

Basic U.S. to Metric/Metric to U.S. Conversion Guide for Liquids

U.S. to Metric

- 1 teaspoon (US) = 4.92892 mL
- 1 tablespoon (US) = 14.7868 mL
- 1 fluid ounce (US) = 29.5735 mL
- 1 cup (US) = 236.588 mL
- 1 pint (US) = 473.176 mL
- 1 quart (US) = 946.353 mL
- 1 gallon (US) = 3785.41 mL

Metric to U.S.

- 5 mL \approx 1 teaspoon (US)
- 15 mL \approx 1 tablespoon (US)
- 100 mL \approx 3.4 fluid ounces (US)
- 240 mL \approx 1 cup (US)
- 500 mL \approx 1 pint (US) (approximately 2.1 cups)
- 1 L \approx 2 pints (US) or 1.06 quarts (US)
- 3.785 L \approx 1 gallon (US)

