

Table 10: Metric Equivalents by Weight

Customary Unit	Metric Unit
Ounces (oz)	Grams (g)
1 oz	28.35 g
4 oz	113.4 g
8 oz	226.8 g
16 oz	453.6 g
Pounds (lb)	Grams (g)
1 lb	453.6 g
2 lb	907.2 g
Pounds (lb)	Kilograms (kg)
2.2 lb	1kg (1000 g)