

VOLUME CONVERSION CHECKLIST

Fluid Ounces (fl oz) to Milliliters (mL) Formula: 1 fl oz ≈ 29.5735 mL

Done	Fluid Ounces (US)	Milliliters (Rounded)	Milliliters (Precise)
	0.5 fl oz	15 mL	14.79 mL
	1 fl oz	30 mL	29.57 mL
	2 fl oz	60 mL	59.15 mL
	4 fl oz (1/2 cup)	118 mL	118.29 mL
	8 fl oz (1 cup)	237 mL	236.59 mL
	12 fl oz	355 mL	354.88 mL
	16 fl oz (1 pint)	473 mL	473.18 mL
	20 fl oz	591 mL	591.47 mL
	24 fl oz	710 mL	709.76 mL
	32 fl oz (1 quart)	946 mL	946.35 mL
	64 fl oz (1/2 gal)	1,893 mL	1892.71 mL
	128 fl oz (1 gal)	3,785 mL	3785.41 mL

