



Butter/Margarine	Extra Virgin Olive Oil
1 tsp	$\frac{3}{4}$ tsp
1 tbsp	2 $\frac{1}{4}$ tsp
$\frac{1}{4}$ cup	3 tbsp
$\frac{1}{3}$ cup	$\frac{1}{4}$ cup
$\frac{1}{2}$ cup	$\frac{1}{4}$ cup + 2 tbsp
$\frac{2}{3}$ cup	$\frac{1}{2}$ cup
$\frac{3}{4}$ cup	$\frac{1}{2}$ cup + 1 tbsp
1 cup	$\frac{3}{4}$ cup