

FLUID OUNCES TO MILLILITERS

Capacity Conversion & Tracking Checklist

Ounces (fl oz)	Milliliters (ml)
0.5 oz	14.79 ml
1 oz	29.57 ml
2 oz	59.15 ml
3 oz	88.72 ml
4 oz	118.29 ml
5 oz	147.87 ml
6 oz	177.44 ml
8 oz (1 cup)	236.59 ml
10 oz	295.74 ml
12 oz	354.88 ml
Ounces (fl oz)	Milliliters (ml)
16 oz (1 pt)	473.18 ml
18 oz	532.32 ml
20 oz	591.47 ml
24 oz	709.76 ml
32 oz (1 qt)	946.35 ml
40 oz	1182.94 ml
48 oz	1419.53 ml

Ounces (fl oz)**Milliliters (ml)**

64 oz (1/2 gal)

1892.71 ml

100 oz

2957.35 ml

128 oz (1 gal)

3785.41 ml

Values rounded to two decimal places. Standard US Fluid Ounces.