

# Table of Measures

<b>Metric System</b>	<b>US. Customary System</b>
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## Length

1 centimeter (cm)	10 millimeters (mm)	1 foot (ft)	12 inches (in.)
1 decimeter (dm)	100 millimeters (mm) 10 centimeters (cm)	1 yard (yd)	36 inches (in.) 3 feet (ft)
1 meter (m)	1,000 millimeters (mm) 100 centimeters (cm) 10 decimeters (dm)	1 mile (mi)	5,280 feet (ft) 1,760 yards (yd)
1 kilometer (km)	1,000 meters (m)		

## Capacity

1 teaspoon	5 milliliters (mL)	1 cup (c)	8 fluid ounces (fl oz)
1 tablespoon	12.5 milliliters (mL)	1 pint (pt)	16 fluid ounces (fl oz) 2 cups (c)
1 liter (L)	1,000 milliliters (mL) 1,000 cubic centimeters (cm <sup>3</sup> ) 1 cubic decimeter (dm <sup>3</sup> ) 4 metric cups	1 quart (qt)	32 fluid ounces (fl oz) 4 cups (c) 2 pints (pt)
		1 gallon (gal)	128 fluid ounces (fl oz) 16 cups (c) 8 pints (p) 4 quarts (qt)

## Mass

1 gram (g)	1,000 milligrams (mg)	1 pound (lb)	16 ounces (oz)
1 kilogram (kg)	1,000 grams (g)		