



USEFUL CONVERSIONS AND EQUIVALENCIES

TEMPERATURE CONVERSION FORMULAS

To convert from Centigrade to Fahrenheit: multiply the Centigrade temperature by 1.8; add 32.

To convert from Fahrenheit to Centigrade: subtract 32 from the Fahrenheit temperature; multiply the result by .555.

°C	°F	°C	°F	°C	°F
-5	23	23	73.4	190	374
-3	26.6	24	75.2	195	383
-1	30.2	25	77	200	392
0	32	26	78.8	205	401
1	33.8	27	80.6	210	410
3	37.4	28	82.4	215	419
5	41	29	84.2	220	428
7	44.6	30	86	225	437
10	50	31	87.8	230	446
12	53.6	32	89.6	235	455
15	59	33	91.4	240	464
18	64.4	175	347	245	473
20	68	180	356	250	482
22	71.6	185	365	255	491

GRAMS, KILOS, OUNCES, POUNDS

Europeans, of course, enjoy the benefits of using grams, kilos, and liters. Writing, scaling, and interpreting formulas is always more cumbersome when using ounces, pounds, and quarts. Fortunately, more and more professional formulas are being written in metric. This means that a thorough knowledge of the metric system is important. Below is a list of the most common conversions.

1 GRAM = .035 OZ.

1000 GRAMS = 35.27 OZ.

1000 GRAMS = 1 KILOGRAM

1 KILOGRAM = 2# 3 1/4 OZ. (2.2#)

1 LITER = 1000 ML.

1 LITER = 35 1/4 FLUID OUNCES

1 LITER = 1.1 QUARTS

1 OUNCE = 28.35 GRAMS

16 OUNCES = 453.6 GRAMS

35.27 OUNCES = 1 KILOGRAM

1 QUART = 4 CUPS

1 QUART = 2 PINTS

1 QUART = .91 LITERS

TO CONVERT	TO	MULTIPLY BY
Ounces	Grams	28.35
Grams	Ounces	.035
Pounds	Kilograms	.45
Kilograms	Pounds	2.21
Fluid Ounces	Milliliters	28.35
Quarts	Liters	.91
Liters	Quarts	1.1
Gallons	Liters	3.65

FRACTIONS AND DECIMALS

To convert ounces into pounds, divide the ounces by 16:

$$5 \text{ OUNCES} / 16 = .3125\#$$

$$140 \text{ OUNCES} / 16 = 8.75\#$$

To convert pounds into ounces, multiply the portion of a pound by 16:

$$.68\# \times 16 = 10.88 \text{ OZ.}$$

For example, to convert 1.75# do the following:

$$.75 \times 16 = 12 \text{ OZ.}$$

$$1.75\# = 1\# 12 \text{ OZ.}$$

To convert a fraction of an ounce into decimals, divide the top portion of the fraction by the bottom portion:

$$1/4 \text{ OUNCE} = .25 \text{ OUNCE}$$

To convert the decimal portion of an ounce into a fraction, first represent the decimal as a fraction, then find the lowest common denominator.

For example, to convert .5 oz. do the following:

$$.5 \text{ oz.} = 5/10 = 1/2 \text{ oz.}$$

$$.75 \text{ oz.} = 75/100 = 3/4 \text{ oz.}$$