

KITCHEN MEASUREMENT CHECKLIST

Fluid Ounces (fl oz) to Milliliters (ml)

DONE	OUNCES (US)	MILLILITERS
	1/8 fl oz	3.7 ml
	1/4 fl oz	7.4 ml
	1/2 fl oz	14.8 ml
	1 fl oz	29.6 ml
	2 fl oz (1/4 cup)	59.1 ml
	4 fl oz (1/2 cup)	118.3 ml
	8 fl oz (1 cup)	236.6 ml
	16 fl oz (1 pint)	473.2 ml
	32 fl oz (1 quart)	946.4 ml
	128 fl oz (1 gallon)	3785.4 ml

**Rounded for standard kitchen use.*