NIST Metric Pyramid
(LC1140 Apr '02)

Reproduction Master

To ensure accurate scale, do not enlarge or reduce. Reproduce one per 11"x8.5" sheet. For best results, reproduce on 110 lb index stock, or 67+ lb vellum.

Cut out along outside border. Fold on dotted lines illustrated above.

Fold up sides from base and tape.

NIST Metric Pyramid
Each edge of the pyramid measures 10 cm or 100 mm.

Length
25 mm = 1 in
2.5 cm = 1 in
1 m = 3.3 ft
1 m = 39.4 in
0.91 m = 1 yd
1 km = 0.6 mi
1.6 km = 1 mi

Mass or Weight
28 g = 1 oz
0.45 kg = 1 lb
1 kg = 2.2 lb
1 t = 2200 lb (long ton)

NIST Metric Pyramid Symbols

Temperature
20°C = 68°F
30°C = 86°F
40°C = 104°F

Energy
1055 J = 1 BTU
4190 J = 1 calorie (nutrition)
1 kWh = 3.6 MJ

Volume
1 mL = 1 cm³ (1 cc)
5 mL = 1 tsp
30 mL = 1 oz
240 mL = 8 fl oz (1 c)
1 L = 34 fl oz (1.1 qt)
3.8 L = 1 U.S. gal
30 L (0.03 m³) = 1 ft³
760 L (0.76 m³) = 1 yd³
1 m³ (1 kL) = 1.3 yd³

Area or Surface

National Institute of Standards and Technology
Technology Administration, U.S. Department of Commerce