



**How Much is That?
Metric Conversion Tables**

Fahrenheit (F) to Centigrade (C)

°F	°C	°F	°C	°F	°C	°F	°C
95.0	35.0	98.0	36.7	101.0	38.3	104.0	40.0
95.2	35.1	98.2	36.8	101.2	38.4	104.2	40.1
95.4	35.2	98.4	36.9	101.4	38.6	104.4	40.2
95.6	35.6	98.6	37.0	101.6	38.7	104.6	40.3
95.8	35.4	98.8	37.1	101.8	38.8	104.8	40.4
96.0	35.6	99.0	37.2	102.0	38.9	105.0	40.6
96.2	35.7	99.2	37.3	102.2	39.0	105.2	40.7
96.4	35.8	99.4	37.4	102.4	39.1	105.4	40.8
96.6	35.9	99.6	37.6	102.6	39.2	105.6	40.9
96.8	36.0	99.8	37.7	102.8	39.3	105.8	41.0
97.0	36.1	100.0	37.8	103.0	39.4	106.0	41.1
97.2	36.2	100.2	37.9	103.2	39.6	106.2	41.2
97.4	36.3	100.4	38.0	103.4	39.7	106.4	41.3
97.6	36.4	100.6	38.1	103.6	39.8	106.6	41.4
97.8	36.6	100.8	38.2	103.8	39.9	106.8	41.6

°C = (°F - 32) x 5/9. Round centigrade temperature equivalents to one decimal place by adding 0.1 when second decimal place is 5 or larger.

The metric system replaces the term Centigrade with Celsius (the inventor of the scale).

1 inch = 2.540 centimeters. Round centimeter equivalents one decimal place by adding 0.1 when second decimal place is 5 or larger. For example, 33.48 becomes 33.5.

Tell your nurse or doctor: Does a baby have a fever if his temperature is 36.9° Celsius? (Check when done.)

Inches to centimeters

1 inch increments

Inches	0	10	20	30	40
0	0	25.4	50.8	76.2	101.6
1	2.5	27.9	53.3	78.7	104.1
2	5.1	30.5	55.9	81.3	106.7
3	7.6	33.0	58.4	83.8	109.2
4	10.2	35.6	61.0	86.4	111.8
5	12.7	38.1	63.5	88.9	114.3
6	15.2	40.6	66.0	91.4	116.8
7	17.8	43.2	68.6	94.0	119.4
8	20.3	45.7	71.1	96.5	121.9
9	22.9	48.3	73.7	99.1	124.5

One-quarter (1/4) inch increments

10-15 Inches

Inches	10	11	12	13	14	15
0	25.4	27.9	30.5	33.0	35.6	38.1
1/4	26.0	28.6	31.1	33.7	36.2	38.7
1/2	26.7	29.2	31.8	34.3	36.8	39.4
3/4	27.3	29.8	32.4	34.9	37.5	40.0

16-21 Inches

Inches	16	17	18	19	20	21
0	40.6	43.2	45.7	48.3	50.8	53.3
1/4	41.3	43.8	46.4	48.9	51.4	54.0
1/2	41.9	44.5	47.0	49.5	52.1	54.6
3/4	42.5	45.1	47.6	50.2	52.7	55.2

How to read this scale:

To find out how long 55.9 centimeters is, find 55.9 in the chart, or the number closest to it. Then add up the number of inches at the top of the column (20) and the number of inches at the far left (2). 55.9 centimeters equals 22 inches.

Tell your nurse or doctor: If a baby is 41.1 centimeters long, what is that in inches? (Check when done.)

Pounds and ounces to grams

How to read this scale:

To find out how many grams in 6 pounds, 8 ounces, go to the 6 on the pounds column, and the 8 on the ounces line, and see where they meet. 6 pounds, 8 ounces is equal to 2948 grams.

	POUNDS															
	0	1	2	3	4	5	6	7	8	9	10	11	12	13	14	
OUNCES	0	0	454	907	1361	1814	2268	2722	3175	3629	4082	4536	4990	5443	5897	6350
1	28	482	936	1389	1843	2296	2750	3203	3657	4111	4564	5018	5471	5925	6379	6832
2	57	510	964	1417	1871	2325	2778	3232	3685	4139	4593	5046	5500	5953	6407	6860
3	85	539	992	1446	1899	2353	2807	3260	3714	4167	4621	5075	5528	5982	6435	6888
4	113	567	1021	1474	1928	2381	2835	3289	3742	4196	4649	5103	5557	6010	6464	6917
5	142	595	1049	1503	1956	2410	2863	3317	3770	4224	4678	5131	5585	6038	6492	6945
6	170	624	1077	1531	1984	2438	2892	3345	3799	4252	4706	5160	5613	6067	6520	6973
7	198	652	1106	1559	2013	2466	2920	3374	3827	4281	4734	5188	5642	6095	6549	6999
8	227	680	1134	1588	2041	2495	2948	3402	3856	4309	4763	5216	5670	6123	6577	7029
9	255	709	1162	1616	2070	2523	2977	3430	3884	4337	4791	5245	5698	6152	6605	7057
10	283	737	1191	1644	2098	2551	3005	3459	3912	4366	4819	5273	5727	6180	6634	7086
11	312	765	1219	1673	2126	2580	3033	3487	3941	4394	4848	5301	5755	6209	6662	7114
12	340	794	1247	1701	2155	2608	3062	3515	3969	4423	4876	5330	5783	6237	6690	7142
13	369	822	1276	1729	2183	2637	3090	3544	3997	4451	4904	5358	5812	6265	6719	7171
14	397	850	1304	1758	2211	2665	3118	3572	4026	4479	4933	5386	5840	6294	6747	7199
15	425	879	1332	1786	2240	2693	3147	3600	4054	4508	4961	5415	5868	6322	6776	7228

1 pound = 453.59237 grams

1 ounce = 28.3495.13 grams

1000 grams = 1 kilogram

Gram equivalents have been rounded to whole numbers by adding one (1) when the first decimal place is 5 or larger.

Tell your nurse or doctor: If a baby weighs 2296 grams, how much does she weigh in pounds and ounces? (Check when done.)



The Emily Center

How Much is That? Metric Conversion Tables

Procedure/Treatment/Home Care
Si usted desea esta información en español,
por favor pídasela a su enfermero o doctor.

Name of Health Care Provider: _____ Number: 564
For office use: Date returned: _____ db nb

Family Review of Handout

Health care providers: Please teach families with this handout.
Families: Please let us know what you think of this handout.

Would you say this handout is hard to read? Yes No
easy to read? Yes No

Please circle the parts of the handout that were hard to understand.

Would you say this handout is interesting to read? Yes No

Why or why not?

Would you do anything differently after reading
this handout? Yes No

If yes, what?

After reading this handout, do you have any
questions about the subject? Yes No

If yes, what?

Is there anything you don't like about the drawings?

Yes

No

If yes, what?

What changes would you make in this handout to make it better or easier to understand?

Please return your review of this handout to your nurse or doctor or send it to the address below.

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Thank you for helping us!