

# Fluid Ounces To Milliliters

## Conversion Table

Fluid Ounces (oz)	Milliliters (mL)	Common Use Example
0.5 oz	14.79 mL	Serum, extract, medicine dose
1 oz	29.57 mL	Shot of alcohol, face toner
1.5 oz	44.36 mL	Standard cocktail shot (bartending)
2 oz	59.15 mL	Espresso double shot, travel-size bottle
3 oz	88.72 mL	TSA liquid limit (carry-on)
4 oz	118.29 mL	Small sauce container
6 oz	177.44 mL	Juice glass, yogurt cup
8 oz	236.59 mL	1 cup (baking and cooking)
10 oz	295.74 mL	Small smoothie
12 oz	354.88 mL	Standard soda can
16 oz	473.18 mL	1 pint, protein shake
20 oz	591.47 mL	Large coffee, sports drink
24 oz	709.76 mL	Tall iced drink, refill cup
32 oz	946.35 mL	Quart, meal prep container
40 oz	1182.94 mL	Large water bottle
64 oz	1892.71 mL	Half gallon
128 oz	3785.41 mL	1 gallon (huge jug)