How to convert HEIC photos to JPG on iPhone

Four ways to turn iPhone HEIC photos into JPG, which devices actually reject HEIC, and when converting is the wrong move.

Author: Lubor Šimůnek · Published: September 12, 2026 · Productivity

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To convert HEIC photos to JPG on an iPhone you do not need a computer: open the photos in a converter such as Image Converter: Offline Batch, a free on-device app for iOS 15 and later, pick JPG as the output and convert the whole selection at once. Nothing is uploaded, and a queue of several hundred photos costs no data at all.

Disclosure: AppStoryo is operated by the studio that develops Image Converter: Offline Batch. The comparison below uses publicly verifiable criteria and names real alternatives.

Why does your iPhone save photos as HEIC instead of JPG?

Because Apple switched the camera default in 2017 and never switched it back. HEIC is Apple's name for a file in the High Efficiency Image File Format, standardised as ISO/IEC 23008-12 and built on the same container as MP4 video, ISO/IEC 14496-12, as the HEIF technical specification page sets out. The point of it is size: the same picture, roughly half the bytes of the JPEG it replaced.

That is a good bargain while the photo stays inside Apple's world. It stops being a good bargain the moment the file has to travel. Apple's own HEIF and HEVC support document states the floor plainly:

> Upgrade to iOS 11 or later or macOS High Sierra or later to view, edit, or duplicate HEIF or HEVC media captured with an iPhone or iPad.

Anything older than that, and anything outside Apple entirely, sees a file it may not open. That is why converting HEIC to JPG is still a routine chore in 2026, nine years after the format arrived. Image Converter: Offline Batch is free on the App Store.

Which devices and services actually reject a HEIC file?

Fewer than people fear, but the survivors are exactly the ones that matter. Android has decoded HEIF since Android 8.0, according to Google's supported media formats table, so a modern phone is usually fine. Windows is not: HEIC support arrives only if the user installs Microsoft's HEIF Image Extension, which most people have never heard of.

The reliable failures are institutional. Insurance claim portals, university submission systems, print labs, passport and visa upload forms, older content management systems and almost every job application form accept JPG and PNG and nothing else. The media type *image/heic* was only registered with IANA on 30 July 2018, which is recent enough that a validator written before then simply does not know the string.

The practical rule: if a human on an iPhone will see the photo, HEIC is fine. If a form, a printer or a Windows PC will see it, convert first.

How do you convert HEIC to JPG on the iPhone itself?

There are four routes, and they are not equally good.

Email or message the photo. Mail and several messaging apps transcode to JPEG on the way out. It works for one photo and fails as a workflow: you cannot control quality, and the original stays HEIC.

Copy the photo inside the Files app. Duplicating an image into a Files folder sometimes yields a JPG. It is undocumented behaviour that changes between iOS releases, so it is not something to build a habit on.

Send it to a Mac. Importing over USB converts automatically if the Mac is set to keep compatible copies. Fine if a Mac is in the room; useless on a train.

Convert on the phone with a dedicated app. This is the only route that handles more than one photo predictably. In Image Converter: Offline Batch you select the HEIC files, choose JPG, set quality or a target file size, and convert; the results land back in Photos or in Files. Because the work runs on the device's own image pipeline, airplane mode changes nothing and no photo is uploaded to a server. Convert a batch of HEIC photos in Image Converter: Offline Batch.

Should you switch the camera to Most Compatible instead?

Settings, Camera, Formats gives you a choice between High Efficiency and Most Compatible. Most Compatible makes the camera shoot JPEG, and the HEIC problem disappears for every photo you take from that moment on.

It does not touch the thousands of photos already in your library, which is usually the actual problem. It also costs storage: JPEG at matching quality is close to twice the size, so a 128 GB iPhone fills up meaningfully faster. Live Photos and some computational features behave

differently too.

The reasonable setting depends on how often you export. Someone who sends photos to a print shop weekly should switch. Someone who converts a handful of files twice a year should leave the camera alone and convert on demand — the storage saved over a year is worth more than the two minutes of conversion.

Which HEIC converter should you actually use?

Three real alternatives, with facts read from their live App Store listings in August 2026.

Choose HEIC Converter - HEIC to JPG by Asad Ahsan if you want the most-used dedicated tool

- 68 ratings and a version 1.0.11 update dated 20 August 2026 — the most recently maintained of this group
- Ships in 69 languages, more than any other app named here
- Runs on iOS 15 or later, so it reaches older iPhones
- At 63 MB it is more than twice the download size of the app described below

Choose HEIC to JPG Converter - H2JPG by Purvi Sancheti if you want the smallest download

- 19 MB, the lightest of the four
- 44 ratings, version 1.6 from 15 February 2026
- English only, and it requires iOS 17 or later, which rules out an iPhone 8 or X
- Single-purpose: HEIC in, JPG out, nothing else

Choose JPG Image Converter PNG/JPEG by ZipoApps if you want the longest user history

- 552 ratings, far more than either app above
- Version 6.5.2 dated 19 August 2026, and eight interface languages
- 133 MB — the largest download in this comparison by a wide margin
- Needs iOS 16 or later

Choose Image Converter: Offline Batch if the photos should never leave the phone

- Every conversion runs on the device: no upload, no account, no network requirement
- Unlimited batch queue with progress and cancel, plus compression to a target file size such as under 500 KB
- Explicit EXIF control, so location data can be stripped before a photo goes to a public form
- 25.6 MB, iOS 15 or later, 44 languages, free with no subscription, advertising or watermark

When is converting HEIC to JPG the wrong move?

When the photo is staying on Apple hardware. Converting a whole library to JPG to solve a problem you meet twice a year roughly doubles the storage it occupies and gains nothing.

JPEG is also lossy and it is not the format's second generation: every re-encode discards a little more detail, so converting a HEIC to JPG, editing it and saving again compounds the loss. Convert once, at the end, from the original.

And JPEG cannot carry transparency. A screenshot or a logo with a transparent background must go to PNG instead, or the empty area turns black or white. If a print lab asked for TIFF, give them TIFF — JPG is the default answer, not the universal one.

Set JPG as your default output in Image Converter: Offline Batch and the choice becomes two taps.

Frequently asked questions about converting HEIC to JPG

Does converting HEIC to JPG lose quality?

Slightly, because JPEG is lossy. Converting once from the original at high quality produces a file most people cannot distinguish from the source on any screen. The loss becomes visible only if you convert, edit, save, and convert again — each pass re-encodes what the previous pass already approximated.

Will the converted JPG be bigger than the HEIC?

Usually yes, often close to double. HEIF exists precisely because it stores a comparable picture in fewer bytes. Converting a 2 MB HEIC commonly produces a JPG somewhere between 3 and 4 MB, depending on the quality setting and the detail in the image.

Can I convert HEIC to JPG without an internet connection?

Yes, if the app does the work on the device. Image Converter: Offline Batch converts entirely offline, so airplane mode and roaming charges are irrelevant. Many free converters instead upload each file to a server, which means no connection means no conversion.

Does converting keep the date, camera and location data?

It depends on the app, which is why explicit control matters. Image Converter: Offline Batch lets you keep the EXIF block or strip it. Keep it for a personal archive; strip it before posting a photo of something at your home address to a public marketplace listing.

Is HEIC the same thing as HEIF?

Not quite. HEIF is the container format, ISO/IEC 23008-12. HEIC is the specific case of that container holding HEVC-coded images, which is what iPhones produce. IANA registered both media types, image/heif and image/heic, on 30 July 2018.

Why does a website say my photo is an unsupported file type?

Almost always because the upload form checks the file extension against a fixed list written before 2018. Renaming .heic to .jpg does not help — the bytes inside are still HEVC and the

server will reject or corrupt them. The file has to be genuinely re-encoded.

Should I delete the HEIC originals after converting?

Not immediately. Keep the originals until the JPGs have actually been accepted by whatever needed them. The HEIC is the higher-fidelity copy, and once it is gone every future export starts from a lossy file instead of the camera's own output.

Does it cost anything to convert HEIC to JPG on iPhone?

It should not. Image Converter: Offline Batch is free with no subscription and no watermark, and the three alternatives named above are free to download as well. Be careful with apps that are free to install and then meter conversions behind an auto-renewing subscription.

What happens to Live Photos when I convert them?

The still frame converts and the motion does not — a JPG cannot hold it. If the movement is the reason you kept the photo, export it as a video separately before converting the still.

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