





WISCONSIN SCHOOL NUTRITION  
**IN A NUTSHELL**

WEIGHT VERSUS VOLUME

Component	Measured by	Units of measurement	Conversions	Tools to use
Meat/Meat Alternates Grains	<b>WEIGHT</b> How heavy is it?	Grams (g) Ounces (oz) Pounds (lb or #) 	28 g = 1 oz 16 oz = 1 lb	Scale
Fruits Vegetables Fluid Milk	<b>VOLUME</b> How much space does it take up?	Fluid ounce (fl oz) Teaspoon (t or tsp) Tablespoon (T or Tbsp) Cup (c) Pint (pt) Quart (qt) Gallon (gal) 	8 fl oz = 1 c 3 tsp = 1 Tbsp 16 Tbsp = 1 c 2 c = 1 pt 2 pt = 1 qt 4 qt = 1 gal	Spoodles Measuring cups Measuring spoons Scoops Dishers Ladles



Weight and volume are not equal or interchangeable



This institution is an equal opportunity provider.

November 2021



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