

Measurement Charts

U.S. & METRIC EQUIVALENTS				
Weight	Liquid Capacity	U.S. Liquid Capacity	Volume	Length
1 oz. = 28.35 gr.	1 fl. oz. = 29.57 ml.	1 cup = 8 oz.	1 oz. = 29.57 cc.	1 inch = 25.4 mm.
8 oz. = 227 gr.	8 fl. oz. = 236.6 ml	1 pint = 16 oz.	8 oz. = 236.60 cc.	1 foot = 30 cm.
16 oz. = 454 gr.	16 fl. oz. = 473.2 ml	1 quart = 32 oz.	16 oz. = 473.2 cc.	3.3 ft = 1 meter
32 oz. = 908 gr.	32 fl. oz. = 946.4 ml.	1/2 gal = 64 oz.	32 oz. = 946.40 cc.	
	1 Gal. = 3.7854 l.		1 oz. = 8 dr.	

CONVERSION FROM METRIC MEASURES				
Symbol	When You Know	Multiply By	To Find	Symbol
dr	drams	0.125	ounces	oz.
cc	cubic centimeters	0.034	ounces	oz.
ml	milliliters	0.034	ounces	oz.
l	liters	2.100	pints	pt.
gr	grams	0.035	ounces	oz.
kg	kilograms	2.200	pounds	lbs.
mm	millimeters	0.039	inches	in.

CONVERSION TO METRIC MEASURES				
Symbol	When You Know	Multiply By	To Find	Symbol
oz.	ounces	8.00	drams	dr
oz.	ounces	29.57	cubic centimeters	cc
oz.	ounces	29.57	milliliters	ml
pt.	pints	0.47	liters	l
oz.	ounces	28.35	grams	gr
lbs.	pounds	0.45	kilograms	kg
in.	inches	25.40	millimeters	mm