

WEIGHT CONVERSION CHART

POUNDS

	0	1	2	3	4	5	6
0	0	454	907	1361	1814	2268	2722
1	28	482	936	1389	1843	2296	2750
2	57	510	964	1417	1871	2325	2778
3	85	539	992	1446	1899	2353	2807
4	113	567	1021	1474	1928	2381	2835
5	142	595	1049	1503	1956	2410	2863
6	170	624	1077	1531	1984	2438	2892
7	198	652	1106	1559	2013	2466	2920
8	227	680	1134	1588	2041	2495	2949
9	255	709	1162	1616	2070	2523	2977
10	284	737	1191	1644	2098	2551	3005
11	312	765	1219	1673	2126	2580	3034
12	340	794	1247	1701	2155	2608	3062
13	369	822	1276	1729	2183	2637	3091
14	397	850	1304	1758	2211	2665	3119
15	425	879	1332	1786	2240	2693	3147
	7	8	9	10	11	12	13
0	3175	3629	4082	4536	4990	5443	5897
1	3203	3657	4111	4564	5018	5471	5925
2	3232	3685	4139	4593	5046	5500	5953
3	3260	3714	4167	4621	5075	5528	5982
4	3289	3742	4196	4649	5103	5557	6010
5	3317	3770	4224	4678	5131	5585	6038
6	3345	3799	4252	4706	5160	5613	6067
7	3374	3827	4281	4734	5188	5642	6095
8	3402	3856	4309	4763	5216	5670	6123
9	3430	3884	4337	4791	5245	5698	6152
10	3459	3912	4366	4819	5273	5727	6180
11	3487	3941	4394	4848	5301	5755	6209
12	3515	3969	4423	4876	5330	5783	6237
13	3544	3997	4451	4904	5358	5812	6265
14	3572	4026	4479	4933	5386	5840	6294
15	3600	4054	4508	4961	5415	5868	6322

OUNCES

Directions for Use: You'll see that pounds are across the top and ounces are down the side. To calculate grams, simply find the intersection of the ounces and pounds.

Preemie
Parents®