

FLUID OUNCES TO MILLILITERS

Metric Conversion Reference & Checklist

DONE	FLUID OUNCES (FL OZ)	MILLILITERS (ML)
	0.5 fl oz	15 ml
	1 fl oz	30 ml
	2 fl oz	60 ml
	4 fl oz	120 ml
	8 fl oz (1 Cup)	240 ml
	10 fl oz	300 ml
	12 fl oz	350 ml
	16 fl oz (1 Pint)	480 ml
	20 fl oz	600 ml
	32 fl oz (1 Quart)	950 ml

DONE FLUID OUNCES (FL OZ)

MILLILITERS (ML)

33.8 fl oz

1000 ml (1 Liter)

*Approximate values rounded for practical kitchen and laboratory use.