

# KITCHEN CONVERSION TABLES

## KITCHEN ABBREVIATIONS: SKRÓTY KUCHENNE:

Abbreviation	Measurement	Abbreviation	Measurement
° C	Celsius Centigrade	l	liter
° F	Fahrenheit	lb	pound
c.	cup	mil.	milliliter
doz.	dozen	min.	minute or minutes
fl. oz.	fluid ounce	oz	ounce or ounces
g.	gram	pt	pint
gal.	gallon	qt	quart
gms.	grams	sq.	square
hr	hour or hours	tbsp or Tbsp or T	tablespoon
kil. or kg	kilogram	tsp or t	teaspoon

### DRY OR WEIGHT MEASUREMENTS - approximate (Miary produktów suchych / wagi – przybliżone )

1 ounce		30 grams (28.35 g)
2 ounces		55 grams
3 ounces		85 grams
4 ounces	1/4 pound	125 grams
8 ounces	1/2 pound	240 grams
12 ounces	3/4 pound	375 grams
16 ounces	1 pound	454 grams
32 ounces	2 pounds	907 grams
1 kilogram	2.2 pounds/ 35.2 ounces	1000 gram

**LIQUID OR VOLUME MEASURES - approximate**  
(Miary płynów / objętości – przybliżone )

<b>1 teaspoon</b>		1/3 tablespoon	5 ml
<b>1 tablespoon</b>	1/2 fluid ounce	3 teaspoons	15 ml 15 cc
2 tablespoons	<b>1 fluid ounce</b>	1/8 cup, 6 teaspoons	30 ml, 30 cc
1/4 cup	2 fluid ounces	4 tablespoons	59 ml
1/3 cup	2 2/3 fluid ounces	5 tablespoons & 1 teaspoon	79 ml
1/2 cup	4 fluid ounces	8 tablespoons	118 ml
2/3 cup	5 1/3 fluid ounces	10 tablespoons & 2 teaspoons	158 ml
3/4 cup	6 fluid ounces	12 tablespoons	177 ml
7/8 cup	7 fluid ounces	14 tablespoons	207 ml
<b>1 cup</b>	8 fluid ounces/ 1/2 pint	16 tablespoons	237 ml
2 cups	16 fluid ounces/ 1 pint	32 tablespoons	473 ml
4 cups	32 fluid ounces	1 quart	946 ml
<b>1 pint</b>	<b>16 fluid ounces/ 1 pint</b>	<b>32 tablespoons</b>	<b>473 ml</b>
<b>2 pints</b>	<b>32 fluid ounces</b>	<b>1 quart</b>	<b>946 ml 0.946 liters</b>
<b>8 pints</b>	<b>1 gallon/128 fluid ounces</b>	<b>4 quarts</b>	<b>3785 ml 3.78 liters</b>
4 quarts	1 gallon/128 fluid ounces	1 gallon	3785 ml 3.78 liters
<b>1 liter</b>	1.057 quarts		1000 ml
128 fluid ounces	1 gallon	4 quarts	3785 ml 3.78 liters