



Cooking Aids – Conversion Charts – Volume

Use this chart to convert between fluid ounces (fl oz) and millilitres and litres (ml and l)

Imperial	Metric
2 fl oz	55 ml
3 fl oz	75 ml
5 fl oz (¼ pint)	150ml
10 fl oz (½ pint)	275ml
1 pint	570ml
1 ¼ pints	725ml
1 ½ pints	1 litre
2 pints	1.2 litres
2 ½ pints	1.5 litres
4 pints	2.25 litres

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