

Common Units of Measurement

U.S. Standard	Metric
Length	
1 foot = 12 inches 1 yard = 3 feet 1 mile = 1,760 yards (5,280 ft)	1 centimeter = 10 millimeters 1 meter = 100 centimeters 1 kilometer = 1,000 meters
Volume	
1 cup = 8 ounces 1 pint = 2 cups 1 quart = 2 pints 1 gallon = 4 quarts	1 centiliter = 10 milliliters 1 liter = 100 centiliters 1 kiloliter = 1,000 liters
Mass and Weight	
1 pound = 16 ounces 1 ton = 2,000 pounds	1 centigram = 10 milligrams 1 gram = 100 centigrams 1 kilogram = 1,000 grams 1 metric ton = 1,000 kilograms

Basic Conversions

1 inch = 2.54 centimeters	1 quart = 0.946 liters
1 yard = 0.914 meters	1 gallon = 3.785 liters
1 mile = 1.609 kilometer	1 pound = 0.454 kilograms
1 ounce = 28.35 grams	1 ton = 0.907 metric ton