

OUNCES TO MILLILITERS

Conversion Reference Checklist

DONE	FLUID OUNCES (FL OZ)	MILLILITERS (ML)
	1/8 oz	3.7 ml
	1/4 oz	7.4 ml
	1/2 oz	14.8 ml
	1 oz	29.6 ml
	2 oz	59.1 ml
	4 oz	118.3 ml
	6 oz	177.4 ml
	8 oz (1 Cup)	236.6 ml
	10 oz	295.7 ml

DONE	FLUID OUNCES (FL OZ)	MILLILITERS (ML)
	12 oz	354.9 ml
	16 oz (1 Pint)	473.2 ml
	20 oz	591.5 ml
	24 oz	709.8 ml
	32 oz (1 Quart)	946.4 ml

Note: Standard US Fluid Ounces used for calculations.