

Table 1. Common nutritional conversion factors.

Units Given	Units Wanted	Conversion
oz	grams	multiply by 28.4
lb	grams	multiply by 454
lb	oz	divide by 16
grams	mg	move decimal to right 3 places
mg	grams	move decimal to left 3 places
mg	µg	move decimal to right 3 places
mg/kg	ppm	same value
mg/kg	mg/lb	multiply by 0.454
mg/kg (ppm)	%	move decimal to left 4 places
%	mg/kg (ppm)	move decimal to right 4 places