How can I convert UTC to EST in Excel using a simple formula?

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The process of converting Coordinated Universal Time (UTC) to Eastern Standard Time (EST) in Microsoft Excel can be easily achieved using a simple formula. UTC is the standardized time zone used worldwide, while EST is a time zone used in North America. By using the formula =UTC+TIME(5,0,0), the UTC time can be converted to EST by adding 5 hours. This formula takes into account the 5-hour time difference between UTC and EST. This simple formula allows for a quick and accurate conversion of time zones within Excel, making it a convenient tool for those needing to convert UTC to EST.

Convert UTC to EST in Excel (Simple Formula)

Eastern Standard Time (EST) is five hours behind Coordinate Universal Time (UTC).

Thus, if it is 8:00 PM in UTC then it is 3:00 PM in EST.

To convert UTC datetimes to EST datetimes in Excel you can use the following simple formula:

=A2-5/24

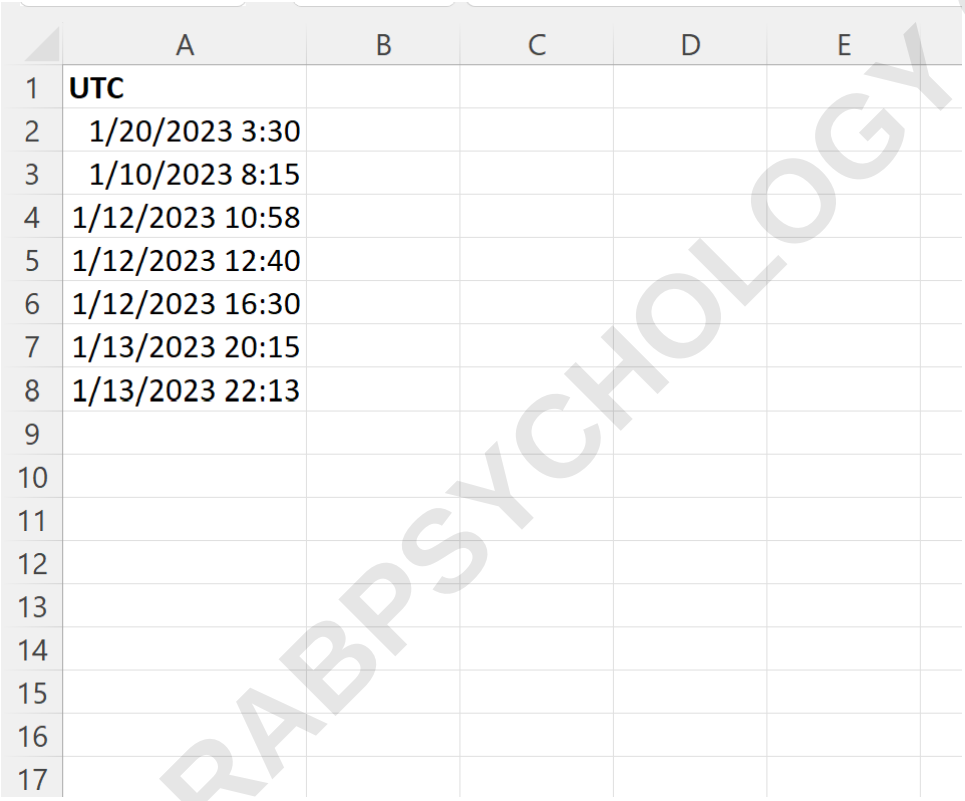
This particular formula will convert the UTC datetime in cell A2 to a EST datetime.

Note: We must use 5/24 in the formula because datetimes are stored as days in Excel. If we just subtracted by 5 then we would instead subtract 5 days from the datetime.

The following example shows how to use this formula to convert UTC times to EST times in Excel in practice.

Example: Convert UTC to EST in Excel

Suppose we have a list of date and times in Excel that are currently in UTC:



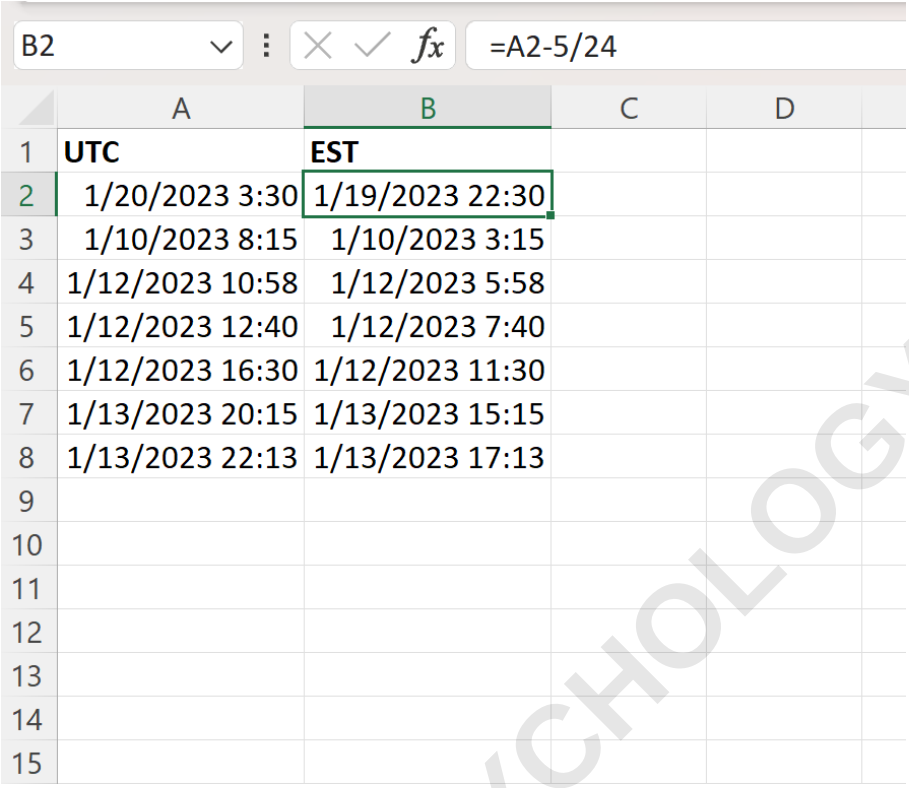
	A	B	C	D	E
1	**UTC**				
2	1/20/2023 3:30				
3	1/10/2023 8:15				
4	1/12/2023 10:58				
5	1/12/2023 12:40				
6	1/12/2023 16:30				
7	1/13/2023 20:15				
8	1/13/2023 22:13				
9					
10					
11					
12					
13					
14					
15					
16					
17					

Suppose we would like to convert each UTC time to EST time.

We can type the following formula into cell B2 to do so:

=A2-5/24

We can then click and drag this formula down to each remaining cell in column B:



Column B now displays each UTC time in column A in EST time.

For example:

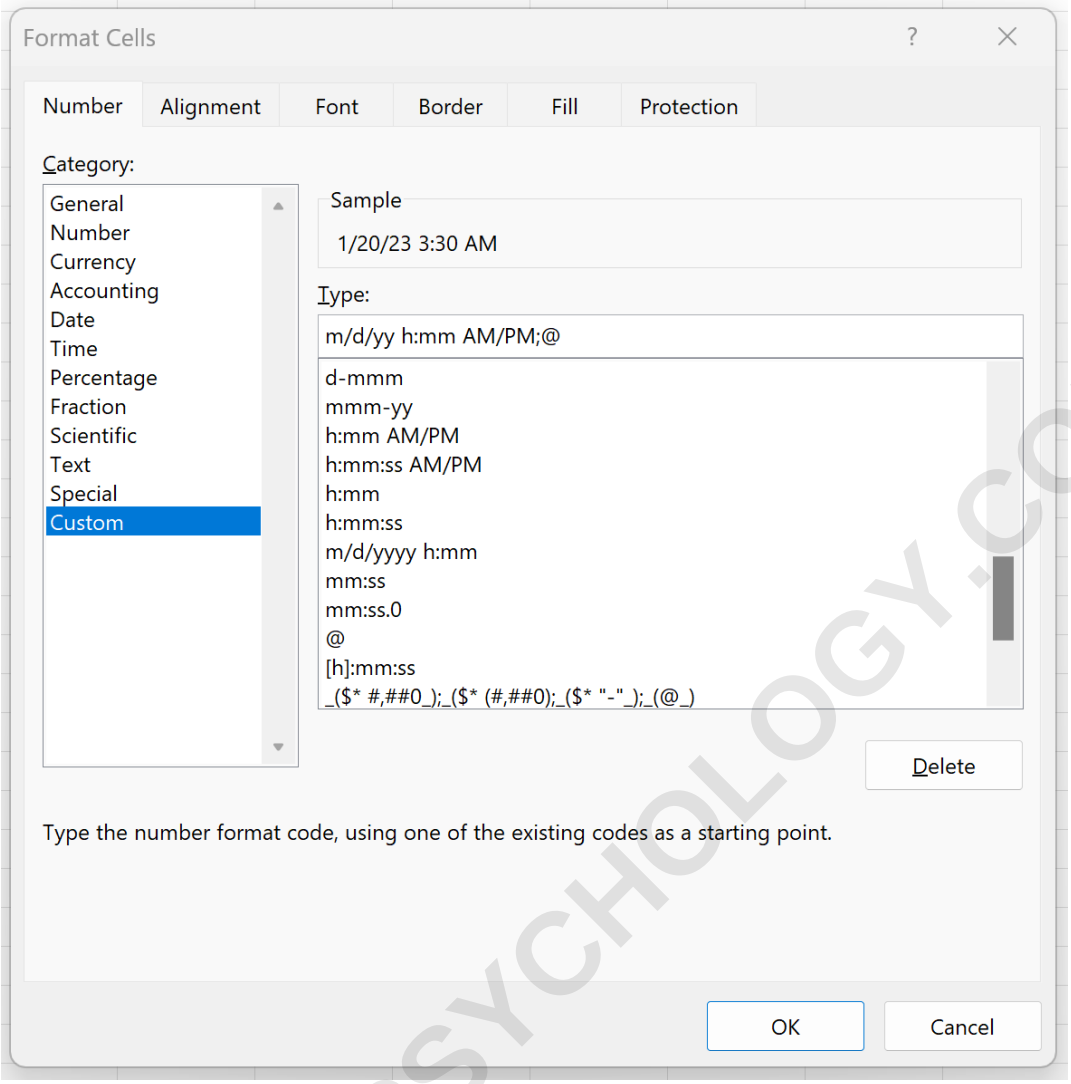
1/20/2023 3:30 in UTC is equal to 1/19/2023 22:30 in EST.1/10/2023 8:15 in UTC is equal to 1/10/2023 3:15 in EST.1/12/2023 10:58 in UTC is equal to 1/12/2023 5:58 in EST.

And so on.

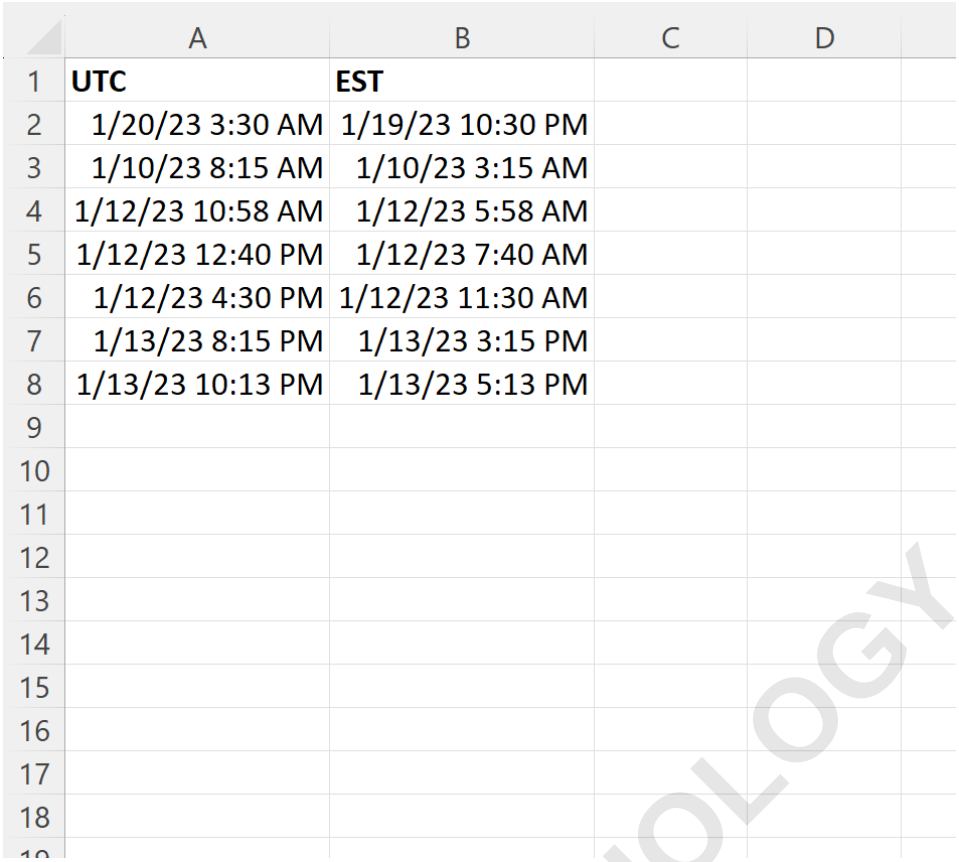
Notice that each datetime in column B is exactly five hours behind each datetime in column A.

If you would like to display each datetime with AM and PM values, then highlight the range A2:B8 and press Ctrl + 1.

In the Format Cells window that appears, choose Custom from the Category list, then type m/d/yy h:mm AM/PM;@ in the Type box:



Once you press OK, each datetime will be shown with AM and PM values:



	A	B	C	D
1	**UTC**	**EST**		
2	1/20/23 3:30 AM	1/19/23 10:30 PM		
3	1/10/23 8:15 AM	1/10/23 3:15 AM		
4	1/12/23 10:58 AM	1/12/23 5:58 AM		
5	1/12/23 12:40 PM	1/12/23 7:40 AM		
6	1/12/23 4:30 PM	1/12/23 11:30 AM		
7	1/13/23 8:15 PM	1/13/23 3:15 PM		
8	1/13/23 10:13 PM	1/13/23 5:13 PM		
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Note: You can use a similar formula to convert any datetime to another time zone if you simply know the difference in hours between the two time zones.

The following tutorials explain how to perform other common operations in Excel: