

"Shopping Smart at the Grocery Mart"

Quick Conversion Guide

Metric Equivalents by Volume
1 cup = 237 mL*
1 quart = 946 mL
33.8 fl oz = 1 Liter

Metric Equivalents by Weight
1 oz* = 28 grams
1 pound = 16 oz



mL = milliliters
oz = ounces

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