

List of Unit Conversions

| | |
|--|--|
| <p><u>Time</u> 1 minute = 60 seconds 1 day = 24 hours 1 week = 7 days 1 year = 12 months</p> | <p><u>Approximate Equivalents</u> grain i = 60 milligrams 1 teaspoon = 5 milliliters 1 tablespoon = 3 teaspoons fluid dram 1 = 4 milliliters fluid ounce 1 = fluid drams 8 fluid ounce 1 = 2 tablespoons fluid ounce 1 = 30 milliliters 1 cup = 250 milliliters 1 cup = fluid ounces 8 1 pint = 500 milliliters 1 pint = 2 cups 1 pint = fluid ounces 16 1 quart = fluid ounces 32 1 quart = 1 liter or 1000 milliliters 1 cubic centimeter = 1 milliliter 1 kilogram = 2.2 pounds fluid ounce 1 = 2 tablespoons</p> |
| <p><u>Weight</u> 1 kilogram = 2.2 pounds 1 pound = 16 ounces</p> | |
| <p><u>Linear Measure</u> 1 foot = 12 inches 1 yard = 3 feet 1 meter = 39.4 inches 1 inch = 2.5 or 2.54 centimeters</p> | |
| <p><u>Liquid Measure</u> 1 tablespoon = 3 teaspoons 1 cup = 8 ounces 1 pint = 2 cups 1 quart = 2 pints 1 gallon = 4 quarts</p> | |

Other:

- 1 mL = 1 cc
- 2.5 mL = 2.5 cc = 1/2 teaspoon (tsp)
- 5 mL = 5 cc = 1 tsp
- 15 mL = 15 cc = 3 tsp = 1 tablespoon (tbl or Tbsp)
- 30 mL = 30 cc = 2 Tbsp = 1 fluid ounce (oz)

Metric system:

| Units | kilo- | hecto- | deka | base | deci | centi- | milli- | micro |
|--------|-------|--------|------|-------------------------------------|------|--------|--------|-----------|
| Values | 1,000 | 100 | 10 | 1 | 0.1 | 0.01 | 0.001 | 0.000001 |
| Prefix | k- | h- | da- | meter (m) grams (g) liter (L) | d- | c- | m- | mc- or μ- |

Temperature Conversion Formulas

To convert Celsius to Fahrenheit: $(^{\circ}\text{C} \times \frac{9}{5}) + 32 = ^{\circ}\text{F}$

To convert Fahrenheit to Celsius: $(^{\circ}\text{F} - 32) \times \frac{5}{9} = ^{\circ}\text{C}$