

Grams To Ounces Conversion Chart

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US Standard = Metric

1/8 ounce = 3.5 grams

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