

U.S. Measurements

Volume

1 ounce(oz)	29.57353 milliliter
1 teaspoon(tsp) = 1/6 ounce(oz)	4.928922 milliliter
1 tablespoon(tbsp) = 3 teaspoons(tsp) = 1/2 ounce(oz)	14.78676 milliliter
1 cup = 16 tablespoons(tbsp) = 8 ounces(oz)	236.5882 milliliter
1 pint(pt) = 2 cups = 16 ounces(oz)	0.4731765 liter
1 quart(qt) = 2 pints(pt) = 32 ounces(oz)	0.9463529 liter
1 gallon(gal) = 4 quarts(qt) = 128 ounces(oz)	3.785412 liter

Metric Equivalent

Weight

1 pound(lb) = 16 ounces(oz)	0.4535924 kilogram
1 ton(T) = 2000 pounds(lbs)	907.1847 kilogram

Metric Equivalent

Distance

1 inch(in)	2.54 centimeters
1 foot(ft) = 12 inches(in)	30.48 centimeters
1 yard(yd) = 3 feet(ft)	0.9144 meters
1 mile(mi) = 1760 yards(yd) = 5280 feet(ft)	1.609344 kilometers

Metric Equivalent