

KITCHEN CONVERSION CHART

Fluid Ounces to Milliliters (Rounded)

Done	Fluid Ounces (fl oz)	Milliliters (ml)
	1/8 fl oz	3.7 ml
	1/4 fl oz	7.4 ml
	1/2 fl oz	15 ml
	1 fl oz	30 ml
	2 fl oz (1/4 cup)	60 ml
	4 fl oz (1/2 cup)	120 ml
	6 fl oz (3/4 cup)	180 ml
	8 fl oz (1 cup)	240 ml
	10 fl oz	300 ml
	12 fl oz	350 ml

Done	Fluid Ounces (fl oz)	Milliliters (ml)
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	16 fl oz (1 pint)	475 ml
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	20 fl oz	600 ml
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	32 fl oz (1 quart)	950 ml
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** Values are rounded for culinary convenience. 1 US fl oz $\hat{=}$ 29.57 ml.*