

ML To MG Conversion Chart

(Cheat Sheet)

Substance	Density (g/ml)	1 ml	10 ml	50 ml	100 ml
Water	1	1000 mg	10,000 mg	50,000 mg	100,000 mg
Milk	1.03	1030 mg	10,300 mg	51,500 mg	103,000 mg
Olive oil	0.92	920 mg	9,200 mg	46,000 mg	92,000 mg
Honey	1.42	1420 mg	14,200 mg	71,000 mg	142,000 mg
Ethanol	0.79	790 mg	7,900 mg	39,500 mg	79,000 mg