

Shopping metric

A guide to buying loose foods



Price per 100 grams (100g)	Price per 1/4 pound (1/4lb)
£0.10 per 100g =	£0.11 per 1/4 lb
£0.20 per 100g =	£0.23 per 1/4 lb
£0.50 per 100g =	£0.57 per 1/4 lb
£1.00 per 100g =	£1.13 per 1/4 lb

Price per kilogram (kg)	Price per pound (lb)
£0.50 per kg =	£0.23 per lb
£1.00 per kg =	£0.45 per lb
£2.00 per kg =	£0.91 per lb
£5.00 per kg =	£2.27 per lb
£10.00 per kg =	£4.54 per lb



When you're out shopping...

We have published larger versions of the Weight Comparison chart for retailers to display in their shops. We have also advised shopkeepers that they can display prices per pound and per 4 ounces alongside prices per kilogram and per 100 grams. And if you ask for your goods in ounces and pounds, the assistant will simply supply you with the equivalent weight in grams and kilograms.

How to find out more

This leaflet is for information only and has no legal standing. For further information about the change, contact your local authority trading standards department – you can find the number under 'Local Authority' in your telephone book.

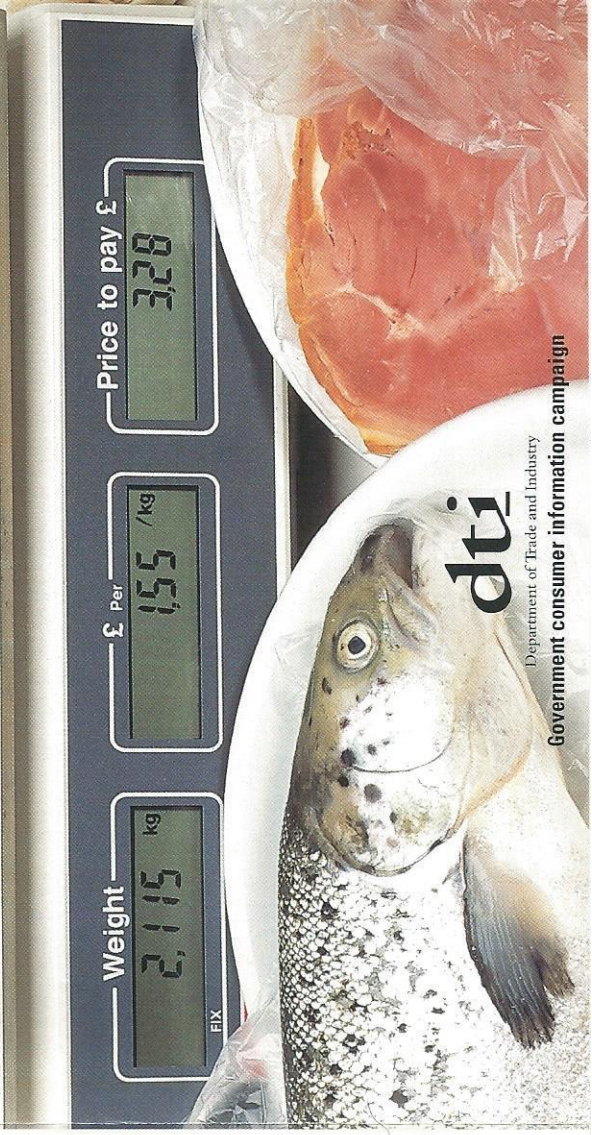
To find out more about the metric system, visit our web site at:

<http://www.dti.gov.uk/cacp/ca/metric/index.htm>

You can also call our Metric Helpline on 0845 601 0540. Calls will be charged at local rate.

This leaflet is available in the following languages: Arabic, Bengali, Chinese, Greek, Gujarati, Hindi, Punjabi, Turkish, Urdu, Vietnamese and Welsh.

This leaflet is available in Braille and on tape via the Metric Helpline.



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From ounces and pounds to grams and kilograms

Since 1965, the United Kingdom has been switching to the international system of metric weights and measures for many everyday uses. 90 per cent of the goods you buy are already sold in metric weights. Between now and the end of 1999, goods sold loose and weighed at the counter or the checkout will be changing from ounces and pounds to **grams** and **kilograms**. We have produced this leaflet to tell you about this change and how it will affect you.

The change will make it easier for you to decide whether it is cheaper to buy goods loose or prepacked. But, if you are not yet familiar with grams and kilograms, you can still ask for the quantity you want in ounces and pounds.

What goods will be affected by the change?

Any goods that are weighed for sale, whether on a market stall, at the checkout or at the delicatessen counter in a supermarket. Items such as fresh fruit and vegetables, cheese, cooked or raw meats, poultry, and fish. These items are already sold in grams and kilograms when prepacked.

What do I ask for?

The change means that you can ask for goods in grams and kilograms. There are 1000 grams to 1 kilogram. The first column of the Weight Comparison chart printed here lists the main sub-divisions, from 50 grams (equivalent to approximately 1¾ ounces) to 1 kilogram (equivalent to approximately 2 pounds and 3 ounces). The chart also shows the imperial quantities most frequently requested and their approximate equivalent weight expressed in grams and kilograms.

If you prefer, you can carry on asking for your goods in ounces and pounds and the retailer will give you the metric equivalent.



WEIGHT COMPARISON	
metric	imperial
50 grams	— 2 ounces (57g)
100 grams	— 4 ounces (113g)
200 grams	— 8 ounces (226g)
300 grams	—
400 grams	— 1 pound (454g)
500 grams	—
600 grams	— 1½ pounds (680g)
700 grams	—
800 grams	— 2 pounds (907g)
900 grams	—
1 kilogram	—

Will prices change?

You will pay the same price for the same quantity of product, regardless of whether you ask for it in grams and kilograms or ounces and pounds.

The price per 100 grams may *look* cheaper than the price per 4 ounces (¼ lb), and the price per kilogram may *look* more expensive than the price per pound. But this is because 100g is equivalent to approximately 3½oz, and 1kg is equivalent to approximately 2½ lb 3oz.

See how the prices and quantities compare in the handy price comparison chart overleaf.