### Recipe Abbreviations
- **wt** = weight
- **gal** = gallon
- **qt** = quart
- **pt** = pint
- **°C** = degree Celsius
- **°F** = degree Fahrenheit
- **g** = gram
- **c** = cup
- **Tbsp** or **T** = tablespoon
- **tsp** or **t** = teaspoon
- **mL** = milliliter
- **vol** = volume
- **kg** = kilogram

### Volume Equivalents

**For Liquids**
- 4 oz = 1/4 lb = 0.250 lb
- 8 oz = 1/2 lb = 0.500 lb
- 16 oz = 1 lb = 1.000 lb
- 1 gallon = 4 qt = 128 fl oz
- 1 quart = 2 pt = 32 fl oz
- 1 cup = 16 Tbsp = 8 fl oz
- 7/8 cup = 14 Tbsp = 7 fl oz
- 3/4 cup = 12 Tbsp = 6 fl oz
- 5/8 cup = 10 Tbsp = 5 fl oz
- 1/2 cup = 8 Tbsp = 4 fl oz
- 1/3 cup = 5 Tbsp + 1 tsp = 2.65 fl oz
- 1/4 cup = 4 Tbsp = 2 fl oz
- 1/8 cup = 2 Tbsp = 1 fl oz
- 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 Tbsp + 1 tsp = 2.65 fl oz
- 3/8 cup = 2 oz = 0.500 lb
- 3/4 cup = 2 oz = 1 lb
- 1 cup = 8 oz = 1/2 cup
- 1/2 pint = 1 cup = 8 oz
- 1 pint = 2 cups = 16 oz
- 1 quart = 2 pt = 32 oz
- 1 gallon = 4 qt = 128 oz

### Equivalent Weights
| 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 |

### Fraction to Decimal Equivalents
- 1/8 = 0.125
- 1/4 = 0.250
- 1/2 = 0.500
- 3/8 = 0.375
- 3/4 = 0.750
- 7/8 = 0.875

### Metric Equivalents by Weight

**Customary Unit (avoirdupois)** | **Metric Unit**
--- | ---
1 oz | 28.35 g
4 oz | 113.4 g
8 oz | 226.8 g
16 oz | 453.6 g

**Pounds (lb)** | **Grams (g)**
--- | ---
1 lb | 453.6 g
2 lb | 907.2 g

### Metric Equivalents by Volume

**Customary Unit (fl oz)** | **Metric Unit**
--- | ---
1 cup (8 fl oz) | 236.59 mL
1 quart (32 fl oz) | 946.36 mL
1.5 quarts (48 fl oz) | 1.42 L
33.818 fl oz | 1.0 L

### Cooking or Serving Spoons

- **Solid Spoons**
- **Perforated Spoons**
- **Slooted Spoons**

**Slooted Spoons** vary in length (11”, 13”, 15”, 18”, 21”) for ease of use in cooking or serving. Spoons have plastic handles that are heat-resistant. Level scoops, ladles, and portion servers provide more accurate portion control than serving spoons that are not volume-standardized measure.

### Steamtable Pan Capacity

<table>
<thead>
<tr>
<th>Pan Size</th>
<th>Approx. Capacity</th>
<th>Serving Size</th>
<th>Ladle (fl oz)</th>
<th>Scoop #</th>
<th>Approx. # Servings</th>
</tr>
</thead>
<tbody>
<tr>
<td>12” x 20” x 2-1/2”</td>
<td>2 gal</td>
<td>1/2 cup</td>
<td>4 oz</td>
<td>8</td>
<td>64</td>
</tr>
<tr>
<td>12” x 20” x 4”</td>
<td>3-1/2 gal</td>
<td>1/2 cup</td>
<td>4 oz</td>
<td>8</td>
<td>112</td>
</tr>
<tr>
<td>12” x 20” x 6”</td>
<td>5 gal</td>
<td>1/2 cup</td>
<td>4 oz</td>
<td>8</td>
<td>160</td>
</tr>
</tbody>
</table>

### Approximate Dimensions of Serving Sizes from Different Pan Sizes

<table>
<thead>
<tr>
<th>Pan</th>
<th>Approx. Size</th>
<th>No. and Approx. Size Servings per Pan</th>
<th>Baking or steamtable</th>
<th>Sheet or bun</th>
</tr>
</thead>
<tbody>
<tr>
<td>12” x 20” x 2-1/2”</td>
<td>2” x 1” x 1”</td>
<td>25</td>
<td>50</td>
<td>100</td>
</tr>
</tbody>
</table>

### Cutting Diagrams for Portioning

- For 50 servings cut 5 x 10
- For 100 servings cut 10 x 10
- For 25 servings cut 5 x 5
- For 48 servings cut 6 x 8 then diagonally

### Specialty Spoons

- **Ladles**
- **Portion Servers**
- **Scoops (Dishers)**

**Portion Servers** provide more accurate portion control than serving spoons that are not volume-standardized measure.

**Ladle**
- **Approx. Measure**
- **Portion Server**
- **Color Code**

**Scoops (Dishers)**
- **Size/No.1**
- **Level Measure**
- **Color Code**

**Equivalent Weights**
- 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

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Steamtable or counter pans may require the use of an adapter bar.