

Additional Information

Newborn Metric Conversion Tables

Temperature Fahrenheit (F) to Celsius (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	35.3	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

Note: °C = (°F-32) x 5/9. Celsius temperature equivalents rounded to one decimal place by adding 0.1 when second decimal place is 5 or greater.

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

Length Inches to centimeters

One-inch increments To obtain centimeters equivalent to 22 inches, read "20" on top scale, "2" on side scale; equivalent is 55.9 centimeters.

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) in increments To obtain centimeters equivalent to 14 3/4 inches, read "14" on top scale, "3/4" on side scale; equivalent is 37.5 centimeters.

10-15 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

	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

Note: 1 inch = 2.540 centimeters. Centimeter equivalents rounded to one decimal place by adding 0.1 when second decimal place is 5 or greater; for example, 33.48 becomes 33.5.

Weight (Mass) Pounds and ounces to grams

Example: To obtain grams equivalent to 6 pounds, 8 ounces, read “6” on top scale, “8” on side scale; equivalent is 2948 grams.

Note: 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 when the first decimal place is 5 or greater.

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

Pediatric Metric Conversion Tables

Temperature Fahrenheit (F) to Celsius (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	35.3	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

Note: °C = (°F-32) x 5/9. Celsius temperature equivalents rounded to one decimal place by adding 0.1 when second decimal place is 5 or greater.

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

Length/Height Feet and inches to centimeters

Example: To obtain centimeters equivalent to 3 feet, 9 inches, read "3" on the top scale, "9" on the side scale; equivalent is 114.3 centimeters.

Feet

	0	1	2	3	4	5
0	0	30.5	61.0	91.4	121.9	152.4
1	2.5	33.0	63.5	94.0	124.5	154.9
2	5.1	35.6	66.0	96.5	127.0	157.5
3	7.6	38.1	68.6	99.1	129.5	160.0
4	10.2	40.6	71.1	101.6	132.1	162.6
5	12.7	43.2	73.7	104.1	134.6	165.1
6	15.2	45.7	76.2	106.7	137.2	167.6
7	17.8	48.3	78.7	109.2	139.7	170.2
8	20.3	50.8	81.3	111.8	142.2	172.7
9	22.9	53.3	83.8	114.3	144.8	175.3
10	25.4	55.9	86.4	116.8	147.3	177.8
11	27.9	58.4	88.9	119.4	149.9	180.3

Inches

Note: 1 inch = 2.540 centimeters. Centimeter equivalents rounded to one decimal place by adding 0.1 when second decimal place is 5 or greater; for example, 102.37 becomes 102.4.

Pounds	0	1	2	3	4	5	6	7	8	9
0	0.00	0.45	0.91	1.36	1.81	2.27	2.72	3.18	3.63	4.08
10	4.54	4.99	5.44	5.90	6.35	6.80	7.26	7.71	8.16	8.62
20	9.07	9.53	9.98	10.43	10.89	11.34	11.79	12.25	12.70	13.15
30	13.61	14.06	14.51	14.97	15.42	15.88	16.33	16.78	17.24	17.69
40	18.14	18.60	19.05	19.50	19.96	20.41	20.87	21.32	21.77	22.23
50	22.68	23.13	23.59	24.04	24.49	24.95	25.40	25.85	26.31	26.76
60	27.22	27.67	28.12	28.58	29.03	29.48	29.94	30.39	30.84	31.30
70	31.75	32.21	32.66	33.11	33.57	34.02	34.47	34.93	35.38	35.83
80	36.29	36.74	37.19	37.65	38.10	38.56	39.01	39.46	39.92	40.37
90	40.82	41.28	41.73	42.18	42.64	43.09	43.54	44.00	44.45	44.91
100	45.36	45.81	46.27	46.72	47.17	47.63	48.08	48.53	48.99	49.44
110	49.90	50.35	50.80	51.26	51.71	52.16	52.62	53.07	53.52	53.98
120	54.43	54.88	55.34	55.79	56.25	56.70	57.15	57.61	58.06	58.51
130	58.97	59.42	59.87	60.33	60.78	61.23	61.69	62.14	62.60	63.05
140	63.50	63.96	64.41	64.86	65.32	65.77	66.22	66.68	67.13	67.59
150	68.04	68.49	68.95	69.40	69.85	70.31	70.76	71.21	71.67	72.12
160	72.57	73.03	73.48	73.94	74.39	74.84	75.30	75.75	76.20	76.66
170	77.11	77.56	78.02	78.47	78.93	79.38	79.83	80.29	80.74	81.19
180	81.65	82.10	82.55	83.01	83.46	83.91	84.37	84.82	85.28	85.73
190	86.18	86.64	87.09	87.54	88.00	88.45	88.90	89.36	89.81	90.26
200	90.72	91.17	91.63	92.08	92.53	92.99	93.44	93.89	94.35	94.80

Weight (Mass) Pounds to kilograms

Example: To obtain kilograms equivalent to 44 pounds, read “40” on side scale, “4” on top scale; equivalent is 19.96 kilograms.

Note: 1 pound = 0.45359237 kilogram. Kilogram equivalents have been rounded to 2 decimal places by adding 0.01 when the third decimal place is 5 or greater.