

CHARTS & TABLES

COOKING MEASUREMENTS

3 teaspoons = 1 tablespoon

4 tablespoon = 1/4 cup

8 tablespoon = 1/2 cup

16 tablespoon = 1 cup

1 cup = 8 fluid ounces

2 cups = 1 pint

4 cups = 1 quart

4 quarts = 1 gallon

8 quarts = 1 peck (dry)

16 ounces = 1 pound

2 cups of sugar = 1 lb.

2 cups of fat = 1 lb.

1 lb of butter = 4 sticks

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ABBREVIATIONS

tablespoon = T.

teaspoon = tsp.

pound = lb.

ounce = oz.

package = pkg.

gallon = gal.

pints = pt.

dozen = doz.

large = lg.

small = sm.

WEIGHT:

1 ounce = 28 grams

1/2 pound = 225 grams

3/4 pound = 340 grams

1 pound = 450 grams

1 1/2 pounds = 675 grams

2 pounds = 900 grams

TEMPERATURE

Fahrenheit	Celsius	
-10	-23.0	
0	-17.8	
10	-12.2	
20	-6.7	
30	-1.1	
32	0	Freezing
40	4.4	
50	10	
60	15.6	
70	21.1	

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80	26.7	
90	32.2	
100	37.8	
212	100	Boiling

STATES ABBREVIATIONS

AL	ALABAMA
AK	ALASKA
AZ	ARIZONA
AR	ARKANSAS
CA	CALIFORNIA
CO	COLORADO
CT	CONNECTICUT
DE	DELAWARE
DC	DISTRICT OF COLUMBIA
FL	FLORIDA
GA	GEORGIA

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HI	HAWAII
ID	IDAHO
IL	ILLINOIS
IN	INDIANA
IA	IOWA
KS	KANSAS
KY	KENTUCKY
LA	LOUISIANA
ME	MAINE
MD	MARYLAND
MA	MASSACHUSETTS
MI	MICHIGAN
MN	MINNESOTA
MS	MISSISSIPPI
MO	MISSOURI
MT	MONTANA
NE	NEBRASKA

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NV	NEVADA
NH	NEW HAMPSHIRE
NJ	NEW JERSEY
NM	NEW MEXICO
NY	NEW YORK
NC	NORTH CAROLINA
ND	NORTH DAKOTA
OH	OHIO
OK	OKLAHOMA
OR	OREGON
PA	PENNSYLVANIA
PR	PUERTO RICO
RI	RHODE ISLAND
SC	SOUTH CAROLINA
SD	SOUTH DAKOTA
TN	TENNESSEE
TX	TEXAS

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UT	UTAH
VT	VERMONT
VA	VIRGINIA
WA	WASHINGTON
WV	WEST VIRGINIA
WI	WISCONSIN
WY	WYOMING