

Converting Common Measures

1. Convert Ounces to Pounds

Ounces	Decimal Amounts in Pounds	Ounces	Decimal Amounts in Pounds	Ounces	Decimal Amounts in Pounds
1 oz	.063 lb	7 oz	.44	13 oz	.81 lb
2 oz	.13 lb	8 oz	.50 lb	14 oz	.88 lb
3 oz	.19 lb	9 oz	.56 lb	15 oz	.94 lb
4 oz	.25 lb	10 oz	.63 lb	16 oz	1.0 lb
5 oz	.31 lb	11 oz	.69 lb		
6 oz	.38	12 oz	.75 lb		

To convert ounces to pounds in decimal units, divide the number of ounces by 16.

2. Convert Decimal to Fraction

Decimal Unit	Fractional Equivalent	Decimal Unit	Fractional Equivalent	Decimal Unit	Fractional Equivalent
.125	1/8	.375	3/8	.66	2/3
.25	1/4	.50	1/2	.75	3/4
.33	1/3	.625	5/8	.875	7/8

3. Convert Volume Measures

1 gallon	= 4 quarts or 16 cups	1 gallon of water	= 8 lbs. or 128 ounces
1 quart	= 4 cups or 2 pints	1 quart of water	= 2 lbs. or 32 ounces
1 pint	= 2 cups	1 pint of water	= 16 ounces
1 cup	= 16 tablespoons	1 cup of water	= 8 ounces
1 Tablespoon	= 3 teaspoons	1 tablespoon of water	= 1/2 ounce