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Ounces to Pounds Conversion Chart

Ounces to decimal pounds and pounds-and-ounces

For: Cooks, anglers, parcel shippers and new parents

allunitconversions.com/oz-to-lb-conversion-chart
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EXACT DEFINITION	FORMULA	REVERSE	WORKED EXAMPLE
16 oz = 1 lb exactly (avoirdupois)	lb = oz ÷ 16	oz = lb × 16	100 oz ÷ 16 = 6.25 lb = 6 lb 4 oz

Decimal pounds are rounded to 4 places.

1 to 160 ounces

Ounces (oz)	Pounds (lb)	lb + oz	Ounces (oz)	Pounds (lb)	lb + oz	Ounces (oz)	Pounds (lb)	lb + oz	Ounces (oz)	Pounds (lb)	lb + oz
1	0.0625	1.0 oz	**41**	2.5625	2 lb 9.0 oz	**81**	5.0625	5 lb 1.0 oz	**121**	7.5625	7 lb 9.0 oz
2	0.1250	2.0 oz	**42**	2.6250	2 lb 10.0 oz	**82**	5.1250	5 lb 2.0 oz	**122**	7.6250	7 lb 10.0 oz
3	0.1875	3.0 oz	**43**	2.6875	2 lb 11.0 oz	**83**	5.1875	5 lb 3.0 oz	**123**	7.6875	7 lb 11.0 oz
4	0.2500	4.0 oz	**44**	2.7500	2 lb 12.0 oz	**84**	5.2500	5 lb 4.0 oz	**124**	7.7500	7 lb 12.0 oz
5	0.3125	5.0 oz	**45**	2.8125	2 lb 13.0 oz	**85**	5.3125	5 lb 5.0 oz	**125**	7.8125	7 lb 13.0 oz
6	0.3750	6.0 oz	**46**	2.8750	2 lb 14.0 oz	**86**	5.3750	5 lb 6.0 oz	**126**	7.8750	7 lb 14.0 oz
7	0.4375	7.0 oz	**47**	2.9375	2 lb 15.0 oz	**87**	5.4375	5 lb 7.0 oz	**127**	7.9375	7 lb 15.0 oz
8	0.5000	8.0 oz	**48**	3.0000	3 lb 0.0 oz	**88**	5.5000	5 lb 8.0 oz	**128**	8.0000	8 lb 0.0 oz
9	0.5625	9.0 oz	**49**	3.0625	3 lb 1.0 oz	**89**	5.5625	5 lb 9.0 oz	**129**	8.0625	8 lb 1.0 oz
10	0.6250	10.0 oz	**50**	3.1250	3 lb 2.0 oz	**90**	5.6250	5 lb 10.0 oz	**130**	8.1250	8 lb 2.0 oz
11	0.6875	11.0 oz	**51**	3.1875	3 lb 3.0 oz	**91**	5.6875	5 lb 11.0 oz	**131**	8.1875	8 lb 3.0 oz
12	0.7500	12.0 oz	**52**	3.2500	3 lb 4.0 oz	**92**	5.7500	5 lb 12.0 oz	**132**	8.2500	8 lb 4.0 oz
13	0.8125	13.0 oz	**53**	3.3125	3 lb 5.0 oz	**93**	5.8125	5 lb 13.0 oz	**133**	8.3125	8 lb 5.0 oz
14	0.8750	14.0 oz	**54**	3.3750	3 lb 6.0 oz	**94**	5.8750	5 lb 14.0 oz	**134**	8.3750	8 lb 6.0 oz
15	0.9375	15.0 oz	**55**	3.4375	3 lb 7.0 oz	**95**	5.9375	5 lb 15.0 oz	**135**	8.4375	8 lb 7.0 oz
16	1.0000	1 lb 0.0 oz	**56**	3.5000	3 lb 8.0 oz	**96**	6.0000	6 lb 0.0 oz	**136**	8.5000	8 lb 8.0 oz
17	1.0625	1 lb 1.0 oz	**57**	3.5625	3 lb 9.0 oz	**97**	6.0625	6 lb 1.0 oz	**137**	8.5625	8 lb 9.0 oz
18	1.1250	1 lb 2.0 oz	**58**	3.6250	3 lb 10.0 oz	**98**	6.1250	6 lb 2.0 oz	**138**	8.6250	8 lb 10.0 oz
19	1.1875	1 lb 3.0 oz	**59**	3.6875	3 lb 11.0 oz	**99**	6.1875	6 lb 3.0 oz	**139**	8.6875	8 lb 11.0 oz
20	1.2500	1 lb 4.0 oz	**60**	3.7500	3 lb 12.0 oz	**100**	6.2500	6 lb 4.0 oz	**140**	8.7500	8 lb 12.0 oz
21	1.3125	1 lb 5.0 oz	**61**	3.8125	3 lb 13.0 oz	**101**	6.3125	6 lb 5.0 oz	**141**	8.8125	8 lb 13.0 oz
22	1.3750	1 lb 6.0 oz	**62**	3.8750	3 lb 14.0 oz	**102**	6.3750	6 lb 6.0 oz	**142**	8.8750	8 lb 14.0 oz
23	1.4375	1 lb 7.0 oz	**63**	3.9375	3 lb 15.0 oz	**103**	6.4375	6 lb 7.0 oz	**143**	8.9375	8 lb 15.0 oz
24	1.5000	1 lb 8.0 oz	**64**	4.0000	4 lb 0.0 oz	**104**	6.5000	6 lb 8.0 oz	**144**	9.0000	9 lb 0.0 oz
25	1.5625	1 lb 9.0 oz	**65**	4.0625	4 lb 1.0 oz	**105**	6.5625	6 lb 9.0 oz	**145**	9.0625	9 lb 1.0 oz
26	1.6250	1 lb 10.0 oz	**66**	4.1250	4 lb 2.0 oz	**106**	6.6250	6 lb 10.0 oz	**146**	9.1250	9 lb 2.0 oz
27	1.6875	1 lb 11.0 oz	**67**	4.1875	4 lb 3.0 oz	**107**	6.6875	6 lb 11.0 oz	**147**	9.1875	9 lb 3.0 oz
28	1.7500	1 lb 12.0 oz	**68**	4.2500	4 lb 4.0 oz	**108**	6.7500	6 lb 12.0 oz	**148**	9.2500	9 lb 4.0 oz
29	1.8125	1 lb 13.0 oz	**69**	4.3125	4 lb 5.0 oz	**109**	6.8125	6 lb 13.0 oz	**149**	9.3125	9 lb 5.0 oz
30	1.8750	1 lb 14.0 oz	**70**	4.3750	4 lb 6.0 oz	**110**	6.8750	6 lb 14.0 oz	**150**	9.3750	9 lb 6.0 oz
31	1.9375	1 lb 15.0 oz	**71**	4.4375	4 lb 7.0 oz	**111**	6.9375	6 lb 15.0 oz	**151**	9.4375	9 lb 7.0 oz
32	2.0000	2 lb 0.0 oz	**72**	4.5000	4 lb 8.0 oz	**112**	7.0000	7 lb 0.0 oz	**152**	9.5000	9 lb 8.0 oz
33	2.0625	2 lb 1.0 oz	**73**	4.5625	4 lb 9.0 oz	**113**	7.0625	7 lb 1.0 oz	**153**	9.5625	9 lb 9.0 oz

Ounces (oz)	Pounds (lb)	lb + oz
34	2.1250	2 lb 2.0 oz
35	2.1875	2 lb 3.0 oz
36	2.2500	2 lb 4.0 oz
37	2.3125	2 lb 5.0 oz
38	2.3750	2 lb 6.0 oz
39	2.4375	2 lb 7.0 oz
40	2.5000	2 lb 8.0 oz

Ounces (oz)	Pounds (lb)	lb + oz
74	4.6250	4 lb 10.0 oz
75	4.6875	4 lb 11.0 oz
76	4.7500	4 lb 12.0 oz
77	4.8125	4 lb 13.0 oz
78	4.8750	4 lb 14.0 oz
79	4.9375	4 lb 15.0 oz
80	5.0000	5 lb 0.0 oz

Ounces (oz)	Pounds (lb)	lb + oz
114	7.1250	7 lb 2.0 oz
115	7.1875	7 lb 3.0 oz
116	7.2500	7 lb 4.0 oz
117	7.3125	7 lb 5.0 oz
118	7.3750	7 lb 6.0 oz
119	7.4375	7 lb 7.0 oz
120	7.5000	7 lb 8.0 oz

Ounces (oz)	Pounds (lb)	lb + oz
154	9.6250	9 lb 10.0 oz
155	9.6875	9 lb 11.0 oz
156	9.7500	9 lb 12.0 oz
157	9.8125	9 lb 13.0 oz
158	9.8750	9 lb 14.0 oz
159	9.9375	9 lb 15.0 oz
160	10.0000	10 lb 0.0 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/oz-to-lb-conversion-chart**