Conversion Factors

**Metric**

- 1 kilometer = 1000 meters
- 1 meter = 10 decimeters
- 1 meter = 100 centimeters
- 1 meter = 1000 millimeters

**Monetary Exchange Rates**

- Canada: 1.33 dollar = $1.00 U.S.
- Great Britian: 0.89 pound = $1.00 U.S.
- Mexico: 230.95 pesos = $1.00 U.S.

**English to Metric**

- 1 fluid ounce = 30 milliliters
- 1 teaspoon = 4.9 milliliters
- 1 tablespoon = 14.8 milliliters
- 1 pint = 0.473 liters
- 1 cup = 237 milliliters
- 1 quart = 0.956 liters
- 1 gallon = 4.546 liters
- 1 ounce = 28.35 grams
- 1 pound = 453.59 grams
- 2.2 pounds = 1 kilogram
- 1 inch = 2.54 centimeters

**Nutrition**

- 8 ounces = 1 cup
- 2 cups = 1 pint
- 2 pints = 1 quart
- 4 quarts = 1 gallon

**Area Measurements**

- 1 inch = 0.083 feet = 2.54 yards
- 1 mile = 1760 yards = 5280 feet
- 1 foot = 0.3048 meters
- 1 yard = 0.9144 meters
- 1 mile = 1.6093 kilometers
- 1 square yard = 9 square feet
- 1 square foot = 144 square inches
- 1 acre = 43560 square feet
- 1 acre = 4047 square meters
- 1 square mile = 640 acres