


Paper Weight Conversion Tables

Specific Weight Conversion

Grammage g/m ²	Xerographic Bond, Writing, pounds 17 x 22" - 500 sheets	Offset, Text, Book, pounds 25 x 38" - 500 sheets	Cover, pounds 20 x 26" - 500 sheets	Index, pounds 25.5 x 30.5" - 500 sheets	Bristol and Tag, pounds 22.5 x 28.5" - 500 sheets
50	13	34	18	28	23
60	16	41	22	33	27
64	17	43	24	35	29
75	20	50	28	41	34
80	21	54	30	44	36
90	24	60	33	50	41
105	28	70	39	58	48
120	32	80	44	66	55
135	35	90	50	75	62
150	40	100	55	83	67
158	42	107	58	87	72
163	43	110	60	90	74
176	47	119	65	97	80
200	53	135	74	110	91
203	54	137	75	112	93
216	57	146	80	119	98
220	59	149	81	122	100
259	66	169	92	140	114
280	74	189	104	155	128

 Yellow shading indicates grades widely used for this classification