

**Liquid Measurements  
Fluid Ounces (fl. oz.)  
to Milliliters (ml)**

fl. oz.	ml
1	29.6
1.5	44.4
2	59.2
2.5	73.9
3	88.7
3.5	103.5
4	118.3
4.5	133.1
5	147.9
5.5	162.7
6	177.4
6.5	192.2
7	207.0
7.5	221.8
8	236.6

**Dry Measurements  
Ounces (oz) to Grams (gm)**

oz	gm
0.5	15
1	30
2	56
3	85
4	115
5	145
6	175
7	200
8	225
9	255
10	285
11	315
12	340
13	370
14	395
15	425
16	450

**Liquid Measurements  
Milliliters (ml) or Cubic Centimeters  
(cc) to Fluid Ounces (fl. oz.)**

ml/cc	fl. oz.
1	0.034
2	0.068
3	0.101
4	0.135
5	0.169
6	0.203
7	0.237
8	0.271
9	0.304
10	0.338
15	0.507
20	0.676
25	0.845
30	1.014
40	1.352
50	1.690
60	2.028
75	2.536
100	3.381
125	4.226
150	5.072
200	6.762
250	8.453
300	10.144
400	13.525
500	16.907
750	25.360
1000	33.814

**Helpful Conversion Charts**

When You Know	Multiply By	To Find
teaspoons (tsp)	4.929	milliliters
tablespoons (tbsp)	14.790	milliliters
fluid ounces (fl. oz.)	29.570	milliliters
cups (c)	0.237	liters
pints (p)	0.473	liters
milliliters (ml)	0.034	fluid ounces
liters (l)	2.113	pints
liters (l)	1.057	quarts

Metric (mm)	English (inch)	Fraction (inch)
1.59	0.0625	1/16
2.38	0.09375	3/32
3.18	0.125	1/8
3.97	0.15625	5/32
4.76	0.1875	3/16
5.55	0.21875	7/32
6.35	0.250	1/4
7.14	0.28125	9/32
7.94	0.3125	5/16
9.53	0.375	3/8
11.11	0.4375	7/16
12.7	0.500	1/2