

# FLUID OUNCES TO MILLILITERS

## Comprehensive Conversion Reference & Checklist

| FL OZ           | ML (APPROX) |
|-----------------|-------------|
| 0.5 oz          | 15 ml       |
| 1 oz            | 30 ml       |
| 2 oz            | 59 ml       |
| 3 oz            | 89 ml       |
| 4 oz            | 118 ml      |
| 5 oz            | 148 ml      |
| 6 oz            | 177 ml      |
| 7 oz            | 207 ml      |
| 8 oz (1 Cup)    | 237 ml      |
| 9 oz            | 266 ml      |
| 10 oz           | 296 ml      |
| FL OZ           | ML (APPROX) |
| 12 oz           | 355 ml      |
| 16 oz (1 Pint)  | 473 ml      |
| 20 oz           | 591 ml      |
| 24 oz           | 710 ml      |
| 32 oz (1 Quart) | 946 ml      |
| 40 oz           | 1183 ml     |
| 48 oz           | 1420 ml     |

**FL OZ****ML (APPROX)**

64 oz (0.5 Gal)

1893 ml

80 oz

2366 ml

100 oz

2957 ml

128 oz (1 Gal)

3785 ml

*Calculations based on US Fluid Ounces (1 fl oz  $\hat{=}$  29.5735 ml).*