Pounds to Ounces Conversion Chart

Pounds to ounces and kilograms in quarter-pound steps

For: Cooks, butchers, anglers and parcel shippers

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EXACT DEFINITION	FORMULA	REVERSE	WORKED EXAMPLE
1 lb = 16 oz exactly (avoirdupois)	oz = lb × 16	lb = oz ÷ 16	2.75 lb × 16 = 44 oz

Ounces are exact; kilograms are rounded to 3 decimal places.

¼ lb to 30 lb

Pounds (lb)	Ounces (oz)	Kilograms (kg)	Pounds (lb)	Ounces (oz)	Kilograms (kg)	Pounds (lb)	Ounces (oz)	Kilograms (kg)	Pounds (lb)	Ounces (oz)	Kilograms (kg)
0.25	4	0.113	**7.75**	124	3.515	**15.25**	244	6.917	**22.75**	364	10.319
0.5	8	0.227	**8**	128	3.629	**15.5**	248	7.031	**23**	368	10.433
0.75	12	0.340	**8.25**	132	3.742	**15.75**	252	7.144	**23.25**	372	10.546
1	16	0.454	**8.5**	136	3.856	**16**	256	7.257	**23.5**	376	10.659
1.25	20	0.567	**8.75**	140	3.969	**16.25**	260	7.371	**23.75**	380	10.773
1.5	24	0.680	**9**	144	4.082	**16.5**	264	7.484	**24**	384	10.886
1.75	28	0.794	**9.25**	148	4.196	**16.75**	268	7.598	**24.25**	388	11.000
2	32	0.907	**9.5**	152	4.309	**17**	272	7.711	**24.5**	392	11.113
2.25	36	1.021	**9.75**	156	4.423	**17.25**	276	7.824	**24.75**	396	11.226
2.5	40	1.134	**10**	160	4.536	**17.5**	280	7.938	**25**	400	11.340
2.75	44	1.247	**10.25**	164	4.649	**17.75**	284	8.051	**25.25**	404	11.453
3	48	1.361	**10.5**	168	4.763	**18**	288	8.165	**25.5**	408	11.567
3.25	52	1.474	**10.75**	172	4.876	**18.25**	292	8.278	**25.75**	412	11.680
3.5	56	1.588	**11**	176	4.990	**18.5**	296	8.391	**26**	416	11.793
3.75	60	1.701	**11.25**	180	5.103	**18.75**	300	8.505	**26.25**	420	11.907
4	64	1.814	**11.5**	184	5.216	**19**	304	8.618	**26.5**	424	12.020
4.25	68	1.928	**11.75**	188	5.330	**19.25**	308	8.732	**26.75**	428	12.134
4.5	72	2.041	**12**	192	5.443	**19.5**	312	8.845	**27**	432	12.247
4.75	76	2.155	**12.25**	196	5.557	**19.75**	316	8.958	**27.25**	436	12.360
5	80	2.268	**12.5**	200	5.670	**20**	320	9.072	**27.5**	440	12.474
5.25	84	2.381	**12.75**	204	5.783	**20.25**	324	9.185	**27.75**	444	12.587
5.5	88	2.495	**13**	208	5.897	**20.5**	328	9.299	**28**	448	12.701
5.75	92	2.608	**13.25**	212	6.010	**20.75**	332	9.412	**28.25**	452	12.814
6	96	2.722	**13.5**	216	6.123	**21**	336	9.525	**28.5**	456	12.927
6.25	100	2.835	**13.75**	220	6.237	**21.25**	340	9.639	**28.75**	460	13.041
6.5	104	2.948	**14**	224	6.350	**21.5**	344	9.752	**29**	464	13.154
6.75	108	3.062	**14.25**	228	6.464	**21.75**	348	9.866	**29.25**	468	13.268
7	112	3.175	**14.5**	232	6.577	**22**	352	9.979	**29.5**	472	13.381
7.25	116	3.289	**14.75**	236	6.690	**22.25**	356	10.092	**29.75**	476	13.494
7.5	120	3.402	**15**	240	6.804	**22.5**	360	10.206	**30**	480	13.608

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)

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