

Mass Equivalents

Unit	pound	ounce	gram	kg	slug	stone	tonne
pound	1	16	453.6	0.453597	0.031	0.0135	0.0004536
ounce	0.0625	1	28.3495	0.028349	0.0019		
gram	0.0022	0.0353	1	0.001			
kg	2.2046	35.274	1,000	1	0.0685	0.157	0.001
slug	32.174	514.785	14,593.9	14.5939	1	2.29825	0.014594
stone	13.988	223.99	6,350.0	6.35	0.4351	1	0.00635
tonne	2,204.6			1,000	68.5213	157.48	1