

MASS & WEIGHT CONVERSION CHART

METRIC TO IMPERIAL

Metric (g/kg)	Imperial (oz/lb)
1 gram	0.035 oz
100 grams	3.527 oz
500 grams	1.102 lb
1 kilogram	2.204 lb
5 kilograms	11.023 lb
10 kilograms	22.046 lb

IMPERIAL TO METRIC

Imperial (oz/lb)	Metric (g/kg)
1 ounce	28.35 g
4 ounces	113.4 g
1 pound	453.59 g
2.2 pounds	1.00 kg
10 pounds	4.53 kg
20 pounds	9.07 kg

QUICK REFERENCE FORMULAE

Lbs to Kg	Divide by 2.205	Kg to Lbs	Multiply by 2.205
Oz to G	Multiply by 28.35	G to Oz	Divide by 28.35

Note: Figures are rounded to three decimal places for practical use.