

Ounces to Grams Conversion Chart

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

The relationship between Ounces and Grams is: **1 oz = 28.3495 g** and **0.035274 oz = 1 g**

Conversion Formulas:

To convert Ounces to Grams: **Ounces = Grams × 0.035274**

To convert Grams to Ounces: **Grams = Ounces × 28.3495**

Common Conversions (1-100 oz)

Ounces (oz)	Grams (g)	Ounces (oz)	Grams (g)
1 oz	28.35 g	51 oz	1445.82 g
2 oz	56.70 g	52 oz	1474.17 g
3 oz	85.05 g	53 oz	1502.52 g
4 oz	113.40 g	54 oz	1530.87 g
5 oz	141.75 g	55 oz	1559.22 g
6 oz	170.10 g	56 oz	1587.57 g

7 oz	198.45 g	57 oz	1615.92 g
8 oz	226.80 g	58 oz	1644.27 g
9 oz	255.15 g	59 oz	1672.62 g
10 oz	283.50 g	60 oz	1700.97 g
11 oz	311.84 g	61 oz	1729.32 g
12 oz	340.19 g	62 oz	1757.67 g
13 oz	368.54 g	63 oz	1786.02 g
14 oz	396.89 g	64 oz	1814.37 g
15 oz	425.24 g	65 oz	1842.72 g
16 oz	453.59 g	66 oz	1871.07 g
17 oz	481.94 g	67 oz	1899.42 g
18 oz	510.29 g	68 oz	1927.77 g
19 oz	538.64 g	69 oz	1956.12 g
20 oz	566.99 g	70 oz	1984.46 g
21 oz	595.34 g	71 oz	2012.81 g
22 oz	623.69 g	72 oz	2041.16 g
23 oz	652.04 g	73 oz	2069.51 g
24 oz	680.39 g	74 oz	2097.86 g
25 oz	708.74 g	75 oz	2126.21 g
26 oz	737.09 g	76 oz	2154.56 g

27 oz	765.44 g	77 oz	2182.91 g
28 oz	793.79 g	78 oz	2211.26 g
29 oz	822.14 g	79 oz	2239.61 g
30 oz	850.49 g	80 oz	2267.96 g
31 oz	878.83 g	81 oz	2296.31 g
32 oz	907.18 g	82 oz	2324.66 g
33 oz	935.53 g	83 oz	2353.01 g
34 oz	963.88 g	84 oz	2381.36 g
35 oz	992.23 g	85 oz	2409.71 g
36 oz	1020.58 g	86 oz	2438.06 g
37 oz	1048.93 g	87 oz	2466.41 g
38 oz	1077.28 g	88 oz	2494.76 g
39 oz	1105.63 g	89 oz	2523.11 g
40 oz	1133.98 g	90 oz	2551.45 g
41 oz	1162.33 g	91 oz	2579.80 g
42 oz	1190.68 g	92 oz	2608.15 g
43 oz	1219.03 g	93 oz	2636.50 g
44 oz	1247.38 g	94 oz	2664.85 g
45 oz	1275.73 g	95 oz	2693.20 g
46 oz	1304.08 g	96 oz	2721.55 g

47 oz	1332.43 g	97 oz	2749.90 g
48 oz	1360.78 g	98 oz	2778.25 g
49 oz	1389.13 g	99 oz	2806.60 g
50 oz	1417.47 g	100 oz	2834.95 g

How to Convert Ounces to Grams

To convert ounces to grams, multiply your ounces value by 28.3495.

Examples:

- 1 oz = $1 \times 28.3495 = 28.35$ g
- 4 oz = $4 \times 28.3495 = 113.40$ g
- 16 oz = $16 \times 28.3495 = 453.59$ g

Practical Equivalents

Object/Item	Ounces (oz)	Grams (g)
Slice of bread	1 oz	28.35 g
Checkbook	4 oz	113.40 g
Smartphone	6 oz	170.10 g
Tennis ball	2 oz	56.70 g
Hamburger patty	4 oz	113.40 g
Stick of butter	4 oz	113.40 g
Baseball	5 oz	141.75 g

