



**MOST (Mothers of Supertwins)**  
 PO Box 306  
 East Islip, NY 11730-0306

## Weight Conversion Chart

		POUNDS									
		0	1	2	3	4	5	6	7	8	9
OUNCES	0	0	454	907	1361	1814	2266	2722	3175	3629	4082
	1	28	482	936	1399	1843	2268	2750	3203	3657	4111
	2	57	510	964	1417	1871	2325	2778	3232	3695	4139
	3	85	539	992	1446	1899	2353	2807	3260	3714	4167
	4	113	567	1021	1474	1928	2381	2835	3289	3742	4196
	5	142	595	1049	1503	1956	2410	2863	3317	3770	4224
	6	170	624	1077	1531	1984	2438	2892	3345	3799	4252
	7	198	652	1106	1559	2013	2466	2920	3374	3827	4281
	8	227	680	1134	1568	2041	2495	2948	3402	3856	4309
	9	255	709	1162	1616	2070	2523	2977	3430	3884	4337
	10	283	737	1191	1644	2098	2551	3005	3459	3912	4366
	11	312	765	1219	1673	2126	2580	3033	3487	3941	4394
	12	340	794	1247	1701	2155	2608	3062	3515	3969	4423
	13	369	822	1276	1729	2183	2637	3090	3544	3997	4451
	14	397	850	1304	1758	2211	2665	3118	3572	4026	4479
	15	425	879	1332	1786	2240	2693	3147	3600	4054	4508

To find your baby's weight in pounds and ounces, first locate on the chart his/her weight in grams. The number at the top will give you pounds and the number to the left side of the column will give you ounces.

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