



Conversion Table - Weight

1000 grams (g) = 1 Kilogram (Kg)

1Kg = 2.2046 lbs (approximately 2lb 3oz)

1lb = 463.6g

Metric	Imperial	Metric	Imperial
	28g.....1oz	500g	1lb 2oz
50g	1.8oz	750g	1lb 10oz
100g	3.5oz	1kg	2lb 3oz
	113g....4oz	1.5kg	3lb 5oz
150g	5.3oz	2kg	4lb 7oz
200g	7.1oz	2.5kg	5lb 8oz
	227g.....8oz	3kg	6lb 10oz
250g	8.8oz	3.5kg	7lb 11oz
300g	10.6oz	4kg	8lb 13oz
	340g.....12oz	4.5kg	9lb 15oz
350g	12.4oz	5kg	11lb
400g	14.1oz	10kg	22lb
450g	15.9oz		
	454g.....1lb		

Conversions are all shown approximate

How to convert

When you know how manymultiply by ... to find how many ...

kilograms	x 2.2046	= pounds
pounds	x 0.4536	= kilograms