

WEIGHT MEASUREMENT CONVERSION

IMPERIAL TO METRIC

Imperial (US)	Metric (SI)
1 Ounce (oz)	28.35 Grams
1 Pound (lb)	453.59 Grams
2.2 Pounds (lb)	1 Kilogram
1 Stone (st)	6.35 Kilograms
1 US Ton	0.907 Metric Tons

METRIC TO IMPERIAL

Metric (SI)	Imperial (US)
1 Gram (g)	0.035 Ounces
100 Grams	3.527 Ounces
500 Grams	1.102 Pounds
1 Kilogram (kg)	2.204 Pounds
1 Metric Ton (t)	2,204.6 Pounds

KITCHEN REFERENCE

Common Unit	Equivalent
1/16 Pound	1 Ounce
1/4 Pound	4 Ounces
1/2 Pound	8 Ounces

Common Unit	Equivalent
1 Pound	16 Ounces
1 Kilogram	1000 Grams

APPROX. VOL TO WEIGHT

Ingredient (1 Cup)	Approx. Weight
All-Purpose Flour	120g / 4.2oz
Granulated Sugar	200g / 7.1oz
Brown Sugar	213g / 7.5oz
Butter	227g / 8.0oz
Water/Milk	240g / 8.5oz