Measuring tools (meaning cups and spoons) for dry ingredients and those for liquid ingredients are different. It’s particularly important that you use the appropriate type of measuring cup or spoon when baking, since accuracy in baked goods is crucial. One of the most important and often confusing parts of cooking with a recipe can be measuring the ingredients, especially when trying to, say, double the recipe so you’ve got more for leftovers or cutting it in half for a single serving. But with a little know-how and practice you’ll become a pro in no time.

Dry vs. Liquid

Measuring tools (meaning cups and spoons) for dry ingredients and those for liquid ingredients are different. It's particularly important that you use the appropriate type of measuring cup or spoon when baking, since accuracy in baked goods is crucial. For example, flour needs to be leveled off to ensure accuracy in a baking recipe; too much or too little can hurt the flavor and baking of a recipe.

Dry measuring cups are flat on top so that they can be leveled off with a straight edge. Liquid measuring cups have a spout for easy pouring and usually have a range of numbering on both sides, in cups and ounces or metric measurements.

How to Measure Dry Ingredients

1. Set up the dry measuring cup or spoon on a flat, even surface.

2. Fill the measuring cup or spoon to the level/amount called for by the recipe.

3. Level off the ingredient in the measuring cup or spoon using a utensil with a straight edge, such as a spatula or knife, scraping the edge across the top of the cup or spoon; this ensures you're using the exact amount, no more and no less.

How to Measure Liquid Ingredients
Set the liquid measuring cup or spoon on a flat, even surface.

Pour the liquid into the cup or spoon until you reach the correct marker for the amount required for the recipe.

Bend down so you can look at the liquid measuring cup at eye level and look for the meniscus, or the curve of the liquid in the cup. The bottom of the meniscus should line up with the measurement for the amount of liquid needed.

**Common Cooking Measurement Equivalents**

Understanding common measurement equivalents — for instance, how many teaspoons are in a tablespoon, or how many tablespoons are in a half-cup — will give you the flexibility to easily increase or decrease the number of servings in a recipe. This is especially important if you’re just cooking for one or whipping up a favorite dish to bring to your next support group meeting. Here, we’ve made it easy for you; keep this chart handy the next time you’re ready to get cooking or print it out and put it on the fridge so it’s there when you need it.

**Dry and Liquid Equivalents**

- 1 tablespoon = 3 teaspoons
- 1/8 cup = 2 tablespoons
- 1/4 cup = 4 tablespoons
- 1/3 cup = 5 tablespoons + 1 teaspoon
- 1/2 cup = 8 tablespoons
- 2/3 cup = 10 tablespoons + 2 teaspoons
- 3/4 cup = 12 tablespoons
1 cup = 16 tablespoons

Liquid Equivalents

1 cup = 8 fluid ounces
2 cups = 1 pint
2 pints = 1 quart
4 cups = 1 quart
4 quarts = 1 gallon

Dry Weight Equivalents

16 ounces = 1 pound