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Grams to Ounces Conversion Chart

Kitchen, postal and jewellery weights

For: Cooks, bakers, postal and small-parcel shippers

allunitconversions.com/g-to-oz-conversion-chart
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9 November 2026

EXACT DEFINITION	FORMULA	REVERSE	WORKED EXAMPLE
1 oz (avoirdupois) = 28.349 523 125 g exactly	oz = g ÷ 28.349 523 125	g = oz × 28.349 523 125	250 g ÷ 28.3495 = 8.82 oz

Ounces are rounded to 2 decimal places (1 above 100 g). Troy ounces (precious metals) differ: 1 oz t = 31.103 476 8 g.

1 to 100 grams

Grams (g)	Ounces (oz)	Grams (g)	Ounces (oz)	Grams (g)	Ounces (oz)	Grams (g)	Ounces (oz)
1	0.04	**26**	0.92	**51**	1.80	**76**	2.68
2	0.07	**27**	0.95	**52**	1.83	**77**	2.72
3	0.11	**28**	0.99	**53**	1.87	**78**	2.75
4	0.14	**29**	1.02	**54**	1.90	**79**	2.79
5	0.18	**30**	1.06	**55**	1.94	**80**	2.82
6	0.21	**31**	1.09	**56**	1.98	**81**	2.86
7	0.25	**32**	1.13	**57**	2.01	**82**	2.89
8	0.28	**33**	1.16	**58**	2.05	**83**	2.93
9	0.32	**34**	1.20	**59**	2.08	**84**	2.96
10	0.35	**35**	1.23	**60**	2.12	**85**	3.00
11	0.39	**36**	1.27	**61**	2.15	**86**	3.03
12	0.42	**37**	1.31	**62**	2.19	**87**	3.07
13	0.46	**38**	1.34	**63**	2.22	**88**	3.10
14	0.49	**39**	1.38	**64**	2.26	**89**	3.14
15	0.53	**40**	1.41	**65**	2.29	**90**	3.17
16	0.56	**41**	1.45	**66**	2.33	**91**	3.21
17	0.60	**42**	1.48	**67**	2.36	**92**	3.25
18	0.63	**43**	1.52	**68**	2.40	**93**	3.28
19	0.67	**44**	1.55	**69**	2.43	**94**	3.32
20	0.71	**45**	1.59	**70**	2.47	**95**	3.35
21	0.74	**46**	1.62	**71**	2.50	**96**	3.39
22	0.78	**47**	1.66	**72**	2.54	**97**	3.42
23	0.81	**48**	1.69	**73**	2.57	**98**	3.46
24	0.85	**49**	1.73	**74**	2.61	**99**	3.49
25	0.88	**50**	1.76	**75**	2.65	**100**	3.53

125 g to 2 kg

Grams (g)	Ounces (oz)	lb + oz	Grams (g)	Ounces (oz)	lb + oz
125	4.4	4.4 oz	**625**	22.0	1 lb 6.0 oz
150	5.3	5.3 oz	**650**	22.9	1 lb 6.9 oz
175	6.2	6.2 oz	**675**	23.8	1 lb 7.8 oz
200	7.1	7.1 oz	**700**	24.7	1 lb 8.7 oz
225	7.9	7.9 oz	**725**	25.6	1 lb 9.6 oz
250	8.8	8.8 oz	**750**	26.5	1 lb 10.5 oz

Grams (g)	Ounces (oz)	lb + oz
275	9.7	9.7 oz
300	10.6	10.6 oz
325	11.5	11.5 oz
350	12.3	12.3 oz
375	13.2	13.2 oz
400	14.1	14.1 oz
425	15.0	15.0 oz
450	15.9	15.9 oz
475	16.8	1 lb 0.8 oz
500	17.6	1 lb 1.6 oz
525	18.5	1 lb 2.5 oz
550	19.4	1 lb 3.4 oz
575	20.3	1 lb 4.3 oz
600	21.2	1 lb 5.2 oz

Grams (g)	Ounces (oz)	lb + oz
775	27.3	1 lb 11.3 oz
800	28.2	1 lb 12.2 oz
825	29.1	1 lb 13.1 oz
850	30.0	1 lb 14.0 oz
875	30.9	1 lb 14.9 oz
900	31.7	1 lb 15.7 oz
925	32.6	2 lb 0.6 oz
950	33.5	2 lb 1.5 oz
975	34.4	2 lb 2.4 oz
1,000	35.3	2 lb 3.3 oz
1,250	44.1	2 lb 12.1 oz
1,500	52.9	3 lb 4.9 oz
1,750	61.7	3 lb 13.7 oz
2,000	70.5	4 lb 6.5 oz

Sources and method

- **International Yard and Pound Agreement (1959)** — 1 in = 25.4 mm, 1 ft = 0.3048 m, 1 lb = 0.453 592 37 kg exactly
- **NIST Special Publication 811** — Guide for the Use of the International System of Units (www.nist.gov/pml/special-publication-811)

Conversion values on this sheet are generated by the AllUnitConversions conversion library and automatically checked against the exact definitions above before the PDF is produced; reference tables are taken from the sources listed. Interactive version, corrections and more charts: **allunitconversions.com/g-to-oz-conversion-chart**