

## 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															
		7	8	9	10	11	12	13	14	7	8	9	10	11	12	13	14
0	0	3175	3629	4082	4536	4990	5443	5897	6350	3175	3629	4082	4536	4990	5443	5897	6350
1	28	3203	3657	4111	4564	5018	5471	5925	6379	3203	3657	4111	4564	5018	5471	5925	6379
2	57	3232	3685	4139	4593	5046	5500	5953	6407	3232	3685	4139	4593	5046	5500	5953	6407
3	85	3260	3714	4167	4621	5075	5528	5982	6435	3260	3714	4167	4621	5075	5528	5982	6435
4	113	3289	3742	4196	4649	5103	5557	6010	6464	3289	3742	4196	4649	5103	5557	6010	6464
5	142	3317	3770	4224	4678	5131	5585	6038	6492	3317	3770	4224	4678	5131	5585	6038	6492
6	170	3345	3799	4252	4706	5160	5613	6067	6520	3345	3799	4252	4706	5160	5613	6067	6520
7	198	3374	3827	4281	4734	5188	5642	6095	6549	3374	3827	4281	4734	5188	5642	6095	6549
8	227	3402	3856	4309	4763	5216	5670	6123	6577	3402	3856	4309	4763	5216	5670	6123	6577
9	255	3430	3884	4337	4791	5245	5698	6152	6605	3430	3884	4337	4791	5245	5698	6152	6605
10	283	3459	3912	4366	4819	5273	5727	6180	6634	3459	3912	4366	4819	5273	5727	6180	6634
11	312	3487	3941	4394	4848	5301	5755	6209	6662	3487	3941	4394	4848	5301	5755	6209	6662
12	340	3515	3969	4423	4876	5330	5783	6237	6690	3515	3969	4423	4876	5330	5783	6237	6690
13	369	3544	3997	4451	4904	5358	5812	6265	6719	3544	3997	4451	4904	5358	5812	6265	6719
14	397	3572	4026	4479	4933	5386	5840	6294	6747	3572	4026	4479	4933	5386	5840	6294	6747
15	425	3600	4054	4508	4961	5415	5868	6322	6776	3600	4054	4508	4961	5415	5868	6322	6776

1 pound = 453.59237 grams

1 ounce = 28.349523 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.)

## How Much is That? Metric Conversion Table

Name of Health Care Provider: \_\_\_\_\_

Date returned: \_\_\_\_\_  db

## 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.

The Emily Center  
Health Education Specialist  
Phoenix Children's Hospital  
1919 East Thomas Road  
Phoenix, AZ 85016-7710

602-933-1395

**Thank you for helping us!**