

Metric Conversion Chart

Common US customary to metric conversions (US cups and fluid ounces)

Length

From	To	Multiply by
inches	centimeters	2.54
feet	meters	0.3048
yards	meters	0.9144
miles	kilometers	1.609344

Weight (mass)

From	To	Multiply by
ounces	grams	28.3495
pounds	kilograms	0.45359237
kilograms	pounds	2.20462

Volume

From	To	Multiply by
teaspoons (US)	milliliters	4.9289
tablespoons (US)	milliliters	14.7868
cups (US)	milliliters	236.5882
gallons (US)	liters	3.7854

Temperature

$^{\circ}\text{C} = (^{\circ}\text{F} - 32) \times 5/9$. $^{\circ}\text{F} = ^{\circ}\text{C} \times 9/5 + 32$. $\text{K} = ^{\circ}\text{C} + 273.15$. Water freezes at 32 $^{\circ}\text{F}$ (0 $^{\circ}\text{C}$) and boils at 212 $^{\circ}\text{F}$ (100 $^{\circ}\text{C}$) at sea level.