

Volume Conversion Table

Comprehensive Reference Guide

Convert between volume and capacity units - This table shows conversion factors between all volume units.

How to use: Find your starting unit in the left column, then read across to find the conversion factor to your target unit.

From \ To	(ml) Milliliter	(L) Liter	(m³) Cubic Meter	(tsp) Teaspoon	(tbsp) Tablespoon	(fl oz) Fluid Ounce	(cup) Cup	(pt) Pint	(qt) Quart	(gal) Gallon (US)	(gal (UK)) Gallon (UK)
Milliliter (ml)	1	1.0000e-3	1.0000e-6	0.2029	0.0676	0.0338	0.004227	0.002113	0.001057	2.6417e-4	2.1997e-4
Liter (L)	1.0000e+3	1	1.0000e-3	202.9	67.63	33.81	4.227	2.113	1.057	0.2642	0.2200
Cubic Meter (m³)	1.0000e+6	1.0000e+3	1	2.0288e+5	6.7628e+4	3.3814e+4	4.2268e+3	2.1134e+3	1.0567e+3	264.2	220.0
Teaspoon (tsp)	4.929	0.004929	4.9289e-6	1	0.3333	0.1667	0.0208	0.0104	0.005208	0.001302	0.001084
Tablespoon (tbsp)	14.79	0.0148	1.4787e-5	3.000	1	0.5000	0.0625	0.0313	0.0156	0.003906	0.003253
Fluid Ounce (fl oz)	29.57	0.0296	2.9574e-5	6.000	2.000	1	0.1250	0.0625	0.0312	0.007812	0.006505
Cup (cup)	236.6	0.2366	2.3659e-4	48.00	16.00	8.000	1	0.5000	0.2500	0.0625	0.0520
Pint (pt)	473.2	0.4732	4.7318e-4	96.00	32.00	16.00	2.000	1	0.5000	0.1250	0.1041
Quart (qt)	946.4	0.9464	9.4635e-4	192.0	64.00	32.00	4.000	2.000	1	0.2500	0.2082
Gallon (US) (gal)	3.7854e+3	3.785	0.003785	768.0	256.0	128.0	16.00	8.000	4.000	1	0.8327
Gallon (UK) (gal (UK))	4.5461e+3	4.546	0.004546	922.3	307.4	153.7	19.22	9.608	4.804	1.201	1

Quick Reference - Common Conversions

- 1 Milliliter = 0.0010 Liters
- 1 Liter = 1000.0000 Milliliters
- 1 Cubic Meter = 1000000.0000 Milliliters
- 1 Teaspoon = 4.9289 Milliliters
- 1 Tablespoon = 14.7868 Milliliters
- 1 Fluid Ounce = 29.5735 Milliliters