



## **WEIGHTS, MEASURES AND CONVERSIONS**

<b><u>MEASURES</u></b>	<b><u>EQUIVALENT</u></b>	<b><u>NOTE</u></b>
1 kilogram (kg)	1000 grams (gm)	
1 gram (gm)	1000 milligrams (mg)	
1 milligram (mg)	1000 micrograms (mcg)	
	0.001 gram (gm)	
1 microgram (mcg)	1000 nanograms	
1 liter (l)	1000 milliliters (mL)	
1 milliliter (mL)	1 mL	
	1 cc	
1 pint (pt)	16 ounces (oz)	
1 quart (qt)	2 pints	
1 gallon (gal)	4 quarts	
5 grains (gr)	325 mg	sometimes rounded off to 300 mg
1 grain (gr)	65 mg	sometimes rounded off to 60 mg
1/2 grain (gr)	32 mg	sometimes rounded off to 30 mg
1/4 grain (gr)	16 mg	sometimes rounded off to 15 mg
1/100 grain (gr)	0.6 mg	
1/150 grain (gr)	0.4 mg	
1/200 grain (gr)	0.3 mg	
1 teaspoonful (tsp)	5 mL	
1 tablespoonful (tbsp)	15 mL	
1 fluid ounce (oz)	30 mL	