How much metal do I need to make this sterling item in 14K gold?
To calculate the weight of an item in one metal when you know its weight in another, use the chart below.

Example:
You have a sterling belt buckle that weighs 2.6 troy oz. and you want to make it out of 14K yellow gold. Locate the ‘Sterling Silver’ category and the ‘14K Yellow Gold’ line. The factor is .796. 2.6 try. oz ÷ .796 = 3.266 troy oz.
Your finished 14K belt buckle will weigh 3.266 troy oz.

To Convert: (÷ = Divide)