

KITCHEN CONVERSION CHECKLIST

1/8 fl oz (1 tsp)	5 ml
1/2 fl oz (1 tbsp)	15 ml
1 fl oz	30 ml
2 fl oz (1/4 cup)	59 ml
4 fl oz (1/2 cup)	118 ml
6 fl oz (3/4 cup)	177 ml
8 fl oz (1 cup)	237 ml
10 fl oz	296 ml
12 fl oz	355 ml
16 fl oz (2 cups / 1 pint)	473 ml
20 fl oz	591 ml
32 fl oz (4 cups / 1 quart)	946 ml

Values rounded to the nearest whole milliliter for standard kitchen use.