

WEIGHT EQUIVALENTS

1 grain (gr.) = 64.8 mg
= 0.065 gm
= 0.35 oz.

1 gram (gm) = 15.432 gr.
= 0.0353 oz.
= 0.034 fl. oz.
= 0.0022 lb.
= 0.002 pt.
= 0.001 l
= 1000 mg
= 0.001 kg

1 ounce (oz.) = 480 gr.
= 28.35 gm
= 0.0075 gal.
= 0.03 qt.
= 0.06 pt.
= 0.0625 lb.
= 0.96 fl. oz.

1 pound (lb.) = 5760 gr.
= 373.24 gm

1 pound, avoirdupois = 7000 gr.
= 453.6 gm
= 16 oz.
= 0.12 gal.
= 0.016 ft.³ of water
= 0.48 qt.
= 0.96 pt.
= 15.35 fl. oz.
= 458.59 cc or cm³
= 453.59 ml
= 453.59 gm
= 0.454 l