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Ounces to Grams Conversion Chart

Quarter-ounce steps for recipes, plus pounds to grams

For: Cooks and bakers following US or UK recipes

allunitconversions.com/oz-to-g-conversion-chart
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EXACT DEFINITION	FORMULA	REVERSE	WORKED EXAMPLE
1 oz = 28.349 523 125 g exactly; 16 oz = 1 lb	g = oz × 28.349 523 125	oz = g ÷ 28.349 523 125	8 oz × 28.3495 = 226.8 g

Grams are rounded to 1 decimal place. This chart is weight (mass), not fluid ounces.

¼ oz to 16 oz

Ounces (oz)	Grams (g)	Ounces (oz)	Grams (g)	Ounces (oz)	Grams (g)	Ounces (oz)	Grams (g)
0.25	7.1	**4.25**	120.5	**8.25**	233.9	**12.25**	347.3
0.5	14.2	**4.5**	127.6	**8.5**	241.0	**12.5**	354.4
0.75	21.3	**4.75**	134.7	**8.75**	248.1	**12.75**	361.5
1	28.3	**5**	141.7	**9**	255.1	**13**	368.5
1.25	35.4	**5.25**	148.8	**9.25**	262.2	**13.25**	375.6
1.5	42.5	**5.5**	155.9	**9.5**	269.3	**13.5**	382.7
1.75	49.6	**5.75**	163.0	**9.75**	276.4	**13.75**	389.8
2	56.7	**6**	170.1	**10**	283.5	**14**	396.9
2.25	63.8	**6.25**	177.2	**10.25**	290.6	**14.25**	404.0
2.5	70.9	**6.5**	184.3	**10.5**	297.7	**14.5**	411.1
2.75	78.0	**6.75**	191.4	**10.75**	304.8	**14.75**	418.2
3	85.0	**7**	198.4	**11**	311.8	**15**	425.2
3.25	92.1	**7.25**	205.5	**11.25**	318.9	**15.25**	432.3
3.5	99.2	**7.5**	212.6	**11.5**	326.0	**15.5**	439.4
3.75	106.3	**7.75**	219.7	**11.75**	333.1	**15.75**	446.5
4	113.4	**8**	226.8	**12**	340.2	**16**	453.6

Pounds to grams and kilograms

Pounds (lb)	Grams (g)	Kilograms (kg)	Pounds (lb)	Grams (g)	Kilograms (kg)
0.5	227	0.227	**5.5**	2,495	2.495
1.0	454	0.454	**6.0**	2,722	2.722
1.5	680	0.680	**6.5**	2,948	2.948
2.0	907	0.907	**7.0**	3,175	3.175
2.5	1,134	1.134	**7.5**	3,402	3.402
3.0	1,361	1.361	**8.0**	3,629	3.629
3.5	1,588	1.588	**8.5**	3,856	3.856
4.0	1,814	1.814	**9.0**	4,082	4.082
4.5	2,041	2.041	**9.5**	4,309	4.309
5.0	2,268	2.268	**10.0**	4,536	4.536

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/oz-to-g-conversion-chart**