

NYS MATH 7 CONVERSION CHART

1 centimeter = 10 millimeters

1 meter = 100 centimeters = 1,000 millimeters

1 kilometer = 1,000 meters

1 gram = 1,000 milligrams

1 kilogram = 1,000 grams

1 pound = 16 ounces

1 ton = 2,000 pounds

1 cup = 8 fluid ounces

1 pint = 2 cups

1 quart = 2 pints

1 gallon = 4 quarts

1 liter = 1,000 milliliters

1 kiloliter = 1,000 liters

The Metric System is based upon powers of ten, so converting from one metric unit to another is easy. Use the following chart as a guide.

