

Metric Units**Mass**

1 kilogram (kg) =	1,000 grams (g)
1 gram (g) =	1,000 milligram (mg)

Capacity

1 liter (L) =	1,000 milliliters (mL)
---------------	------------------------

Length

1 centimeter (cm) =	10 millimeters (mm)
1 decimeter (dm) =	10 centimeters (cm)
1 meter (m) =	100 centimeters (cm)
1 kilometer (km) =	1,000 meters (m)

Customary Units**Weight**

1 pound (lb) =	16 ounces (oz)
2,000 pounds (lb) =	1 ton (T)

Capacity

1 gallon (gal) =	4 quarts (qt)
1 gallon (gal) =	8 pints (pt)
1 gallon (gal) =	16 cups (c)
1 quart (qt) =	2 pints (pt)
1 quart (qt) =	4 cups (c)
1 pint (pt) =	2 cups (c)

Length

5 mile (mi) =	1,760 yards (yd)
5 mile (mi) =	5,280 feet (ft)
1 yard (yd) =	3 feet (ft)
1 yard (yd) =	36 inches (in)
1 foot (ft) =	12 inches (in)

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