



Paper Weights Expressed in Metric Sizes

Conversion Factors from Lbs./500 Sheets to Grams/Meter²

	Basis	Conversion Factor
Writing	17 x 22	3.760
Book	25 x 38	1.480
Cover	20 x 26	2.704
Index	25 ² x 30 ²	1.808
Bristol	22 ² x 28 ²	2,193
News	24 x 36	1.627

Example: 50# offset (25 x 38) x 1.480 = 74.0 gm/meter²

Conversions

If you know....	Multiply by	To get
Centimeters	.3937	Inches
Grams	.002205	Pounds
Grams per square meter	26.6	Substance weight
Inches	.452	Centimeters
Inches	.0254	Meters
Meters	39.37	Inches
Millimeters	.0394	Inches
Pounds	453.59	Grams