

Converting between the METRIC SYSTEM and the US SYSTEM of measurement

Symbols

m for meter	L for liters
mm for millimeter	mL for milliliters
cm for centimeter	kg for kilograms
km for kilometer	lb for pounds
g for grams	oz for ounces
mg for milligrams	

Common Equalities

<u>QUANTITY</u>	<u>METRIC (SI)</u>	<u>US</u>	<u>METRIC – US</u>
Length	1 km = 1000 m 1m = 1000 mm 1 cm = 10 mm 1 mm = 1000 um (micrometer)	1 ft = 12 inches 1 yard = 3 feet 1 mile = 5280 feet	2.54 cm = 1 inch 1 m = 39.4 inches 1 km = 0.621 miles
Mass	1 kg = 1000 g 1g = 1000 mg 1 mg = 1000 ug (microgram)	1 lb = 16 oz	1 kg = 2.20 lb 454 g = 1 lb
Volume	1 L = 1000 mL 1 mL = 1 cm cube 1 dL = 100 mL 1 mL = 1000 uL (micro liter)	1 quart = 4 cups 1 quarts = 2 pints 1 gallon = 4 quarts	946 mL = 1 quart 1 L = 1.06 quarts

Prefixes

- **micro** means 1/1,000,000
- **milli** means 1/1,000
- **centi** means 1/100
- **kilo** means 1,000
- **mega** means 1,000,000

The MCC Academic Support Department offers FREE Science Tutoring.
Please contact us for additional assistance.

BEDFORD 781-280-3726
LOWELL 978-656-3369