

Fraction to Decimal Equivalents



| | |
|-----|---------|
| 1/8 | = 0.125 |
| 1/4 | = 0.250 |
| 1/3 | = 0.333 |
| 3/8 | = 0.375 |
| 1/2 | = 0.500 |
| 5/8 | = 0.625 |
| 2/3 | = 0.666 |
| 3/4 | = 0.750 |
| 7/8 | = 0.875 |

Metric Equivalents by Weight



| Customary Unit (avoirdupois) | Metric Unit |
|------------------------------|-----------------------|
| Ounces (oz) | Grams (g) |
| 1 oz | = 28.35 g |
| 4 oz | = 113.4 g |
| 8 oz | = 226.8 g |
| 16 oz | = 453.6 g |
| Pounds (lb) | Grams (g) |
| 1 lb | = 453.6 g |
| 2 lb | = 907.2 g |
| Pounds (lb) | Kilograms (kg) |
| 2.2 lb | = 1 kg (1000 g) |



Metric Equivalents by Volume



| Customary Unit (fl oz) | Metric Unit |
|------------------------|-------------|
| 1 cup (8 fl oz) | = 236.59 mL |
| 1 quart (32 fl oz) | = 946.36 mL |
| 1.5 quarts (48 fl oz) | = 1.42 L |
| 33.818 fl oz | = 1.0 L |



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