

**Georgia Department of Corrections
Food and Farm Services
Portion Control Data Guide**

I. Equivalents of Measures

1 Pinch	=	1/8 tsp.
3 tsp.	=	1 tbsp.
4 tbsp.	=	¼ cup
16 tbsp.	=	1 cup
1 cup	=	½ pint
2 cups	=	1 pint
2 Pints	=	1 quart
4 cups	=	1 quart
4 quarts	=	1 gallon
16 cups	=	1 gallon
16 oz.	=	1 lb.
1 lb. (liquid)	=	1 fluid pint
2 lbs. (liquid)	=	1 fluid quart

II. Common Can Sizes

#10	=	6 ½-7 lb.	=	3 quarts
#5	=	2-3 lb.	=	1 quart
#2 ½	=	1 ¾ lb.	=	3 ½ cups
#2	=	1 ¼ lb.	=	2 ½ cups
#303	=	1 lb.	=	1 pint
#300	=	14-16 oz.	=	1 ¾ cups
1 #10 can	=	7 #303 cans		
1 #10 can	=	5 #2 cans		
1 #10 can	=	4 #2 ½ cans		
1 #10 can	=	2 #3 cans		

III. Scoop & Dipper Sizes

#6	=	2/3 Cup
#8	=	1/2 Cup
#10	=	3/8 Cup
#12	=	1/3 Cup
#16	=	¼ cup
#20	=	3 1/3 tbsp.
#24	=	2 2/3 tbsp.
#30	=	2 tbsp.
#40	=	2/3 tbsp.

IV. Conversion Table

Ounces	×	28.3	=	Grams
Pounds	×	16	=	Ounces
Pounds	×	0.45	=	Kilograms
Grams	×	.035	=	Ounces
Kilograms	×	2.2	=	Pounds
Tsp.	×	5.0	=	Milliliters
Tbsp.	×	15.0	=	Milliliters
Fluid oz.	×	30.0	=	Milliliters
Cups	×	0.24	=	Liters
Pints	×	0.47	=	Liters
Quarts	×	0.95	=	Liters
Milliliters	×	0.03	=	Fluid oz.
Liters	×	2.1	=	Pints
Liters	×	1.06	=	Quarts

Temperature Conversion Equations:

Fahrenheit (degrees) – 32 × .56 = Celsius (degrees)

Celsius (degrees) × .56 + 32 = Fahrenheit (degrees)