

Pounds and Ounces to Grams Conversion Table (page 1/3)

Cooking and baby weight reference -- 1 oz to 15 lb

grams = ounces × 28.3495. 1 pound = 16 ounces. 1 oz = 28.349523125 g exactly.

oz	g	Pounds + Ounces	Kilograms
1	28.35	1 oz	0.028
2	56.70	2 oz	0.057
3	85.05	3 oz	0.085
4	113.40	4 oz	0.113
5	141.75	5 oz	0.142
6	170.10	6 oz	0.170
7	198.45	7 oz	0.198
8	226.80	8 oz	0.227
9	255.15	9 oz	0.255
10	283.50	10 oz	0.283
11	311.84	11 oz	0.312
12	340.19	12 oz	0.340
13	368.54	13 oz	0.369
14	396.89	14 oz	0.397
15	425.24	15 oz	0.425
16	453.59	1 lb	0.454
17	481.94	1 lb 1 oz	0.482
18	510.29	1 lb 2 oz	0.510
19	538.64	1 lb 3 oz	0.539
20	566.99	1 lb 4 oz	0.567
21	595.34	1 lb 5 oz	0.595
22	623.69	1 lb 6 oz	0.624
23	652.04	1 lb 7 oz	0.652
24	680.39	1 lb 8 oz	0.680
25	708.74	1 lb 9 oz	0.709
26	737.09	1 lb 10 oz	0.737
27	765.44	1 lb 11 oz	0.765
28	793.79	1 lb 12 oz	0.794

oz	g	Pounds + Ounces	Kilograms
29	822.14	1 lb 13 oz	0.822
30	850.49	1 lb 14 oz	0.850
31	878.84	1 lb 15 oz	0.879
32	907.18	2 lb	0.907
33	935.53	2 lb 1 oz	0.936
34	963.88	2 lb 2 oz	0.964
35	992.23	2 lb 3 oz	0.992
36	1,020.58	2 lb 4 oz	1.021
37	1,048.93	2 lb 5 oz	1.049
38	1,077.28	2 lb 6 oz	1.077
39	1,105.63	2 lb 7 oz	1.106
40	1,133.98	2 lb 8 oz	1.134
41	1,162.33	2 lb 9 oz	1.162
42	1,190.68	2 lb 10 oz	1.191
43	1,219.03	2 lb 11 oz	1.219
44	1,247.38	2 lb 12 oz	1.247
45	1,275.73	2 lb 13 oz	1.276
46	1,304.08	2 lb 14 oz	1.304
47	1,332.43	2 lb 15 oz	1.332
48	1,360.78	3 lb	1.361
49	1,389.13	3 lb 1 oz	1.389
50	1,417.48	3 lb 2 oz	1.417
51	1,445.83	3 lb 3 oz	1.446
52	1,474.18	3 lb 4 oz	1.474
53	1,502.52	3 lb 5 oz	1.503
54	1,530.87	3 lb 6 oz	1.531
55	1,559.22	3 lb 7 oz	1.559
56	1,587.57	3 lb 8 oz	1.588

oz	g	Pounds + Ounces	Kilograms
57	1,615.92	3 lb 9 oz	1.616
58	1,644.27	3 lb 10 oz	1.644
59	1,672.62	3 lb 11 oz	1.673
60	1,700.97	3 lb 12 oz	1.701
61	1,729.32	3 lb 13 oz	1.729
62	1,757.67	3 lb 14 oz	1.758
63	1,786.02	3 lb 15 oz	1.786
64	1,814.37	4 lb	1.814
65	1,842.72	4 lb 1 oz	1.843
66	1,871.07	4 lb 2 oz	1.871
67	1,899.42	4 lb 3 oz	1.899
68	1,927.77	4 lb 4 oz	1.928
69	1,956.12	4 lb 5 oz	1.956
70	1,984.47	4 lb 6 oz	1.984
71	2,012.82	4 lb 7 oz	2.013
72	2,041.17	4 lb 8 oz	2.041
73	2,069.52	4 lb 9 oz	2.070
74	2,097.86	4 lb 10 oz	2.098
75	2,126.21	4 lb 11 oz	2.126
76	2,154.56	4 lb 12 oz	2.155
77	2,182.91	4 lb 13 oz	2.183
78	2,211.26	4 lb 14 oz	2.211
79	2,239.61	4 lb 15 oz	2.240
80	2,267.96	5 lb	2.268
81	2,296.31	5 lb 1 oz	2.296
82	2,324.66	5 lb 2 oz	2.325
83	2,353.01	5 lb 3 oz	2.353
84	2,381.36	5 lb 4 oz	2.381

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oz	g	Pounds + Ounces	Kilograms
85	2,409.71	5 lb 5 oz	2.410
86	2,438.06	5 lb 6 oz	2.438
87	2,466.41	5 lb 7 oz	2.466
88	2,494.76	5 lb 8 oz	2.495
89	2,523.11	5 lb 9 oz	2.523
90	2,551.46	5 lb 10 oz	2.551
91	2,579.81	5 lb 11 oz	2.580
92	2,608.16	5 lb 12 oz	2.608
93	2,636.51	5 lb 13 oz	2.637
94	2,664.86	5 lb 14 oz	2.665
95	2,693.20	5 lb 15 oz	2.693
96	2,721.55	6 lb	2.722
97	2,749.90	6 lb 1 oz	2.750
98	2,778.25	6 lb 2 oz	2.778
99	2,806.60	6 lb 3 oz	2.807
100	2,834.95	6 lb 4 oz	2.835
101	2,863.30	6 lb 5 oz	2.863
102	2,891.65	6 lb 6 oz	2.892
103	2,920.00	6 lb 7 oz	2.920
104	2,948.35	6 lb 8 oz	2.948
105	2,976.70	6 lb 9 oz	2.977
106	3,005.05	6 lb 10 oz	3.005
107	3,033.40	6 lb 11 oz	3.033
108	3,061.75	6 lb 12 oz	3.062
109	3,090.10	6 lb 13 oz	3.090
110	3,118.45	6 lb 14 oz	3.118
111	3,146.80	6 lb 15 oz	3.147
112	3,175.15	7 lb	3.175

oz	g	Pounds + Ounces	Kilograms
113	3,203.50	7 lb 1 oz	3.203
114	3,231.85	7 lb 2 oz	3.232
115	3,260.20	7 lb 3 oz	3.260
116	3,288.54	7 lb 4 oz	3.289
117	3,316.89	7 lb 5 oz	3.317
118	3,345.24	7 lb 6 oz	3.345
119	3,373.59	7 lb 7 oz	3.374
120	3,401.94	7 lb 8 oz	3.402
121	3,430.29	7 lb 9 oz	3.430
122	3,458.64	7 lb 10 oz	3.459
123	3,486.99	7 lb 11 oz	3.487
124	3,515.34	7 lb 12 oz	3.515
125	3,543.69	7 lb 13 oz	3.544
126	3,572.04	7 lb 14 oz	3.572
127	3,600.39	7 lb 15 oz	3.600
128	3,628.74	8 lb	3.629
129	3,657.09	8 lb 1 oz	3.657
130	3,685.44	8 lb 2 oz	3.685
131	3,713.79	8 lb 3 oz	3.714
132	3,742.14	8 lb 4 oz	3.742
133	3,770.49	8 lb 5 oz	3.770
134	3,798.84	8 lb 6 oz	3.799
135	3,827.19	8 lb 7 oz	3.827
136	3,855.54	8 lb 8 oz	3.856
137	3,883.88	8 lb 9 oz	3.884
138	3,912.23	8 lb 10 oz	3.912
139	3,940.58	8 lb 11 oz	3.941
140	3,968.93	8 lb 12 oz	3.969

oz	g	Pounds + Ounces	Kilograms
141	3,997.28	8 lb 13 oz	3.997
142	4,025.63	8 lb 14 oz	4.026
143	4,053.98	8 lb 15 oz	4.054
144	4,082.33	9 lb	4.082
145	4,110.68	9 lb 1 oz	4.111
146	4,139.03	9 lb 2 oz	4.139
147	4,167.38	9 lb 3 oz	4.167
148	4,195.73	9 lb 4 oz	4.196
149	4,224.08	9 lb 5 oz	4.224
150	4,252.43	9 lb 6 oz	4.252
151	4,280.78	9 lb 7 oz	4.281
152	4,309.13	9 lb 8 oz	4.309
153	4,337.48	9 lb 9 oz	4.337
154	4,365.83	9 lb 10 oz	4.366
155	4,394.18	9 lb 11 oz	4.394
156	4,422.53	9 lb 12 oz	4.423
157	4,450.88	9 lb 13 oz	4.451
158	4,479.22	9 lb 14 oz	4.479
159	4,507.57	9 lb 15 oz	4.508
160	4,535.92	10 lb	4.536
161	4,564.27	10 lb 1 oz	4.564
162	4,592.62	10 lb 2 oz	4.593
163	4,620.97	10 lb 3 oz	4.621
164	4,649.32	10 lb 4 oz	4.649
165	4,677.67	10 lb 5 oz	4.678
166	4,706.02	10 lb 6 oz	4.706
167	4,734.37	10 lb 7 oz	4.734
168	4,762.72	10 lb 8 oz	4.763

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grams = ounces × 28.3495. 1 pound = 16 ounces. 1 oz = 28.349523125 g exactly.

oz	g	Pounds + Ounces	Kilograms
169	4,791.07	10 lb 9 oz	4.791
170	4,819.42	10 lb 10 oz	4.819
171	4,847.77	10 lb 11 oz	4.848
172	4,876.12	10 lb 12 oz	4.876
173	4,904.47	10 lb 13 oz	4.904
174	4,932.82	10 lb 14 oz	4.933
175	4,961.17	10 lb 15 oz	4.961
176	4,989.52	11 lb	4.990
177	5,017.87	11 lb 1 oz	5.018
178	5,046.22	11 lb 2 oz	5.046
179	5,074.56	11 lb 3 oz	5.075
180	5,102.91	11 lb 4 oz	5.103
181	5,131.26	11 lb 5 oz	5.131
182	5,159.61	11 lb 6 oz	5.160
183	5,187.96	11 lb 7 oz	5.188
184	5,216.31	11 lb 8 oz	5.216
185	5,244.66	11 lb 9 oz	5.245
186	5,273.01	11 lb 10 oz	5.273
187	5,301.36	11 lb 11 oz	5.301
188	5,329.71	11 lb 12 oz	5.330
189	5,358.06	11 lb 13 oz	5.358
190	5,386.41	11 lb 14 oz	5.386
191	5,414.76	11 lb 15 oz	5.415
192	5,443.11	12 lb	5.443
193	5,471.46	12 lb 1 oz	5.471
194	5,499.81	12 lb 2 oz	5.500
195	5,528.16	12 lb 3 oz	5.528
196	5,556.51	12 lb 4 oz	5.557

oz	g	Pounds + Ounces	Kilograms
197	5,584.86	12 lb 5 oz	5.585
198	5,613.21	12 lb 6 oz	5.613
199	5,641.56	12 lb 7 oz	5.642
200	5,669.90	12 lb 8 oz	5.670
201	5,698.25	12 lb 9 oz	5.698
202	5,726.60	12 lb 10 oz	5.727
203	5,754.95	12 lb 11 oz	5.755
204	5,783.30	12 lb 12 oz	5.783
205	5,811.65	12 lb 13 oz	5.812
206	5,840.00	12 lb 14 oz	5.840
207	5,868.35	12 lb 15 oz	5.868
208	5,896.70	13 lb	5.897
209	5,925.05	13 lb 1 oz	5.925
210	5,953.40	13 lb 2 oz	5.953
211	5,981.75	13 lb 3 oz	5.982
212	6,010.10	13 lb 4 oz	6.010
213	6,038.45	13 lb 5 oz	6.038
214	6,066.80	13 lb 6 oz	6.067
215	6,095.15	13 lb 7 oz	6.095
216	6,123.50	13 lb 8 oz	6.123
217	6,151.85	13 lb 9 oz	6.152
218	6,180.20	13 lb 10 oz	6.180
219	6,208.55	13 lb 11 oz	6.209
220	6,236.90	13 lb 12 oz	6.237
221	6,265.24	13 lb 13 oz	6.265
222	6,293.59	13 lb 14 oz	6.294
223	6,321.94	13 lb 15 oz	6.322
224	6,350.29	14 lb	6.350

oz	g	Pounds + Ounces	Kilograms
225	6,378.64	14 lb 1 oz	6.379
226	6,406.99	14 lb 2 oz	6.407
227	6,435.34	14 lb 3 oz	6.435
228	6,463.69	14 lb 4 oz	6.464
229	6,492.04	14 lb 5 oz	6.492
230	6,520.39	14 lb 6 oz	6.520
231	6,548.74	14 lb 7 oz	6.549
232	6,577.09	14 lb 8 oz	6.577
233	6,605.44	14 lb 9 oz	6.605
234	6,633.79	14 lb 10 oz	6.634
235	6,662.14	14 lb 11 oz	6.662
236	6,690.49	14 lb 12 oz	6.690
237	6,718.84	14 lb 13 oz	6.719
238	6,747.19	14 lb 14 oz	6.747
239	6,775.54	14 lb 15 oz	6.776
240	6,803.89	15 lb	6.804