**U.S. Customary Conversions**

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| 12 inches = 1 foot  3 feet = 1 yard  5280 feet = 1 mile | 16 ounces = 1 pound  2000 pounds = 1 ton | 3 teaspoons = 1 tablespoon  16 tablespoons = 1 cup  8 fluid ounces = 1 cup  2 cups = 1 pint  2 pints = 1 quart  4 quarts = 1 gallon |

**Metric Conversions**

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| --- | --- | --- |
| 10 millimeters = 1 centimeter  10 centimeters = 1 decimeter  10 decimeters = 1 meter  1 meter = 0.001 kilometer  1 kilometer = 1000 meters | 10 milligrams = 1 centigram  10 centigrams = 1 decigram  10 decigrams = 1 gram  1 gram = 0.001 kilogram  1 kilogram = 1000 grams | 10 milliliters = 1 centiliter  10 centiliters = 1 deciliter  10 deciliters = 1 liter  1 liter = 0.001 kiloliters  1 kiloliter = 1000 liters |

**Metric to U.S. Units**

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| 1 kilometer = 0.62137 miles  1 meter = 3.28083 feet  1 meter = 1.09361 yards  1 centimeter = 0.3937 inches | 1 liter = 1.05671 quarts  1 liter = 0.264177 gallons | 1 gram = 0.35274 ounces  1 kilogram = 2.20462 pounds |

**U.S. to Metric Units**

|  |  |  |
| --- | --- | --- |
| 1 mile = 1.60935 kilometers  1 yard = 0.9144 meters  1 foot = 0.3048 meters  1 inch = 2.54 centimeters | 1 fl. ounce = 29.5737 cubic cm  1 quart = 1.1012 liters  1 gallon = 3.7853 liters | 1 ounce = 28.3495 grams  1 pound = 0.45359 kilograms |