



Measurement Conversion

- 1 Teaspoon = 8 pinches
- 1 Tablespoon = 3 tsp
- 1 Fluid Ounce = 2 T or 6 tsp
- 1/8 Cup = 2 T or 1 Fluid oz.
- 1/4 Cup = 4 T or 2 Fluid oz.
- 1/3 Cup = 5 T + 1 tsp
- 1/2 Cup = 8 T
- 1 Cup = 16 T or 8 Fluid oz.
- 1 Pint = 2 Cups or 16 Fluid oz
- 1 Quart = 2 Pints or 4 Cups
- 1 Gallon = 2 Quarts, 2 Pints, or 8 Cups

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Common Substitutions

Don't Have....

Baking Soda
(1 tsp)

Lemon Juice
(1 tsp)

Mayonnaise
(1 Cup)

Shortening
(1 Cup)

Garlic
(1 clove)

Corn Syrup
(1 Cup)

Herbs
(1 T, Fresh)

Soy Sauce
(1/2 Cup)

Allspice
(1 tsp)

Try this...

1/2 tsp. Baking Soda
+ 1/2 tsp Cream of
Tartar

1/2 tsp. Vinegar

1 Cup Plain Yogurt

1 Cup Butter

1/8 tsp. Garlic
Powder

1 cup Honey OR
1 1/4 cup Sugar +
1/3 cup Water

1 tsp. Dried

4 T Worcestershire
Sauce + 1 T Water

1/2 tsp. Cinnamon
1/4 tsp Ginger & 1/4
tsp. Cloves

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Reducing a Recipe

❖ Reducing to Half ❖

When the Recipe Calls for... *Reduce to ...*

1/4 Cup	2 Tablespoons
1/3 Cup	2 T + 2 tsp
1/2 Cup	1/4 Cup
2/3 Cup	1/3 Cup
1/3 Cup	6 T
1 Tablespoon	1 1/2 tsp
1 Teaspoon	1/2 tsp
1/2 Teaspoon	1/4 tsp

❖ Reducing to a Third ❖

1/4 Cup	1 T + 1 tsp
1/3 Cup	1 T + 2 1/3 tsp
1/2 Cup	2 T + 2 tsp

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Internal Temperature

Type of Meat *Degrees F*

Beef

*Rare	120-125
*Med-Rare	130-135
*Medium	140-145
*Med-Well	150-155
*Well	160

Chicken 165-175

Turkey 165-175

Pork 150

Salmon Fillet 140

Eggs and Foods
Which Contain Raw
Eggs 160

Ground Meat 160

Fish & Seafood 145

Leftovers &
Casseroles 165

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