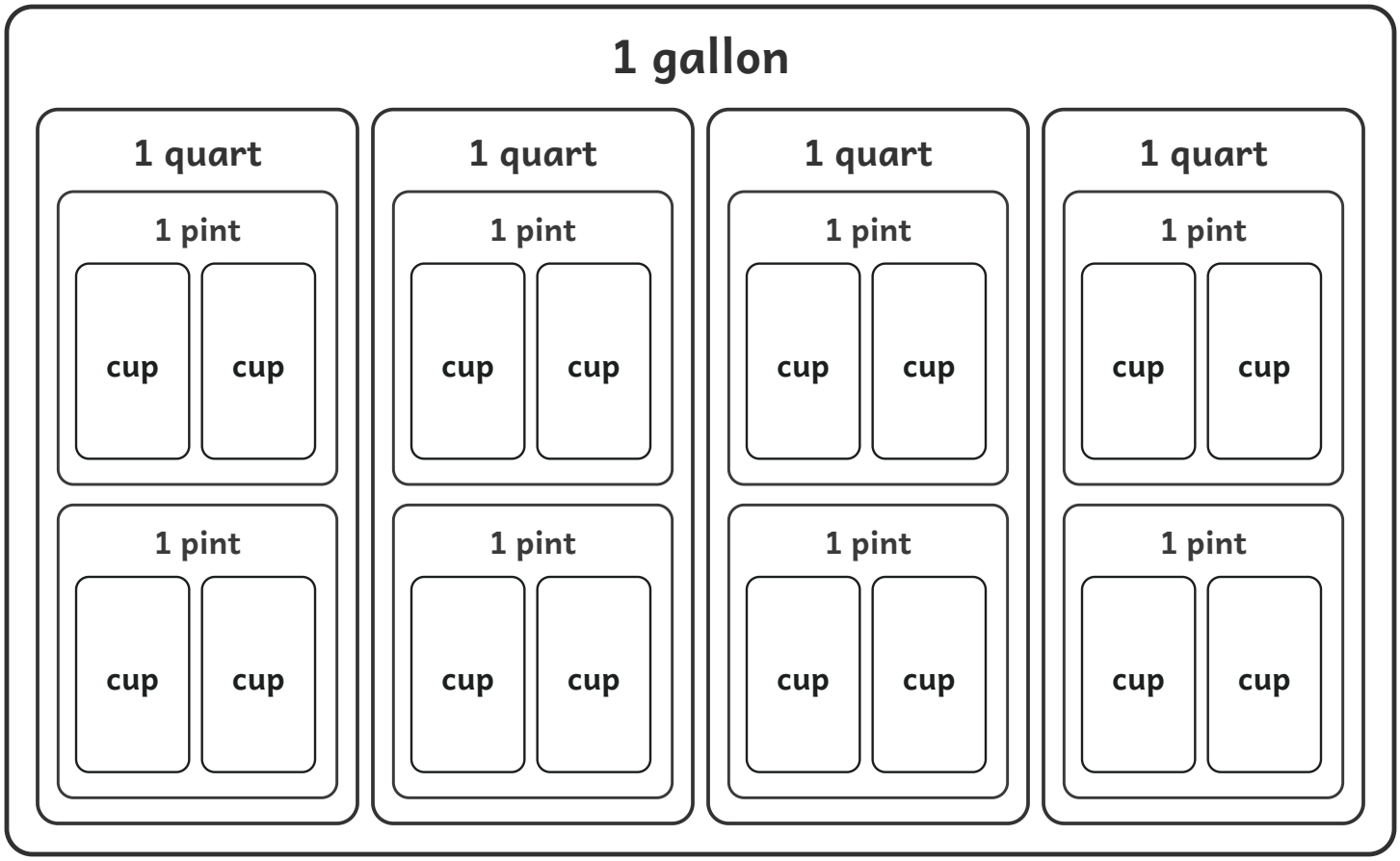
# Gallons, Quarts, Pints and Cups

One gallon holds 4 quarts. Each quart holds 2 pints. Each pint holds 2 cups.




| | | | | | | |
|---|---|---|---|---|---|---|
| 1 gallon | = | 4 quarts | = | 8 pints | = | 16 cups |
| 1 quart | = | 2 pints | = | 4 cups | | |
| 1 pint | = | 2 cups | | | | |
| 1 cup | = | 8 fluid ounces | | | | |

To change a bigger unit into a smaller one, multiply. To go from smaller to bigger, divide.

**3 quarts = 3 × 4 = 12 cups**

**12 cups = 12 ÷ 2 = 6 pints**