

# Fluid Measurements of Common Containers and Foods

## Containers:

2 fl oz glass/cup . . . . .	60cc
4 fl oz glass/cup . . . . .	120cc
6 fl oz glass/cup . . . . .	180cc
8 fl oz glass/cup . . . . .	240cc
10 fl oz glass/cup . . . . .	300cc
12 fl oz glass/cup . . . . .	360cc
1 quart (32 fl oz) . . . . .	950cc
1 liter . . . . .	1000cc

## Foods:

Gelatin (1/2 c) . . . . .	120cc
Pudding (1/2 c) . . . . .	100cc
Ice Cream/Sherbet (4 oz) . .	60cc
Fruit Ice/Sorbet (3 oz). . . . .	75cc
Popsicle . . . . .	90cc
Yogurt (1/2 c) . . . . .	90cc
Soup (6 oz) . . . . .	165cc

## Reference:

1 oz	=	30cc
1 Tbsp	=	15cc
1 tsp	=	5cc