

Specific Heat Capacities of Various Substances

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Solids	C_{sp} (J/g°C)	Liquids	C_{sp} (J/g°C)	Gases	C_{sp} (J/g°C)
Iron	0.45	Water	4.184	Steam	1.97
Copper	0.39	Methanol	2.55	Oxygen	0.91
Aluminum	0.90	Ethanol	2.48	Nitrogen	1.04
Lead	0.16	Antifreeze	2.38	Dry air	~1.0
Gold	0.13	Benzene	1.72		
Glass	0.84	Freon 11	0.87		
NaCl	0.88				
Ice	2.09				
Wood	1.68				
Sand	0.82				
Diamond	0.50				
Concrete	0.88				
Human body	3.47				

Constant pressure

Source: *Physics: A General Introduction* Table 9.1 and CRC