

Metric Conversion Chart

Common length, weight, volume, and temperature conversions

Length

1 inch	2.54 cm
1 foot	30.48 cm
1 yard	0.914 m
1 mile	1.609 km
1 cm	0.394 in
1 meter	3.281 ft
1 km	0.621 mi

Volume

1 teaspoon	4.93 mL
1 tablespoon	14.79 mL
1 fl oz	29.57 mL
1 cup	236.6 mL
1 pint	473.2 mL
1 quart	0.946 L
1 gallon	3.785 L
1 liter	1.057 qt

Weight / Mass

1 ounce	28.35 g
1 pound	0.454 kg
1 ton (US)	907.2 kg
1 gram	0.035 oz
1 kilogram	2.205 lb

Temperature

0 C	32 F
10 C	50 F
20 C	68 F
30 C	86 F
37 C	98.6 F
100 C	212 F