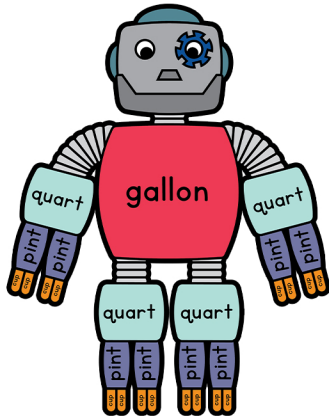


CONVERSION CHART

LIQUID VOLUME / CAPACITY

Customary



1 FLUID OUNCE (fl oz)

About the amount a spoon can hold

1 CUP (c)

8 fluid ounces

1 PINT (pt)

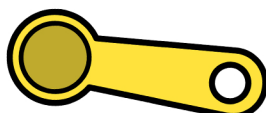
2 cups or 16 fluid ounces

1 QUART (qt)

2 pints, 4 cups, or 32 fluid ounces

1 GALLON (gal)

4 quarts, 8 pints, 16 cups,
or 128 fluid ounces



Metric



1 MILLILITER (mL)

About 10 drops from an eye dropper

1 LITER (L)

1,000 milliliters; about the amount
in a bottle of water

1 KILOLITER (kL)

1,000 liters; about the amount
held in a small backyard pool

COMMON EQUIVALENTS

4 c = 1 qt

8 pts = 1 gal

1000 mL = 1 L

1000 g = 1 kilogram kg