

CONVERSION CHART

CUSTOMARY VS.

METRIC COMPARISON CHART

Customary Units

LENGTH

foot
inch
mile
yard

CAPACITY

cup
gallon
ounce
pint
quart

WEIGHT

mass
ounce
pound
weight
ton

Metric Units

LENGTH

centimeter
kilometer
meter
millimeter

CAPACITY

liter
millileter

WEIGHT

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