

## Ounces (oz) to Millilitres (mL) Conversion Chart

| Fluid Ounces (oz) | Millilitres (mL) | Common Use Example             |
|-------------------|------------------|--------------------------------|
| 0.5 oz            | 14.79 mL         | 1 tablespoon (approx)          |
| 1 oz              | 29.57 mL         | Small medicine dose            |
| 2 oz              | 59.15 mL         | Small bottle of lotion         |
| 3 oz              | 88.72 mL         | Travel-size shampoo            |
| 4 oz              | 118.29 mL        | Half cup of liquid             |
| 5 oz              | 147.87 mL        | Juice glass (small)            |
| 6 oz              | 177.44 mL        | Yogurt cup                     |
| 7 oz              | 207.01 mL        | Medium drink cup               |
| 8 oz              | 236.59 mL        | Standard US cup of water       |
| 9 oz              | 266.16 mL        | Medium drink (larger size)     |
| 10 oz             | 295.74 mL        | Large coffee cup               |
| 12 oz             | 354.88 mL        | Soda can                       |
| 14 oz             | 414.02 mL        | Tall mug                       |
| 15 oz             | 443.60 mL        | Soup can size                  |
| 16 oz             | 473.18 mL        | 1 US pint                      |
| 20 oz             | 591.47 mL        | Water bottle                   |
| 24 oz             | 709.76 mL        | Large to-go drink              |
| 32 oz             | 946.35 mL        | 1 US quart                     |
| 40 oz             | 1,182.94 mL      | Extra-large beverage container |
| 64 oz             | 1,892.71 mL      | Half-gallon (2 US quarts)      |
| 128 oz            | 3,785.41 mL      | 1 US gallon                    |