

VOLUME CONVERSION CHART

Fluid Ounces (fl oz) to Milliliters (ml)

STATUS	FLUID OUNCES	MILLILITERS (APPROX)
	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	59.1 ml
	4 fl oz (1/2 cup)	118.3 ml
	8 fl oz (1 cup)	236.6 ml
	12 fl oz	354.9 ml
	16 fl oz (1 pint)	473.2 ml
	32 fl oz (1 quart)	946.4 ml

Formula: 1 fl oz = 29.5735 ml