



Cookery Aids

Cooking Aids – Conversion Charts – Weight

Use this chart to convert between pounds and ounces (lb and oz) and grammes and kilogrammes (g and kg).

Imperial	Metric
½ oz	10 g
¾ oz	20 g
1 oz	25 g
1 ½ oz	40 g
2 oz	50 g
2 ½ oz	60 g
3 oz	75 g
4 oz	110 g
4 ½ oz	125 g
5 oz	150 g
6 oz	175 g
7 oz	200 g
8 oz	225 g
9 oz	250 g
10 oz	275 g
12 oz	350 g
1 lb	450 g
1 lb 8 oz	700 g
2 lb	900 g
3 lb	1.35 kg

For more charts, visit our website at www.tastelongridge.com