

### Common Equalities: Conversion among and between US and Metric

Mass			Volume		
1 lb	=	454 g	1 qt	=	4 cups (cu)
1 oz	=	28.3 g	1 qt	=	2 pts
1 kg	=	2.20 lb	1 qt	=	32 fl. oz.
Length			1 gal	=	4 qts
1 ft	=	12 in	1 mL	=	1 cm <sup>3</sup>
1 yd	=	3 ft	1 L	=	1.06 qt
1 mile	=	5280 ft	1 gal	=	3.785 L
1 in	=	2.54 cm	Other		
1 m	=	39.4 in	1 calorie (cal)	=	4.184 Joules (J)
1 ft	=	30.5 cm	1 atm	=	760 mm Hg or torr
1 km	=	0.6214 mi	1 atm	=	101.3 kPa