

Cups to Quarts Conversion

LoseWeightByEating.com

| Cups | Quarts |
|----------------|---------------------------------------|
| 1 cup | $\frac{1}{4}$ quart |
| 2 cups | $\frac{1}{2}$ quart |
| 3 cups | $\frac{3}{4}$ quart |
| 4 cups | 1 quart |
| 8 cups | 2 quarts |
| 10 cups | 2.5 quarts |
| 20 cups | 5 quarts |