



American
Heart
Association.



Conversion Chart

for the Kitchen

VOLUME MEASUREMENT CONVERSIONS

Cups	Tablespoons	Teaspoons	Milliliters
1/16 cup	1 tbsp	3 tsp	15 ml
1/8 cup	2 tbsp	6 tsp	30 ml
1/4 cup	4 tbsp	12 tsp	60 ml
1/3 cup	5 1/3 tbsp	16 tsp	80 ml
1/2 cup	8 tbsp	24 tsp	120 ml
2/3 cup	10 2/3 tbsp	32 tsp	160 ml
3/4 cup	12 tbsp	36 tsp	180 ml
1 cup	16 tbsp	48 tsp	240 ml

