

## Converting between the METRIC SYSTEM and the US SYSTEM of measurement

### Symbols

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

### Common Equalities

<u>QUANTITY</u>	<u>METRIC (SI)</u>	<u>US</u>	<u>METRIC – US</u>
<b>Length</b>	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
<b>Mass</b>	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
<b>Volume</b>	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

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