

US Fluid Volume (Quick Reference)

The American fluid ounce, based on the US Customary System, equals 29.57 millilitres. For American fluid volumes, 1 US cup = 8 fl. oz.; 2 cups = 1 US pint [16 fl. oz.]; 2 pints = 1 US quart [32 fl. oz.]; 4 quarts = 1 US gallon [128 fl. oz.] — much less than the Imperial gallon.

The volumes in the chart below are rounded off, as they were in the *British Imperial Fluid Volume* chart (page 192). For exact conversions, see the *Fluid Volume Conversion Formulas* on page 199.

The abbreviations below are:

fl. oz. = US fluid ounce; Tbsp. = tablespoon; C = cup; pt. = US pint; qt. = US quart; ml = millilitre (1/1000th of a litre).

US volume measures	US fl. oz.	Metric
1 teaspoon	$\frac{1}{6}$ fl. oz.	5ml
1 Tbsp.	$\frac{1}{2}$ fl. oz.	15ml
2 Tbsp. [$\frac{1}{8}$ C]	1 fl. oz.	30ml
3 Tbsp.	$1\frac{1}{2}$ fl. oz.	45ml
$3\frac{1}{2}$ Tbsp.	$1\frac{2}{3}$ fl. oz.	50ml
4 Tbsp. [$\frac{1}{4}$ C]	2 fl. oz.	60ml
5 Tbsp. [$\sim\frac{1}{3}$ C]	$2\frac{1}{2}$ fl. oz.	75ml
6 Tbsp. [$\sim\frac{1}{3}$ C]	3 fl. oz.	90ml
$\frac{1}{3}$ C plus 1 Tbsp.	$3\frac{1}{3}$ fl. oz.	100ml
8 Tbsp. [$\frac{1}{2}$ C]	4 fl. oz.	120ml
10 Tbsp. [$\sim\frac{2}{3}$ C]	5 fl. oz.	150ml