

## 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
<b>OUNCES (oz)</b>	<b>GRAMS (g)</b>
1 oz = 28 g	
4 oz = 113 g	
8 oz = 227 g	
16 oz = 454 g	
<b>POUNDS (lb)</b>	<b>GRAMS (g)</b>
1 lb = 454 g	
2 lb = 907.2 g	
<b>POUNDS (lb)</b>	<b>KILOGRAMS (kg)</b>
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)

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