

Ounces to Cups Conversion

LoseWeightByEating.com

Ounces	Cups	Tablespoons
32 OZ	4 CUPS	64 TBSP
16 OZ	2 CUPS	32 TBSP
8 OZ	1 CUP	16 TBSP
6 OZ	1/3 CUP	12 TBSP
4 OZ	1/2 CUP	8 TBSP
2 OZ	1/4 CUP	5 TBSP
1 OZ	1/8 CUP	2.5 TBSP