

US Ounces to Milliliters Conversion Table

Ounces (oz)	Milliliters (mL)	Common Use Examples
1 oz	29.57 mL	Medicine dose
2 oz	59.15 mL	Small liquid serving
3 oz	88.72 mL	Espresso double shot
4 oz	118.29 mL	Half cup
5 oz	147.87 mL	Wine serving
6 oz	177.44 mL	Juice serving
7 oz	207.01 mL	Small drink
8 oz	236.59 mL	Standard cup
9 oz	266.16 mL	Small coffee
10 oz	295.74 mL	Medium drink
11 oz	325.31 mL	Coffee mug
12 oz	354.88 mL	Soda can
13 oz	384.46 mL	Large coffee
14 oz	414.03 mL	Large drink
15 oz	443.60 mL	Big mug
16 oz	473.18 mL	Pint glass
17 oz	502.75 mL	Water bottle
18 oz	532.32 mL	Large bottle
19 oz	561.90 mL	Drink bottle
20 oz	591.47 mL	Soda bottle
21 oz	621.04 mL	Large soda
22 oz	650.62 mL	Beer bottle
23 oz	680.19 mL	Large beer
24 oz	709.76 mL	Extra large drink
25 oz	739.34 mL	Large water bottle
30 oz	887.21 mL	Tumbler
35 oz	1035.07 mL	Big sports bottle
40 oz	1182.94 mL	Large thermos
45 oz	1330.81 mL	Extra large bottle
50 oz	1478.68 mL	Half gallon approx
60 oz	1774.41 mL	Large jug
70 oz	2070.15 mL	Hydration pack
80 oz	2365.88 mL	Big jug
90 oz	2661.62 mL	Large container
100 oz	2957.35 mL	1 gallon approx
200 oz	5914.70 mL	Large storage container
300 oz	8872.05 mL	Bulk liquid
400 oz	11829.40 mL	Commercial use
500 oz	14786.75 mL	Bulk storage
600 oz	17744.10 mL	Industrial container
700 oz	20701.45 mL	Large tank
800 oz	23658.80 mL	Bulk liquid storage
900 oz	26616.15 mL	Industrial usage
1000 oz	29573.50 mL	Very large container