

Equivalents

Solid

Liquid

25g = 1oz	25ml = 1fl. oz
50g = 2oz	50ml = 2fl. oz
75g = 3oz	75ml = 3fl. oz
110g = 4oz	100ml = 4fl. oz
125g = 4.5oz	125ml = 4.5fl. oz
150g = 5oz	150ml = 5fl. oz
175g = 6oz	175ml = 6fl. oz
225g = 8oz	200ml = 7fl.oz
250g = 9oz	225ml = 8fl. oz
325g = 12oz	250ml = 8.5fl. oz
350g = 12.5 oz	300ml = 10.5fl oz
375g = 13oz	300ml = 10.5fl. oz
400g = 14oz	350ml = 12fl. oz
450g = 1lb	400ml = 14fl. oz
700g = 1.5 lbs	450ml = 16fl. oz