



# Simplified Metric Conversion Tables

## HOW TO USE THESE TABLES

Because most laboratory measuring devices are calibrated in metric units, you can use the following table to convert U.S. units of volume, length, and weight to metric units. **Do not** use this table to convert from metric to U.S. values.

To use the table, find the number you are converting from at the top of the table for numbers from 1 to 9. For numbers greater than nine, find the number you are converting by using a combination of the number at the left side of the table and number at the top.

U.S. Gallons to Litres										
gal	0	1	2	3	4	5	6	7	8	9
0	—	3.8	7.6	11.4	15.1	18.9	22.7	26.5	30.3	34.1
10	37.8	41.6	45.4	49.2	53	56.8	60.6	64.4	68.1	71.9
20	75.7	79.5	83.3	87.1	90.8	94.6	98.4	102.2	106	107.8
30	113.6	117.3	121.1	124.9	128.7	132.5	136.3	140.1	143.8	147.6
40	151.4	155.2	159	162.8	166.6	170.3	174.1	177.9	81.7	185.5
U.S. Fluid Ounces to Millilitres										
fl oz	0	1	2	3	4	5	6	7	8	9
0	—	29.5	59	89	118	148	177	207	237	265
10	295	325	355	385	415	445	475	500	530	560
20	590	620	650	680	710	740	770	800	830	860
30	890	920	950	980	1006	1035	1065	1094	1124	1153
Inches to Centimetres										
in.	0	1	2	3	4	5	6	7	8	9
0	—	2.5	5.1	7.6	10.2	12.7	15.2	17.8	20.3	22.9
10	25.5	28.0	30.5	33.0	35.5	38.0	40.5	43.0	45.5	48.5
20	51	53	56	58	61	64	66	69	71	74
30	76	79	81	84	86	89	91	94	97	99
Ounces to Grams										
oz	0	1	2	3	4	5	6	7	8	9
0	—	28.5	57	85	113	142	170	198	227	255
10	285	310	340	370	395	425	455	480	510	540
20	570	600	620	650	680	710	740	770	790	820
30	850	880	910	940	960	990	1021	1049	1077	1106

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## TEMPERATURE CONVERSION TABLE

To convert a temperature from one unit of measure to another, use the following table. Find the temperature you are converting from in the “°F or °C” column; if you are converting to degrees Celsius, read the number from the “to °C” column. If you are converting to degrees Fahrenheit, read the number from the “to °F” column.

to °C	°F or °C	to °F	to °C	°F or °C	to °F	to °C	°F or °C	to °F	to °C	°F or °C	to °F
37.78	100	212.0	18.33	65	149.0	-1.11	30	86.0	-20.56	-5	23.0
37.22	99	210.2	17.78	64	147.2	-1.67	29	84.2	-21.11	-6	21.2
36.67	98	208.4	17.22	63	145.4	-2.22	28	82.4	-21.67	-7	19.4
36.11	97	206.6	16.67	62	143.6	-2.78	27	80.6	-22.22	-8	17.6
35.56	96	204.8	16.11	61	141.8	-3.33	26	78.8	-22.78	-9	15.8
35.00	95	203.0	15.56	60	140.0	-3.89	25	77.0	-23.33	-10	14.0
34.44	94	201.2	15.00	59	138.2	-4.44	24	75.2	-23.89	-11	12.2
33.89	93	199.4	14.44	58	136.4	-5.00	23	73.4	-24.44	-12	10.4
33.33	92	197.6	13.89	57	134.6	-5.56	22	71.6	-25.00	-13	8.6
32.78	91	195.8	13.33	56	132.8	-6.11	21	69.8	-25.56	-14	6.8
32.22	90	194.0	12.78	55	131.0	-6.67	20	68.0	-26.11	-15	5.0
31.67	89	192.2	12.22	54	129.2	-7.22	19	66.2	-26.67	-16	3.2
31.11	88	190.4	11.67	53	127.4	-7.78	18	64.4	-27.22	-17	1.4
30.56	87	188.6	11.11	52	125.6	-8.33	17	62.6	-27.78	-18	-0.4
30.00	86	186.8	10.56	51	123.8	-8.89	16	60.8	-28.33	-19	-2.2
29.44	85	185.0	10.00	50	122.0	-9.44	15	59.0	-28.89	-20	-4.0
28.89	84	183.2	9.44	49	120.2	-10.00	14	57.2	-29.44	-21	-5.8
28.33	83	181.4	8.89	48	118.4	-10.56	13	55.4	-30.00	-22	-7.6
27.78	82	179.6	8.33	47	116.6	-11.11	12	53.6	-30.56	-23	-9.4
27.22	81	177.8	7.78	46	114.8	-11.67	11	51.8	-31.11	-24	-11.2
26.67	80	176.0	7.22	45	113.0	-12.22	10	50.0	-31.67	-25	-13.0
26.11	79	174.2	6.67	44	111.2	-12.78	9	48.2	-32.22	-26	-14.8
25.56	78	172.4	6.11	43	109.4	-13.33	8	46.4	-32.78	-27	-16.6
25.00	77	170.6	5.56	42	107.6	-13.89	7	44.6	-33.33	-28	-18.4
24.44	76	168.8	5.00	41	105.8	-14.44	6	42.8	-33.89	-29	-20.2
23.89	75	167.0	4.44	40	104.0	-15.00	5	41.0			
23.33	74	165.2	3.89	39	102.2	-15.56	4	39.2			
22.78	73	163.4	3.33	38	100.4	-16.11	3	37.4			
22.22	72	161.6	2.78	37	98.6	-16.67	2	35.6			
21.67	71	159.8	2.22	36	96.8	-17.22	1	33.8			
21.11	70	158.0	1.67	35	95.0	-17.78	0	32.0			
20.56	69	156.2	1.11	34	93.2	-18.33	-1	30.2			
20.00	68	154.4	0.56	33	91.4	-18.89	-2	28.4			
19.44	67	152.6	0.00	32	89.6	-19.44	-3	26.6			
18.89	66	150.8	-0.56	31	87.8	-20.00	-4	24.8			

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