

## OZ TO ML CONVERSION TABLE



Oz	Grams	Fl. Oz.	ml	Cup	tbsp.	tsp.
1/2	14	1/2	15	1/16	1	3
1	28	1	30	1/8	2	6
1-1/2	43	1-1/2	44	3/16	3	9
2	57	2	59	1/4	4	12
2-1/2	71	2-1/2	74	5/16	5	15
3	85	3	89	3/8	6	18
3-1/2	99	3-1/2	104	7/16	7	21
4	113	4	118	1/2	8	24
4-1/2	128	4-1/2	133	9/16	9	27
5	142	5	148	5/8	10	30
5-1/2	156	5-1/2	163	11/16	11	33
6	170	6	177	3/4	12	36
6-1/2	184	6-1/2	192	13/16	13	39
7	199	7	207	7/8	14	42
7-1/2	213	7-1/2	222	15/16	15	45
8	227	8	237	1	16	48
8-1/2	241	8-1/2	251	1-1/16	17	51
9	255	9	266	1-1/8	18	54
9-1/2	269	9-1/2	281	1-3/16	19	57
10	284	10	296	1-1/4	20	60

1 oz = 28.35 gms = 1 fl. oz = 29.57 ml = 1/8 cup = 6 tsp. = 2 tbsp.  
 1 tbsp = 3 tsp.