

RECIPE ABBREVIATIONS

ABBREVIATION	MEANING
#	number
°F	degree Fahrenheit
°C	degree Celsius or centigrade
approx	approximate
AP	as purchased
c	cup
CCP	critical control point
cyl	cylinder
CND	canned
DC	distributor's choice
DC/USDA	distributor's choice/ USDA Foods
EP	edible portion
fl oz	fluid ounce
FZN	frozen
gal	gallon
g	gram
HACCP	hazard analysis critical control point
in. or "	inches
kg	kilogram
lb	pound
L	liter
Low NA or LS	low sodium
mL	milliliter
oz	ounce
oz eq	ounce equivalent
pkg	package
pt	pint
qt	quart
T or Tbsp	tablespoon
t or tsp	teaspoon
USDA	USDA Foods
vac	vacuum
vol	volume
WG	whole grain
WGR	whole grain rich
wt	weight



WEIGHT EQUIVALENTS

16 oz = 1 lb = 1.000 lb
12 oz = 3/4 lb = 0.750 lb
8 oz = 1/2 lb = 0.500 lb
4 oz = 1/4 lb = 0.250 lb
1 oz = 1/16 lb = 0.063 lb



VOLUME EQUIVALENTS

60 drops = 1 tsp
1 Tbsp = 3 tsp = 0.5 fl oz
1/8 cup = 2 Tbsp = 1 fl oz
1/4 cup = 4 Tbsp = 2 fl oz
1/3 cup = 5 1/3 Tbsp = 2.65 fl oz
3/8 cup = 6 Tbsp = 3 fl oz
1/2 cup = 8 Tbsp = 4 fl oz
5/8 cup = 10 Tbsp = 5 fl oz
2/3 cup = 10 2/3 Tbsp = 5.3 fl oz
3/4 cup = 12 Tbsp = 6 fl oz
7/8 cup = 14 Tbsp = 7 fl oz
1 cup = 16 Tbsp = 8 fl oz
1/2 pint = 1 cup = 8 fl oz
1 pint = 2 cups = 16 fl oz
1 quart = 2 pt = 32 fl oz
1 gallon = 4 qt = 128 fl oz

TEASPOONS (t) TO TABLESPOONS (T)

1 t = 1/3T = .333 T
1 1/2 t = 1/2T = .500 T
2 t = 2/3T = .666 T
3 t = 1T = 1.000 T

CUPS TO PINTS TO QUARTS

1 c = 1/2 pt = .500 pt
2 c = 1 pt = 1 pt
4 c = 2 pt = 1 qt

FRACTION TO DECIMAL EQUIVALENTS

1/8 = 0.125
1/4 = 0.250
1/3 = 0.333
3/8 = 0.375
1/2 = 0.500
5/8 = 0.625
2/3 = 0.666
3/4 = 0.750
7/8 = 0.875

METRIC EQUIVALENTS BY WEIGHT

CUSTOMARY UNIT	METRIC UNIT
OUNCES (oz)	GRAMS (g)
1 oz = 28 g	
4 oz = 113 g	
8 oz = 227 g	
16 oz = 454 g	
POUNDS (lb)	GRAMS (g)
1 lb = 454 g	
2 lb = 907.2 g	
POUNDS (lb)	KILOGRAMS (kg)
2.2 lb = 1 kg (1000g)	

METRIC EQUIVALENTS BY VOLUME

CUSTOMARY UNIT (FL OZ)	METRIC UNIT
1 cup (8 fl oz) = 237 mL	
1 quart (32 fl oz) = 946.36 mL	
1.5 quarts (48 fl oz) = 1.42 L	
1.05 qt (33.818 fl oz) = 1.0 L	

COMMON MEASURES

TABLESPOONS (T) TO CUPS (C) TO FLUID OUNCES (FL OZ)

1 T =	1/16 c =	.063 c =	0.5 fl oz
1 T + 1 t =		.083 c	
2 T =	1/8 c =	.125 c =	1.0 fl oz
3 T =		.188 c =	1.5 fl oz
4 T =	1/4 c =	.250 c =	2.0 fl oz
5 T =		.313 c =	2.5 fl oz
5 T + 1 t =	1/3 c =	.333 c	
6 T =	3/8 c =	.375 c =	3.0 fl oz
7 T =		.438 c =	3.5 fl oz
8 T =	1/2 c =	.500 c =	4.0 fl oz
9 T =		.563 c =	4.5 fl oz
10 T =	5/8 c =	.625 c =	5.0 fl oz
10 T + 2 t =	2/3 c =	.666 c	
11 T =		.688 c =	5.5 fl oz
12 T =	3/4 c =	.750 c =	6.0 fl oz
13 T =		.813 c =	6.5 fl oz
14 T =	7/8 c =	.875 c =	7.0 fl oz
15 T =		.938 c =	7.5 fl oz
16 T =	1 c =	1.00 c =	8.0 fl oz

QUARTS (QT) TO GALLONS (GAL) TO FLUID OUNCES (FL OZ)

Note: 16 c = 4 qt = 1 gal = 128 fl oz

1 1/4 qt =		.313 gal =	40 fl oz
1 1/3 qt =	1/3 gal =	.333 gal	
1 1/2 qt =		.375 gal =	48 fl oz
1 3/4 qt =		.438 gal =	56 fl oz
2 qt =	1/2 gal =	.500 gal =	64 fl oz
2 1/4 qt =		.563 gal =	72 fl oz
2 1/2 qt =	5/8 gal =	.625 gal =	80 fl oz
2 2/3 qt =	2/3 gal =	.666 gal	
2 3/4 qt =		.688 gal =	88 fl oz
3 qt =	3/4 gal =	.750 gal =	96 fl oz
3 1/4 qt =		.813 gal =	104 fl oz
3 1/2 qt =	7/8 gal =	.875 gal =	112 fl oz
3 3/4 qt =		.938 gal =	120 fl oz
4 qt =	1 gal =	1.000 gal =	128 fl oz

CUPS (C) TO QUARTS (QT) TO FLUID OUNCES (FL OZ)

Note: 4 c = 1 qt = 32 fl oz

1/4 c =	1/16 qt =	.063 qt =	2 fl oz
1/2 c =	1/8 qt =	.125 qt =	4 fl oz
3/4 c =		.188 qt =	6 fl oz
1 c =	1/4 qt =	.250 qt =	8 fl oz
1 1/4 c =		.313 qt =	10 fl oz
1 1/3 c =	1/3 qt =	.333 qt	
1 1/2 c =	3/8 qt =	.375 qt =	12 fl oz
1 3/4 c =		.438 qt =	14 fl oz
2 c =	1/2 qt =	.500 qt =	16 fl oz
2 1/4 c =		.563 qt =	18 fl oz
2 1/2 c =	5/8 qt =	.625 qt =	20 fl oz
2 2/3 c =	2/3 qt =	.666 qt	
2 3/4 c =		.688 qt =	22 fl oz
3 c =	3/4 qt =	.750 qt =	24 fl oz
3 1/4 c =		.813 qt =	26 fl oz
3 1/2 c =	7/8 qt =	.875 qt =	28 fl oz
3 3/4 c =		.938 qt =	30 fl oz
4 c =	1 qt =	1.00 qt =	32 fl oz

OUNCES (OZ) TO POUNDS (LB)

Note: 16 oz = 1 lb

1 oz =	1/16 lb =	.063 lb
2 oz =	1/8 lb =	.125 lb
3 oz =		.188 lb
4 oz =	1/4 lb =	.250 lb
5 oz =		.313 lb
5 1/3 oz =	1/3 lb =	.333 lb
6 oz =	3/8 lb =	.375 lb
7 oz =		.438 lb
8 oz =	1/2 lb =	.500 lb
9 oz =		.563 lb
10 oz =	5/8 lb =	.625 lb
10 2/3 oz =	2/3 lb =	.666 lb
11 oz =		.688 lb
12 oz =	3/4 lb =	.750 lb
13 oz =		.813 lb
14 oz =	7/8 lb =	.875 lb
15 oz =		.938 lb
16 oz =	1 lb =	1.000 lb