

# MORE FOODS GO METRIC

## MEASURING IN METRIC

### Weight

The metric measurements of weight are the kilogram (kg) and the gram (g). A kilogram is 1000 grams.

1 kilogram	=	2.2 (2¼) pounds
500 grams	=	1.1 (1¼) pounds
100 grams	=	3.5 (3½) ounces
1 pound	=	454 grams
½ pound	=	227 grams
¼ pound	=	113 grams
1 ounce	=	28 grams

**MEASURE IT  
METRIC!**

### Volume

The metric measurements of volume are the litre (l or L), the centilitre (cl) and the millilitre (ml). A litre may be expressed as 100 centilitres or 1000 millilitres. A centilitre is 10 millilitres.

1 litre	=	1.76 (1¾) pints
1 pint	=	568 millilitres

## WHAT TO ASK FOR

As a rough guide to buying foods sold loose in metric

If you want a quarter of a pound  
ask for 100 grams  
(slightly less)

If you want half a pound  
ask for 250 grams  
(slightly more)

If you want a pound  
ask for 500 grams  
or half a kilogram  
(slightly more)

If you want two pounds  
ask for a kilogram  
(slightly more)

## HOW TO FIND OUT MORE

This leaflet is for information only and has no legal standing. For further details, contact your local authority Trading Standards Department.

**dti**

Department of Trade and Industry

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**IMPORTANT  
NEWS**  
Please read this  
leaflet



