

**Table 16: Quarter Cup to Cup Conversions**

<b>Quarter Cup</b>	<b>Cup</b>	<b>Ounce</b>
0.5 Quarter Cups	$\frac{1}{8}$ cup vegetable or fruit	or 0.5 ounces of equivalent meat alternate
1.0 Quarter Cups	$\frac{1}{4}$ cup vegetable or fruit	or 1.0 ounce of equivalent meat alternate
1.5 Quarter Cups	$\frac{3}{8}$ cup vegetable or fruit	or 1.5 ounces of equivalent meat alternate
2.0 Quarter Cups	$\frac{1}{2}$ cup vegetable or fruit	or 2.0 ounces of equivalent meat alternate
2.5 Quarter Cups	$\frac{5}{8}$ cup vegetable or fruit	or 2.5 ounces of equivalent meat alternate
3.0 Quarter Cups	$\frac{3}{4}$ cup vegetable or fruit	or 3.0 ounces of equivalent meat alternate
3.5 Quarter Cups	$\frac{7}{8}$ cup vegetable or fruit	or 3.5 ounces of equivalent meat alternate
4.0 Quarter Cups	1 cup vegetable or fruit	or 4.0 ounces of equivalent meat alternate

The result of 0.9999 equals  $\frac{1}{8}$  cup but a result of 1.0 equals  $\frac{1}{4}$  cup