

Equivalent Measures of Length	
1 meter (m)	39.37 inches (in.)
1 centimeter (cm)	0.39 in.
1 millimeter (mm)	0.039 in.
1 yard (yd)	91.44 centimeters (cm)
1 foot (ft)	30.48 cm
1 inch (in.)	2.54 cm
Household Measures (Approximate)	
1 drop	1/20 mL
1 teaspoon	5 mL
1 tablespoon	15 mL
1 cup	250 mL
Weight and Apothecaries' Equivalents	
1 milligram (mg)	1/65 grain (1/60)
1 gram (g)	15.43 grains (15)
1 kilogram (kg)	2.20 pounds (avoirdupois)
1 pound (avoirdupois)	453.6 grams
1 grain (gr)	0.065 gram (60 mg)
1 ounce (1/16 pound)	28.4 grams
Fluid Equivalents	
1 fluid ounce (oz.)	29.57 mL (30)
1 pint (pt.) 16 fl. oz.)	473.2 mL (500)
1 pint, In the Imperial system	20 fluid ounces
1 quart (qt.)	946.4 mL (1000)
1 quart, In the Imperial system	40 fluid ounces
1 gallon (gal.)	3785.6 mL (4000)
1 gallon, In the Imperial system	160 fluid ounces
Metric System Weights and Measures	
1 kilogram (kg)	1000 grams (10^3)
1 milligram (mg)	0.001 gram (10^{-3})
1 microgram (μg)	0.000001 gram (10^{-6})
1 liter (L)	1000 mL (10^3)
1 milliliter (mL)	0.001 L (10^{-3})
1 microliter (μL)	0.000001 L (10^{-6})
1 milliliter (ml)	1 cubic centimeter (cc)

Weight - Unit Conversion Factors		
Units Given	Units Wanted	For Conversion Multiple By
lb	g	453.6
lb	kg	0.4536
oz	g	28.35
kg	lb	2.2046
kg	mg	1,000,000
kg	g	1
g	mg	1
g	µg	1,000,000
mg	µg	1
mg/g	mg/lb	453.6
mg/kg	mg/lb	0.4536
µg/kg	µg/lb	0.4536
Mcal	kcal	1
kcal/kg	kcal/lb	0.4536
kcal/lb	kcal/kg	2.2046
ppm	µg/g	1
ppm	mg/kg	1
ppm	mg/lb	0.4536
mg/kg	%	0.0001
ppm	%	0.0001
mg/g	%	0.1
g/kg	%	0.1