



# **UNIQUE PHYSIQUE**

**PERSONAL TRAINING & NUTRITION CONSULTING**

## **Measurement Conversion Charts**

### **Energy Conversion**

1 calorie	4.184 kilojoules
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### **Weight Conversions**

1 gram	1,000,000 micrograms
1 gram	1000 milligrams
1 kilogram	1000 grams
1 kilogram	2.2 pounds
1 microgram	0.001 milligrams
1 milligram	1000 micrograms
1 ounce	28.35 grams
1 pound	16 ounces
1 pound	454 grams

### **Volume Conversions**

1 cup	1/2 pint
1 cup	16 tablespoons
1 cup	236.59 milliliters
1 cup	8 fluid ounces
1 fluid ounce	1/8 cup
1 fluid ounce	2 tablespoons
1 fluid ounce	29.6 milliliter
1 gallon	128 fluid ounces
1 gallon	16 cups
1 gallon	3.79 liters
1 gallon	4 quarts
1 gallon	8 pints
1 jigger	3 tablespoons

1 liter	0.85 Imperial gallon
1 liter	1.06 quart
1 liter	1000 milliliters
1 milliliter	0.03 fluid ounce
1 pint	16 fluid ounces
1 pint	2 cups
1 quart	2 pints
1 quart	32 fluid ounces
1 quart	4 cups
1 quart	946.36 milliliters
1 tablespoon	1/16 cup
1 tablespoon	1/2 fluid ounce
1 tablespoon	14.79 milliliters
1 tablespoon	3 teaspoons
1 teaspoon	1/3 tablespoon
1 teaspoon	4.93 milliliter
1 teaspoon	60 drops
1 teaspoon	Approximately 5 grams dry weight
1/3 cup	16 teaspoons
1/3 cup	5 tablespoon + 1 teaspoons

### Length Conversions

1 centimeter	0.01 meter
1 centimeter	0.394 inches
1 foot	12 inches
1 inch	2.54 centimeters
1 meter	39.37 inches

### Can Equivalents

Can Size	Ounces	Cups
2	19 - 20 ounces	2.5 cups
2.5	29 ounces	3.5 cups
3	48 ounces	5 3/4 cups
10	98 - 108 ounces	3 quarts
211	12 ounces	1 1/2 cups
303	14.5 - 16 ounces	2 cups

Buffer	8 ounces	1 cup
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**Note:** Weights are approximate; amounts vary depending on the type of food.

### Scoop Equivalents

Scoop Size	Amount
6	2/3 cup
8	1/2 cup
10	2/5 cup
12	1/3 cup
16	1/4 cup
20	3 1/5 tablespoons
24	2 2/3 tablespoons
30	2 1/5 tablespoons
40	1 3/5 tablespoons

**Note:** The scoop number indicates the number of scoops it takes to make 1 quart.