

# Customary Units and Equivalents

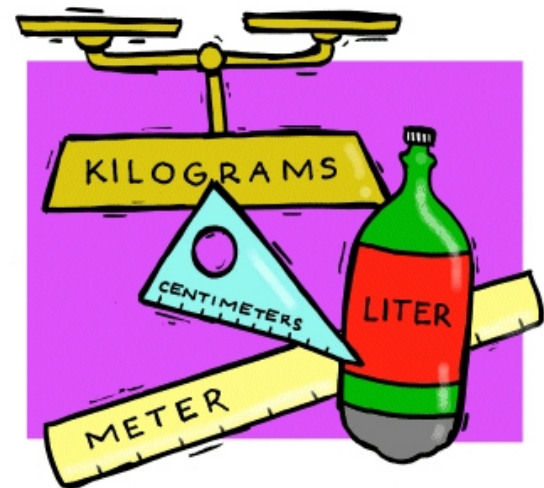
In order to convert between units in the customary system, it is necessary to either memorize equivalents or use a chart like the one below for reference.

1 tablespoon (tbsp.)	equals	3 teaspoons (tsp.)
1 fluid ounce (fl. oz.)	equals	2 tablespoons (tbsp.)
1 cup (c.)	equals	8 fluid ounces (fl. oz.)
1 pint (pt.)	equals	2 cups (c.)
1 quart (qt.)	equals	2 pints (pt.)
1 gallon (g.)	equals	4 quarts (qt.)
1 pound (lb.)	equals	16 ounces (oz.)

# Metric Units and Equivalents

The liter is the basic unit for metric measurements of capacity; grams are used to measure weight. To convert any metric unit to a smaller unit, multiply by 10 or move the decimal to the right. To convert to a larger unit, do the opposite.

1 milliliter (ml)	equals	0.001 liters (L)
1 centiliter (cl)	equals	0.01 liters (L)
1 deciliter (dL)	equals	0.1 liters (L)
1 dekaliter (dal)	equals	10 liters (L)
1 hectoliter (hl)	equals	100 liters (L)
1 kiloliter (kL)	equals	1000 liters (L)
1 kilogram (k g)	equals	1000 grams (L)



# Conversion Images

