



**RAISING
MULTIPLES**

a MOST Community

Raising Multiples
A MOST Community
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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