



## Conversion table for volumes

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By: Anton Mac Donald

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**Volumes.**

Note: American and British,cup,pint and quart measures are not the same.Check your measuring jug !

The standard metric measures are used. Do not use household cutlery and crockery for measurements in baking.

Comparative Measures	British Fl.oz	Metric MI	American Fl.oz	Metric MI	South African Metric ml
Teaspoon (tsp)	no standard		5	5	5
Tablespoon (tbsp)	½	14	½	15	15
Cup	10	284	8	236	250
Pint	20	536	16	473	
Quart	40	1136	32	946	

1 Litre ( 1 lt ) = 1000 ml = 3½ British cups = 4 metric cups.