

CONVERSION TABLES

U.S. and Metric Systems

of Weights and Measurements

The United States uses a very old system of measurement. The conversion tables below show how the U.S. system compares with the metric system.

U.S. to Metric	
Distance	
1 inch (in)	2.54 centimeters
1 foot (ft)	30 centimeters
1 yard	.914 meters
1 mile	1.609 kilometers
Area	
1 square foot	929.03 square cm
1 square yard	0.836 square meters
1 acre	0.405 hectares
1 square mile	258.999 hectares
Weight	
1 ounce	28.35 grams
1 pound	0.453 kilograms (454 grams)
1 ton (2,000 pounds)	0.907 metric tons (907.18) kilograms
Volume (liquid)	
1 ounce	30 milliliters
1 cup	236 milliliters
1 quart liquid	0.95 liter
1 gallon	3.78 liters

Metric to U.S.	
Distance	
1 centimeter	0.394 inch
1 meter	39.37 inches
	3.28 feet
1 kilometer	0.621 mile
Area	
1 square meter	1.196 square yards
	10.764 square feet
1 hectare	2.471 acres
1 square kilometer	0.386 square miles
Weight	
1 gram	0.035 ounces
1 kilogram	2.205 pounds
1 metric ton (1000 kilograms)	1.102 tons
Liquid	
1 liter	1.057 liquid quarts
	33.82 ounces
1 milliliter	0.034 ounces