170	227	255	340
Ounces (oz)	3	4	6	8	9	12

Rice

The rice density taken into account for this conversion chart is uncooked, long-grain white rice.

Cups (cup)	1/4	1/3	1/2	2/3	3/4	1
Grams (g)	46	62	93	123	139	185
Ounces (oz)	1.6	2.2	3.3	4.3	4.9	6.5