

Grams to Ounces Conversion Chart

This comprehensive conversion chart provides a quick reference for converting between grams (g) and ounces (oz).

The relationship between Gram and Ounce is: 1 Gram = 0.03527396 Ounce or 1 Ounce = 28.349525 Gram

Conversion Formulas:

To convert Gram to Ounce: $\text{Ounce} = \text{Gram} \times 0.03527396$

Common Conversions (1-100 g)

Grams (g)	Ounces (oz)	Grams (g)	Ounces (oz)
1 g	0.04 oz	51 g	1.80 oz
2 g	0.07 oz	52 g	1.83 oz
3 g	0.11 oz	53 g	1.87 oz
4 g	0.14 oz	54 g	1.90 oz
5 g	0.18 oz	55 g	1.94 oz
6 g	0.21 oz	56 g	1.98 oz
7 g	0.25 oz	57 g	2.01 oz
8 g	0.28 oz	58 g	2.05 oz
9 g	0.32 oz	59 g	2.08 oz
10 g	0.35 oz	60 g	2.12 oz

11 g	0.39 oz	61 g	2.15 oz
12 g	0.42 oz	62 g	2.19 oz
13 g	0.46 oz	63 g	2.22 oz
14 g	0.49 oz	64 g	2.26 oz
15 g	0.53 oz	65 g	2.29 oz
16 g	0.56 oz	66 g	2.33 oz
17 g	0.60 oz	67 g	2.36 oz
18 g	0.63 oz	68 g	2.40 oz
19 g	0.67 oz	69 g	2.43 oz
20 g	0.71 oz	70 g	2.47 oz
21 g	0.74 oz	71 g	2.50 oz
22 g	0.78 oz	72 g	2.54 oz
23 g	0.81 oz	73 g	2.57 oz
24 g	0.85 oz	74 g	2.61 oz
25 g	0.88 oz	75 g	2.65 oz
26 g	0.92 oz	76 g	2.68 oz
27 g	0.95 oz	77 g	2.72 oz
28 g	0.99 oz	78 g	2.75 oz
29 g	1.02 oz	79 g	2.79 oz
30 g	1.06 oz	80 g	2.82 oz
31 g	1.09 oz	81 g	2.86 oz
32 g	1.13 oz	82 g	2.89 oz
33 g	1.16 oz	83 g	2.93 oz

34 g	1.20 oz	84 g	2.96 oz
35 g	1.23 oz	85 g	3.00 oz
36 g	1.27 oz	86 g	3.03 oz
37 g	1.31 oz	87 g	3.07 oz
38 g	1.34 oz	88 g	3.10 oz
39 g	1.38 oz	89 g	3.14 oz
40 g	1.41 oz	90 g	3.17 oz
41 g	1.45 oz	91 g	3.21 oz
42 g	1.48 oz	92 g	3.25 oz
43 g	1.52 oz	93 g	3.28 oz
44 g	1.55 oz	94 g	3.32 oz
45 g	1.59 oz	95 g	3.35 oz
46 g	1.62 oz	96 g	3.39 oz
47 g	1.66 oz	97 g	3.42 oz
48 g	1.69 oz	98 g	3.46 oz
49 g	1.73 oz	99 g	3.49 oz
50 g	1.76 oz	100 g	3.53 oz

Practical Equivalents

Common Object/Scenario	Approximate Size in g	Conversion to oz
Apple (average)	200 g	0.44 lb
Bag of flour	1 kg	2.2 lb
Laptop computer	1.5 kg	3.3 lb

Newborn baby (average)	3.5 kg	7.7 lb
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How to Convert Grams to Ounces

To convert grams to ounces, multiply your g value by 0.03527396.

Examples:

- $5 \text{ g} = 5 \times 0.03527396 = 0.18 \text{ oz}$
- $10 \text{ g} = 10 \times 0.03527396 = 0.35 \text{ oz}$
- $25 \text{ g} = 25 \times 0.03527396 = 0.88 \text{ oz}$

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