

Weight Conversion Chart (English and Metric)

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	Oz	Lb	Gram	Kg
1 oz =	1	0.06, or 1/16	28.3	0.03
1 lb =	16	1	453.6	0.45
1g =	0.035	0.002	1	0.001
1kg =	35.2	2.2	1000	1
Common Weight Conversions and Conversion Factors				
½ oz = 14 g 1 oz = 28 g 1 ½ oz = 42 g 2 oz = 56 g 4 oz = 113 g 5.3 oz = 150 g 8 oz = ½ lb = 225 g 12 oz = ¾ lb = 340 g 16 oz = 1 lb = 450 g		To convert ounces to grams : Divide ounces by 28.35. To convert grams to ounces : Multiply by 28.35. To convert pounds to kilograms : Multiply lb by 0.45. To convert kilograms to pounds : Multiply by 2.2.		