

METRIC CONVERSION

The metric system is an international language of measurement. Its symbols are based on the International System of Units (SI). Of these, food service preparation will be primarily involved with the following metric base units:

Weight (mass)	gram (g) kilogram (kg)
Volume	milliliter (mL) liter (L)
Length	centimeter (cm) meter (m)
Temperature	degree Celsius (°C.)

While the U. S. metric system is voluntary and the food service industry in the United States has not converted to metric system, except for a few soft conversions (e. g., labeling), military food service dining facilities/general messes outside CONUS may experience the metric system in food and equipment support provided by the host country. The information furnished in this guideline card is primarily for these food service personnel.

CONVERSION OF U. S. CUSTOMARY TO METRIC UNITS

	<u>U. S. Customary</u>	<u>Metric</u>
Weight (or Mass)	1 ounce (oz) =	28.35 grams (g)
	1 pound (lb) =	453.6 grams (g) or .4536 kilograms
	2.2 pound (lb) =	1 kilogram (kg) or 1000 grams (g)
Volume	1 tsp =	4.93 milliliters (mL)
	1 tbsp =	14.79 milliliters (mL)
	1 cup =	236.59 milliliters (mL) or .237 liters (L)
	1 pint =	.473 liters (L)
	1 quart =	.946 liters (L)
	1 gallon =	3.785 liters (L)
	1.06 quarts =	1 liter (L) or 1000 milliliters (mL)
Length	1 inch =	2.54 centimeters (cm)
	1 foot =	.3048 meters (m)
	1 yard =	30.48 centimeters (cm) or .9144 meters (m)
	1.1 yards =	1 meter (m) or 100 centimeters (cm)

GUIDELINES FOR METRIC CONVERSION - CONTINUED**Temperature Conversions**

<u>°F.</u>	<u>°C.</u>	<u>°F</u>	<u>°C.</u>
0	-18	212	100
26	-3	225	107
28	-2	228	109
30	-1	245	118
32	0	250	121
36	2	275	135
38	3	300	149
40	4	325	163
70	21	350	177
90	32	360	182
140	60	365	185
160	71	375	191
170	77	400	204
175	79	425	218
180	82	450	232
185	85	500	260
		550	288