

CONVERSION REFERENCE: FL OZ TO ML

Standard: US Customary Ratio: 1 fl oz ≈ 29.5735 mL

DONE	FLUID OUNCES (FL OZ)	MILLILITERS (ML)	NOTES
	0.5 fl oz	14.79 mL	1 Tablespoon
	1 fl oz	29.57 mL	Standard Shot
	2 fl oz	59.15 mL	1/4 Cup
	4 fl oz	118.29 mL	1/2 Cup
	8 fl oz	236.59 mL	1 Cup
	12 fl oz	354.88 mL	Standard Can
	16 fl oz	473.18 mL	1 Pint
	20 fl oz	591.47 mL	Large Bottle
	32 fl oz	946.35 mL	1 Quart

DONE	FLUID OUNCES (FL OZ)	MILLILITERS (ML)	NOTES
	64 fl oz	1892.71 mL	1/2 Gallon
	128 fl oz	3785.41 mL	1 Gallon

Formal Conversion Template – Precise measurements for laboratory or culinary reference.