ENGLISH TO METRIC CONVERSION: MASS (WEIGHT)

Current mass measurement is expressed in pounds and ounces (lbs. & ozs.). The metric unit of mass (or weight) is the kilogram (kg). Even although this table does not show conversion of masses (weights) larger than 15 lbs, it is easy to calculate larger units by following the data immediately below.

To convert ounces (oz.) to grams (g): multiply th number of ozs. by 28
To convert grams (g) to ounces (oz.): multiply the number of grams by .035

To convert pounds (lbs.) to kilograms (kg): multiply the number of lbs. by .45
To convert kilograms (kg) to pounds (lbs.): multiply the number of kilograms by 2.2

lbs	kg	lbs	kg	oz	kg	oz	kg
0.1	0.04	0.9	0.41	0.1	0.003	0.9	0.024
0.2	0.09	1	0.4	0.2	0.005	1	0.03
0.3	0.14	2	0.9	0.3	0.008	2	0.06
0.4	0.18	3	1.4	0.4	0.011	3	0.08
0.5	0.23	4	1.8	0.5	0.014	4	0.11
0.6	0.27	5	2.3	0.6	0.017	5	0.14
0.7	0.32	10	4.5	0.7	0.020	10	0.28
0.8	0.36	15	6.8	0.8	0.023	15	0.42

ENGLISH TO METRIC CONVERSION: TEMPERATURE

To convert Fahrenheit (°F) to Celsius (°C): take number of °F and subtract 32; multiply result by 5; divide result by 9

To convert Celsius (°C) to Fahrenheit (°F): take number of °C and multiply by 9; divide result by 5; add 32 to total

Fahrenheit (F)		Celsius (C)		Fahrenheit (F)		Celsius (C)		Fahrenheit (F)		Celsius (C)	
°F	°C	°C	°F	°F	°C	°C	°F	°F	°C	°C	°F
−40	−40	−38	−36.4	80	26.7	18	64.4	215	101.7	80	176
−35	−37.2	−36	−32.8	85	29.4	20	68	220	104.4	85	185
−30	−34.4	−34	−29.2	90	32.2	22	71.6	225	107.2	90	194
−25	−31.7	−32	−25.6	95	35.0	24	75.2	230	110.0	95	202
−20	−28.9	−30	−22	100	37.8	26	78.8	235	112.8	100	212
−15	−26.1	−28	−18.4	105	40.6	28	82.4	240	115.6	105	221
−10	−23.3	−26	−14.8	110	43.3	30	86	245	118.3	110	230
−5	−20.6	−24	−11.2	115	46.1	32	89.6	250	121.1	115	239
0	−17.8	−22	−7.6	120	48.9	34	93.2	255	123.9	120	248
1	−17.2	−20	−4	125	51.7	36	96.8	260	126.6	125	257
2	−16.7	−18	−0.4	130	54.4	38	100.4	265	129.4	130	266
3	−16.1	−16	3.2	135	57.2	40	104	270	132.2	135	275
4	−15.6	−14	6.8	140	60.0	42	107.6	275	135.0	140	284
5	−15.0	−12	10.4	145	62.8	44	112.2	280	137.8	145	293
10	−12.2	−10	14	150	65.6	46	114.8	285	140.6	150	302
15	−9.4	−8	17.6	155	68.3	48	118.4	290	143.3	155	311
20	−6.7	−6	21.2	160	71.1	50	122	295	146.1	160	320
25	−3.9	−4	24.8	165	73.9	52	125.6	300	148.9	165	329
30	−1.1	−2	28.4	170	76.7	54	129.2	305	151.7	170	338
35	1.7	0	32	175	79.4	56	132.8	310	154.4	175	347
40	4.4	2	35.6	180	82.2	58	136.4	315	157.2	180	356
45	7.2	4	39.2	185	85.0	60	140	320	160.0	185	365
50	10.0	6	42.8	190	87.8	62	143.6	325	162.8	190	374
55	12.8	8	46.4	195	90.6	64	147.2	330	165.6	195	383
60	15.6	10	50	200	93.3	66	150.8	335	168.3	200	392
65	18.3	12	53.6	205	96.1	68	154.4	340	171.1	205	401
70	21.1	14	57.2	210	98.9	70	158	345	173.9	210	410
75	23.9	16	60.8	212	100.0	75	167	350	176.7	215	414