



GSM CONVERSION CHART

Paper is available for purchase in a variety of sizes, finishes, colors, thickness (or caliper) and weights. Understanding and being able to compare the difference is often the key to selecting the best paper for your project.

As there are many techniques for measuring paper weights, the process used for comparison is not always easy. In spite of the many techniques used to measure paper weight, (metric vs. pounds) paper can still be compared using equivalent weights. The various measures can easily be synchronized by using a 'conversion formula'. A practical way to show the results for comparison is to create a conversion.

Please note that values in the tables are intended to serve as a guide only. They should not be used as exact specifications as there can be variances due to other characteristics of the paper. Please consult a Design Distributors representative to be certain that you are selecting the correct paper for your project.

GSM

The **GSM** (grams per square meter) tells paper consumers how dense a paper is. This is used as a baseline measurement in Metrics and as a result it is still used as the standard size when comparing the weights of different sized papers. Manufacturers of Digital Printing Equipment today utilize this measure as a guideline for machine settings. **GSM** is used as the Metric Standard when comparing the weights of papers.

GSM	Basis Wt.	GSM	Basis Wt.	GSM	Basis Wt.	GSM	Basis Wt.	GSM	Basis Wt.
25	17 Text	74	50 Text	135	36 Bond	178	120 Text	270	100 Cover
30	20 Text	75	20 Bond	144	97 Text	179	66 Cover	285	175 Tag
30	8 Bond	81	55 Text	147	67 Bristol	184	68 Cover	298	110 Cover
34	9 Bond	89	60 Text	148	100 Text	189	70 Cover	307	140 Bristol
36	24 Text	90	24 Bond	149	55 Cover	197	90 Bristol	307	170 Index
44	30 Text	104	70 Text	150	40 Bond	199	110 Index	325	120 Cover
45	12 Bond	105	28 Bond	155	105 Text	203	125 Tag	326	200 Tag
49	33 Text	108	40 Cover	160	108 Text	216	80 Cover	351	160 Bristol
49	13 Bond	111	75 Text	162	60 Cover	219	100 Bristol	352	130 Cover
52	35 Text	118	80 Text	163	90 Index	227	84 Cover	395	180 Bristol
59	40 Text	120	32 Bond	163	100 Tag	243	90 Cover	398	220 Index
60	16 Bond	125	57 Bristol	170	63 Cover	244	150 Tag	407	250 Tag
64	43 Text	133	90 Text	175	80 Bristol	253	140 Index	439	200 Bristol
67	45 Text	135	50 Cover	176	65 Cover	263	120 Bristol	488	300 Tag

BASIS

Paper in the United States is categorized by its **Basis Weight**. This measure of weight is expressed in terms of pounds. The **Basis Weight** is the weight of 500 sheets (one ream) of the paper in its basic or parent size.

As different weights and types of paper are manufactured in different sized sheets, this makes it particularly difficult to compare the many types of paper.

Basis Wt.	GSM	Basis Wt.	GSM	Basis Wt.	GSM	Basis Wt.	GSM	Basis Wt.	GSM
8 Bond	30	90 Bristol	197	68 Cover	184	100 Tag	163	43 Text	64
9 Bond	34	100 Bristol	219	70 Cover	189	125 Tag	203	45 Text	67
12 Bond	45	120 Bristol	263	80 Cover	216	150 Tag	244	50 Text	74
13 Bond	49	140 Bristol	307	84 Cover	227	175 Tag	285	55 Text	81
16 Bond	60	160 Bristol	351	90 Cover	243	200 Tag	326	60 Text	89
20 Bond	75	180 Bristol	395	100 Cover	270	250 Tag	407	70 Text	104
24 Bond	90	200 Bristol	439	110 Cover	298	300 Tag	488	75 Text	111
28 Bond	105	40 Cover	108	120 Cover	325	17 Text	25	80 Text	118
32 Bond	120	50 Cover	135	130 Cover	352	20 Text	30	90 Text	133
36 Bond	135	55 Cover	149	90 Index	163	24 Text	36	97 Text	144
40 Bond	150	60 Cover	162	110 Index	199	30 Text	44	100 Text	148
57 Bristol	125	63 Cover	170	140 Index	253	33 Text	49	105 Text	155
67 Bristol	147	65 Cover	176	170 Index	307	35 Text	52	108 Text	160
80 Bristol	175	66 Cover	179	220 Index	398	40 Text	59	120 Text	178