CONVERSION

INFORMATION

Compiled by

Campbell M Gold

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IMPORTANT

The health information contained herein is not meant as a substitute for advice from your physician, or other health professional. The following material is intended for general interest only; and it should not be used to diagnose, treat, or cure any condition whatever. If you are concerned about any health issue, symptom, or other indication, you should consult your regular physician, or other health professional. Consequently, the Author cannot accept responsibility for any individual who misuses the information contained in this material. Thus, the reader is solely responsible for all of the health information contained herein. However, every effort is made to ensure that the information in this material is accurate; but, the Author is not liable for any errors in content or presentation, which may appear herein.

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Common Abbreviations

inch (in)

foot (ft)

yard (yd)

mile (ml)

millimetre (mm)

centimetres (cm)

metre (m)

kilometres (km)

ounce (oz)

pound (lb)

quarter (qr)

stone (st)

hundredweight (cwt)

micrograms (mcg) - common

micrograms (ug) – alternative abbreviation

milligram (mg)

gram (g)

kilogram (kg)

part/million (ppm)

fluid ounce (fl oz)

gallon (gal)

quart (qt)

pint (pt)

litre (l)

teaspoon (tsp)

tablespoon (tbsp)

international units (IU)

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Baking Measure

1 Cup = 250ml = 250g

1 Teaspoon (tsp) = 5ml = 5g

1 Tablespoon (tbsp) = 20ml = 20g

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Length

1 inch (in) = 25.4 millimetres (mm)

1 inch (in) = 2.54 centimetres (cm)

1 inch (in) = 0.0254 metre (m)

1 foot (ft) = 12 inches (in)

1 foot (ft) = 30.48 centimetres (cm)

1 foot (ft) = 0.3048 metre (m)

1 yard (yd) = 3 feet (ft)

1 yard (yd) = 0.914399 metre (m)

1 mile (ml) = 1760 yards (yd)

1 mile (ml) = 1.6093 kilometres (km)

1 nautical mile = 1.152 miles (ml)

1 nautical mile = 1.853 kilometre (km)

1 millimetre (mm) = 0.0394 inch (in)

1 centimetre (cm) = 10 millimetre (mm)

1 centimetre (cm) = 0.394 inch (in)

1 metre (m) = 1000 millimetres (mm)

1 metre (m) = 100 centimetre (cm)

1 metre (m) = 1.0936 yard (yd)

1 metre (m) = 39.37 inches (in)

1 kilometre (km) = 1000 metre (m)

1 kilometre (km) = 0.621 mile (ml)

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Weight

1 grain = 0.0648 grams (gm)

1 dram (dr) = 1.772 grams (gm)

1 ounce (oz) = 437.5 grains

1 ounce (oz) = 28.350 grams (gm)

1 pound (lb) = 16 ounces (oz)

1 pound (lb) = 0.453592 kilogram (kg)

1 stone (st) = 14 pounds (lb)

1 stone (st) = 6.350 kilograms (kg)

1 quarter (qr) = 28 pounds (lb)

1 quarter (qr) = 12.70 kilograms (kg)

4 quarters (qr) = 1 hundredweight (cwt)

1 hundredweight (cwt) = 8 stones (st)

1 hundredweight (cwt) = 50.8022 kilograms (kg)

1 ton = 20 hundredweight (cwt)

1 ton = 2,240 pounds (lb)

1 ton = 1016.044 kilograms (kg)

1 gram (g) = 0.035 ounce (oz)

200 grams (g) = 7.0 ounces (oz)

1 kilogramme (kg) = 2.205 pounds (lb)

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Liquid

1 fluid ounce (fl oz) = 0.0355 (l)

1 pint = 16 fluid ounces (fl oz)

1 pint (pt) = 0.568 litres (l)

1 quart (qt) = 2 pints (pt)

1 quart (qt) = 1.1365 litres (l)

1 gallon (gal) = 4 quarts (qt)

1 gallon (gal) = 4.546 litres (l)

1 litre (l) = 1.76 pints (pt)

1 litre (l) = 0.220 gallons (gal)

5 litres (l) = 8.8 pints (pt)

5 litres (l) = 1.1 gallons (gal)

10 litres (l) = 2.2 gallons (gal)

10 litres (l) = 2.20 gallons (gal)

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Quick Calculations

1 metre (m) = 1 yard (yd) 3 inches (in)

1 kilometre (km) = 5/8 mile (ml)

1 kilometre (km) = 0.625 mile (ml)

1 centimetre (cm) = 1/3 inch (in)

1 centimetre (cm) = 0.333 inch (in)

1 kilogram (kg) = 2 1/5 pounds (lb)

1 kilogram (kg) = 2.2 pounds (lb)

1 litre (l) = 1 3/4 pints (pt)

1 litre (l) = 1.75 pints (pt)

50 litres (l) = 11 gallons (gal)

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Formulas

mcg (microgram) conversion ('mcg' is sometimes abbreviated 'ug')

mg/g to mg/lb -multiply by 454

mcg/g to mg/g -divide by 1,000

mcg/g to mg/lb -divide by 1,000

mg/lb to mcg/g -divide by 0.454

mg/lb to ppm -multiply by 2.2 (ppm = parts per million)

g/lb to % -divide by 4.54

% to g/lb -multiply by 4.54

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IU <--> mg

IU stands for ‘International Units’ and is used for the measurement of drugs and vitamins.

Webster's defines IU as: a quantity of a biologic (such as a vitamin) that produces a particular biological effect agreed upon as an international standard.

What this means is that IU is dependent on the potency of the substance, and each substance would have a different IU to milligram conversion. For example, 1000 IU of Vitamin C would have a different weight than 1000 IU of Vitamin A.

Since each substance would have a different conversion ratio, there is no standard conversion for IU to milligrams that covers everything, or even most things. Consequently, each substance must be individually converted.

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Vit E IU <-> mg

1 x IU natural Vit E = 0.67 mg alpha-tocopherol

1 x IU synthetic Vit E = 0.45 mg alpha-tocopherol

Therefore, to meet the new dietary recommendations for Vit E (15 mg per day), you need to get either 22 IU natural Vit E (22 IU x 0.67 = 15 mg), or 33 IU synthetic Vit E (33 IU x 0.45 = 15 mg).

Vit E alternate names: Alpha Tocopherol; D-Tocopherol; DL-Tocopherol; DL-Alpha-Tocopherol; Tocopheryl Succinate; Tocopheryl Acetate; D-Alpha-Tocopherol; D-Delta-Tocopherol; D-Beta-Tocopherol; D-Gamma-Tocopherol; Mixed Tocopherols

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Kilocalories <-> Kilojoules

1 calorie = the heat required to raise 1 kg of water 1 degree centigrade, from 14.5 to 15.5 degrees centigrade. A calorie is more accurately termed a kilogram calorie or kilocalorie (kcal)

kilocalories = kilojoules / 4.2 (4.186)

1 kilocalorie = 0.2381 kilojoules

kilojoules = kilocalories x 4.2 (4.186)

1 kilojoule = 4.2 kilocalories

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Centigrade <-> Fahrenheit

centigrade = ((fahrenheit - 32) x 5)) / 9

fahrenheit = ((centigrade x 9) / 5) + 32

kelvin = centigrade + 273.15

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Heart Rate For Aerobic Exercise

(220 - your age) x 0.65 for cardiovascular conditioning

(220 - your age) x 0.75 for a good general balance

(220 - your age) x 0.85 for burning fat

End

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