

## **Weight Measurement**

### **U.S. to Metric**

grains (troy)	x	0.0648	=	grams (g)
grains (troy)	x	64.8	=	milligrams (mg)
ounces (oz)	x	28.3495	=	grams (g)
pounds (lb)	x	453.6	=	grams (g)
pounds (lb)	x	0.4536	=	kilograms (kg)
tons (short: 2,000 lb)	x	0.9072	=	megagrams (metric ton)
pounds /cu ft (lb/ft <sup>3</sup> )	x	16.02	=	grams per liter (g/L)
pound/mil gals (lb/mil gal)	x	0.1198	=	grams per cubic meter (g/m <sup>3</sup> )

### **Metric to U.S.**

milligrams (mg)	x	0.01543	=	grains (troy)
grams (g)	x	15.4324	=	grains
grams (g)	x	0.0353	=	ounces (oz)
grams (g)	x	0.0022	=	pounds (lb)
kilograms (kg)	x	2.2046	=	pounds (lb)
kilograms (kg)	x	0.0011	=	tons (short)
megagrams (metric ton)	x	1.1023	=	tons (short)
grams per liter(g/L)	x	0.0624	=	pounds per cu foot (lb/cu ft)
grams/cu meter (g/m <sup>3</sup> )	x	8.3454	=	pounds/mil gals (lb/mil gal)

4625 Campbells Run Road  
Pittsburgh, PA 15205  
1-800-365-1577  
Fax: 412-787-8520

13225 FM 529 #E  
Houston, TX 77041  
1-800-937-2269  
Fax: 713-466-3716

1600 Oregon Street  
Long Beach, CA 90813  
1-800-925-3414  
Fax: 562-436-5700