Approximate sizes of structures in cells.

Structure	Daltons	nm
H_2O molecule	18	0.3
Glucose molecule	180	0.5
10 bp DNA	6,600	2 (dia) x 3.4
Globular protein	50,000	5 (dia)
Nucleosome protein core 200 bp DNA	260,000 108,000 132,000	6 x 11 x 11 6 x 6 x 6.4 2 (dia) x 68
Bacterial RNA polymerase	500,000	9 x 9 x 16
Ribosome	2,500,000	20 x 20 x 23
Nuclear pore	125,000,000	120 (dia) x 75
Bacterium		650 (dia) x 1,700
Human fibroblast cell nucleus nucleolus		50,000 x 10,000 5,000 (dia) 1,000 (dia)
Human chromosome		1,000 (dia) x 5,000
10^8 bp DNA (fully-extended)	66,000,000,000	2 (dia) x 34,000,000