

**Ounces to Grams conversion table**  
provided by [www.metric-conversions.org](http://www.metric-conversions.org)

Ounces	Grams	Ounces	Grams	Ounces	Grams	Ounces	Grams
		20	566.99	50	1417.47	80	2267.96
0.1	2.834	21	595.33	51	1445.82	81	2296.31
0.2	5.669	22	623.68	52	1474.17	82	2324.66
0.3	8.504	23	652.03	53	1502.52	83	2353.01
0.4	11.339	24	680.38	54	1530.87	84	2381.35
0.5	14.174	25	708.73	55	1559.22	85	2409.70
0.6	17.009	26	737.08	56	1587.57	86	2438.05
0.7	19.844	27	765.43	57	1615.92	87	2466.40
0.8	22.679	28	793.78	58	1644.27	88	2494.75
0.9	25.514	29	822.13	59	1672.62	89	2523.10
1	28.34	30	850.48	60	1700.97	90	2551.45
2	56.69	31	878.83	61	1729.32	91	2579.80
3	85.04	32	907.18	62	1757.67	92	2608.15
4	113.39	33	935.53	63	1786.01	93	2636.50
5	141.74	34	963.88	64	1814.36	94	2664.85
6	170.09	35	992.23	65	1842.71	95	2693.20
7	198.44	36	1020.58	66	1871.06	96	2721.55
8	226.79	37	1048.93	67	1899.41	97	2749.90
9	255.14	38	1077.28	68	1927.76	98	2778.25
10	283.49	39	1105.63	69	1956.11	99	2806.60
11	311.84	40	1133.98	70	1984.46	100	2834.9
12	340.19	41	1162.33	71	2012.81	200	5669.9
13	368.54	42	1190.67	72	2041.16	300	8504.8
14	396.89	43	1219.02	73	2069.51	400	11339.8
15	425.24	44	1247.37	74	2097.86	500	14174.7
16	453.59	45	1275.72	75	2126.21	600	17009.7
17	481.94	46	1304.07	76	2154.56	700	19844.6
18	510.29	47	1332.42	77	2182.91	800	22679.6
19	538.64	48	1360.77	78	2211.26	900	25514.5
		49	1389.12	79	2239.61	1000	28349.5

**have you visited our sister site? [www.world-time-zones.org](http://www.world-time-zones.org)**