

FREE PRINTABLE GUIDE

The Essential Conversions *Handbook*

The only cheat sheet you'll ever need — print it, stick it, done.

1 mi = 1.61 km

1 lb = 454 g

1 cup = 237 ml

350 °F = 175 °C

01 VOLUME

US MEASURE	METRIC
1 cup	237 ml
½ cup	118 ml
⅓ cup	79 ml
¼ cup	59 ml
1 tablespoon	15 ml
1 teaspoon	5 ml
1 fl oz	30 ml
1 US gallon	3.785 L

02 WEIGHT

US MEASURE	METRIC
1 oz	28 g
4 oz	113 g
8 oz (½ lb)	227 g
1 lb	454 g
2.2 lb	1 kg

03 OVEN TEMPERATURES

°F	°C	TYPICAL USE
300	150	Slow / meringues
350	175	Cakes & cookies
400	200	Roasted veggies
425	220	Bread / pizza
450	230	High-heat roasting

 **Baker's golden rule:** a cup measures volume, not weight. 1 cup of flour = 120 g, but 1 cup of honey = 340 g. For baking precision, weigh your ingredients.

 **Quick °F → °C:** subtract 30, then halve. 350 °F → 320 → **160...** close enough? For ovens, trust the table — precision matters.

04 DISTANCE

IMPERIAL	METRIC
1 mile	1.61 km
5 miles	8 km
10 miles	16.1 km
50 miles	80.5 km
100 miles	161 km

 **Fibonacci trick:** 5 mi $\approx$ 8 km, 8 mi $\approx$ 13 km, 13 mi $\approx$ 21 km — the ratio lands on the exact 1.609 factor.

05 SPEED

MPH	KM/H
30	48
60	97
70	113
100	161

 **Driver's anchor:** 60 mph $\approx$ 97 km/h — "about 100" is close enough to drive by anywhere in the world.

06 LENGTH

IMPERIAL	METRIC
1 inch	2.54 cm
6 inches	15.2 cm
1 foot	30.5 cm
3 feet (1 yd)	0.914 m
10 feet	3.05 m

 **in $\rightarrow$ cm:** double, then add half of the original. 8 in $\rightarrow$ 16 + 4 = 20 cm (exact: 20.32).

07 AREA

IMPERIAL	METRIC
1 sq ft	0.093 m²
100 sq ft	9.29 m²
1 acre	4,047 m²
1 hectare	2.47 acres

08 BODY WEIGHT

LB	KG
100	45.4
150	68.0
180	81.6
200	90.7

 **lb $\rightarrow$ kg:** divide by 2, subtract 10% of the result. 150 lb $\rightarrow$ 75 $\rightarrow$ 67.5 kg (exact: 68.0).

09 BODY & WEATHER

°F	°C	MEANING
98.6	37	Normal body
100.4	38	Fever
72	22	Room temp
95	35	Hot day
−40	−40	Scales meet!

10 DATA STORAGE

DECIMAL (MARKETING)	BINARY (REAL)	WHAT YOU ACTUALLY GET
1 MB	0.95 MiB	~1 minute of MP3
1 GB	0.93 GiB	~250 photos
1 TB	0.91 TiB	~250,000 photos

💡 **Why your drive looks "smaller":** makers count in decimals ($1\text{ GB} = 10^9$ bytes), your computer counts in binary ($1\text{ GiB} = 2^{30}$). Nobody stole your space — the units differ.



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