

## Approximate Conversion Tables

### POPULAR MEASURES

U.S. MEASURES	METRIC
1 teaspoon	5 mL
1 tablespoon (1/2 fl oz)	15 mL
1 cup (8 fl oz)	237 mL
1 pint (16 fl oz)	473 mL
1 quart (32 fl oz)	946 mL

### AVOIRDUPOIS

POUNDS	METRIC
1 oz	28.35 g
1 lb	453.6 g
2.2 lb	1000 g (1 kilogram)

To convert: Pounds to grams, multiply by 453.6

Grams to pounds, divide by 453.6

### LIQUID MEASURES

#### Metric Apothecary

1000 mL	1.06 quart
946 mL	1 quart
500 mL	1.06 pint
473 mL	1 pint
100 mL	3.38 fl oz
29.57 mL	1 fl oz

To convert: Milliliters to fl oz, divide by 29.57

Fl oz to milliliters, multiply by 29.57

