

1 Teaspoon - 5 ml

1 Tablespoon - 15 ml

$\frac{1}{4}$ cup - 50 ml

$\frac{1}{3}$ " - 75 "

$\frac{1}{2}$ " - 125 "

$\frac{2}{3}$ " - 150 "

$\frac{3}{4}$ " - 175 "

1 cup - 250 ml

1 ounce - 25 grams

1 lb - 500 grams

2 lbs - 1 Kilogram