

Weight Conversion Chart

Printable weight conversion chart for kilograms, pounds, grams and ounces.

Starting value	Converted value	Use note
1 kg	2.20462 lb	body weight, luggage, gym loads
5 kg	11.0231 lb	small weights
10 kg	22.0462 lb	gym and parcels
20 kg	44.0925 lb	luggage checks
70 kg	154.324 lb	body-weight examples
1 lb	0.453592 kg	exact by definition
100 g	3.5274 oz	food and postage
1 oz	28.3495 g	recipes and shipping
1 stone	6.35029 kg / 14 lb	UK body weight

Use this as a quick reference only. For legal, engineering, medical, wage, product-compliance or trade-measurement decisions, verify the relevant official standard or source. Calculators, charts and guides on Tools by Layna are general information only.

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