

Customary & Metric Conversions Chart

Liquids	
1 cup (c.) = 8 ounces (oz.)	3 teaspoons (tsp.) = 1 Tablespoon (Tbs.)
1 pint (pt.) = 2 cups (c.)	16 Tablespoons (Tbs.) = 1 cup (c.)
1 quart (qt.) = 2 pints (pt.)	1 gallon (gal.) \approx 231 cubic inches (in^3)
1 gallon (gal.) = 4 quarts (qt.)	7.48 gallons (gal.) \approx 1 cubic foot (ft^3)
1 cubic centimeter (cm^3) = 1 milliliter (mL)	1 cubic meter (m^3) = 1000 Liters (L)

Length	
1 foot (ft.) = 12 inches (in.)	1 yard (yd.) = 3 feet (ft.)
1 mile (mi.) = 5280 feet (ft.)	1 acre = 43,560 square feet (ft^2)
1 meter (m) = 1,000,000 microns (μ)	1 hectare (ha) = 10,000 square meters (m^2)

Mass/Weight	
1 ounce (oz.) \approx 437.5 grains	1 pound (lb.) = 16 ounces (oz.)
1 ton (T.) = 2000 pounds (lbs.)	

Time	
1 year (yr.) = 365 days	1 day = 24 hours (hrs.)
1 hour (hr.) = 60 minutes (min.)	1 minute (min.) = 60 seconds (sec.)
1 year (yr.) = 12 months (mo.)	1 year (yr.) = 52 weeks (wk.)

Customary to Metric Conversions

1 inch (in.) \approx 2.54 centimeters (cm.)	1 meter (m.) \approx 39.37 inches (in.)
1 mile (mi.) \approx 1.609 kilometers (km)	1 pound (lb.) \approx 453.6 grams (g)
1 ounce (oz.) \approx 28.35 grams (g)	1 kilogram (kg.) \approx 2.205 pounds (lbs.)
1 pint (pt.) \approx 473.2 cubic centimeters (cm^3)	1 Liter (L.) \approx 1.057 quarts (qt.)
1 teaspoon (tsp.) \approx 5 milliliters (mL)	1 cubic foot (ft^3) \approx 28.32 Liters (L)
1 pound (lb.) \approx 4.448 Newtons (N)	1 kilowatt hour (kwh) = 3413 British thermal unit (Btu)