

# Weight Conversion Chart

In the NICU, we measure a baby's weight in grams. Use the table below to convert your baby's weight to pounds and ounces. First, find your baby's weight in grams on the white area of the table. Note the number at the top of the column; this is the number of pounds. Next note the number of the row to the left; this is the number of ounces. Combine the numbers for the total.

Example: 1021 grams = 2 pounds, 4 ounces

Ounces	Pounds												
	0	1	2	3	4	5	6	7	8	9	10	11	12
0	0	454	907	1361	1814	2268	2722	3175	3629	4082	4536	4990	5443
1	28	482	936	1389	1843	2296	2750	3203	3657	4111	4564	5019	5471
2	57	510	964	1417	1871	2325	2778	3232	3685	4139	4593	5046	5500
3	85	539	992	1446	1899	2353	2807	3260	3714	4167	4621	5075	5528
4	113	567	1021	1474	1928	2381	2835	3289	3742	4196	4649	5103	5557
5	142	595	1049	1503	1956	2410	2863	3317	3770	4224	4678	5131	5585
6	170	624	1077	1531	1984	2438	2892	3345	3799	4252	4706	5160	5613
7	198	652	1106	1559	2013	2466	2920	3374	3827	4281	4734	5188	5642
8	227	680	1134	1588	2041	2495	2949	3402	3856	4309	4763	5216	5670
9	255	709	1162	1616	2070	2523	2977	3430	3884	4337	4791	5245	5698
10	284	737	1191	1644	2098	2551	3005	3459	3912	4366	4819	5273	5727
11	312	765	1219	1673	2126	2580	3034	3487	3941	4394	4848	5301	5755
12	340	794	1247	1701	2155	2608	3062	3515	3969	4423	4876	5330	5783
13	369	822	1276	1729	2183	2637	3091	3544	3997	4451	4904	5358	5812
14	397	850	1304	1758	2211	2665	3119	3572	4026	4479	4933	5386	5840
15	425	879	1332	1786	2240	2693	3147	3600	4054	4508	4961	5415	5868

