

Box 6-3

Metric Equivalents to Memorize

Weight

1 kilogram (kg) = 1,000 grams (g)

1 gram (g) = 1,000 milligrams (mg)

1 milligram (mg) = 1,000 micrograms (mcg)

Volume

1 liter (L) = 1,000 milliliters (mL)

1 milliliter (mL) = 0.001 liter (L)

Length

1 meter (m) = 100 centimeters (cm) = 1,000 mm

1 millimeter (mm) = 0.001 meter (m) = 0.1 cm

Box 7.1

Household/Metric Equivalents

Unit	Abbreviation	Equivalent	Metric Equivalent
teaspoon	t (tsp)	-----	5 mL
tablespoon	T (tbs)	1 T = 3 t	15 mL
ounce (fluid)	oz	1 oz = 2 T	30 mL
cup (standard measuring)	C	1 cup = 8 oz	240 mL
pint	pt	1 pt = 2 cups (16 oz)	500 mL*
quart	qt	1 qt = 4 cups = 2 pt = 32 oz	1,000 mL*
pound (weight)	lb	1 lb = 16 oz	2.2 lb = 1 kg (1,000 g)

Table 8-1

Approximate Equivalents to Remember

1t = 5 mL

1 T = 3 t = 15 mL

1 oz = 30 mL (2 T)

1 pt = 16 oz (500 mL)

1 qt = 32 oz (2 pt), (1,000 mL)

1 cup (measuring) = 8 oz

16 oz = 1 lb

2.2 lb = 1 kg (1,000 g)

1 in = 2.5 cm