

American and Metric Units of Measure

American Units

Length

12 inches = 1 foot
3 feet = 1 yard
5280 feet = 1 mile

Weight

16 ounces = 1 pound
2000 pounds = 1 ton

Volume/Capacity

8 ounces = 1 cup
2 cups = 1 pint
2 pints = 1 quart
4 quarts = 1 gallon

Metric Units

Length

1000 millimeters = 1 meter
100 centimeters = 1 meter
1000 meters = 1 kilometer

Mass

1000 milligrams = 1 gram
1000 grams = 1 kilogram

Volume/Capacity

1000 milliliters = 1 liter
1 milliliter = 1 cubic centimeter

Conversions Between American and Metric Units

Length

1 inch = 2.54 centimeters
1 mile ≈ 1.61 kilometers

Weight/Mass

1 kilogram ≈ 2.2 pounds

Volume/Capacity

1 quart ≈ 946 milliliters

Common abbreviations

American length	American weight	American volume	Metric	Prefixes
in – inch	oz – ounce	pt – pint	m – meter	k (kilo – x1000)
ft – foot	lb – pound	qt – quart	g – gram	d (deci – /10)
yd – yard	t – ton	gal – gallon	l – liter	c (centi – /100)
mi – mile				m (milli – /1000)