



Cooking Weight Measurement Conversion Chart

American Standard	Metric
1/2 ounce	14 grams
1 ounce	28 grams
2 ounces	57 grams
4 ounces 1/4 pound	113 grams
6 ounces	170 grams
8 ounces 1/2 pound	227 grams
16 ounces 1 pound	454 grams
32 ounces 2 pounds	907 grams